

The background image is a wide-angle photograph of a mountain range during sunset or sunrise. The sky is filled with warm, orange, and pink hues. In the foreground, there's a large, dark forest of coniferous trees. A bright turquoise lake curves through the middle ground, its surface reflecting the sky. The mountains in the background are rugged and partially covered in snow.

# Quiet My Soul

## Psalm 62

Mark Basarab

**How do I deal with  
personal attacks?**

**1** Truly my soul finds rest in God;  
my salvation comes from him.

**2** Truly he is my rock and my salvation;  
he is my fortress, I will never be shaken.

Psalm 62 (NIV) (p.1/6)

3 How long will you assault me?  
Would all of you throw me down —  
this leaning wall, this tottering fence?

4 Surely they intend to topple me  
from my lofty place;  
they take delight in lies.

With their mouths they bless,  
but in their hearts they curse.

Psalm 62 (NIV) (p.2/6)

5 Yes, my soul, find rest in God;  
my hope comes from him.

6 Truly he is my rock and my salvation;  
he is my fortress, I will not be shaken.

Psalm 62 (NIV) (p.3/6)

7 My salvation and my honor depend on God;  
he is my mighty rock, my refuge.

8 Trust in him at all times, you people;  
pour out your hearts to him,  
for God is our refuge.

Psalm 62 (NIV) (p.4/6)

9 Surely the lowborn are but a breath,  
the highborn are but a lie.  
If weighed on a balance, they are nothing;  
together they are only a breath.

10 Do not trust in extortion  
or put vain hope in stolen goods;  
though your riches increase,  
do not set your heart on them.

Psalm 62 (NIV) (p.5/6)

11 One thing God has spoken,  
two things I have heard:

“Power belongs to you, God,  
12 and with you, Lord, is unfailing love”;

and, “You reward everyone  
according to what they have done.”

Psalm 62 (NIV) (p.6/6)

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- The background of the slide is a photograph of a mountainous landscape. In the foreground, there's a dense forest of tall evergreen trees. A bright turquoise lake curves through the middle ground. The background features several majestic, rugged mountains with dark, rocky peaks and patches of snow. The sky is filled with soft, warm-colored clouds, suggesting either sunrise or sunset.
1. Despair v1-4
  2. Decision v5-8
  3. Declaration v9-12

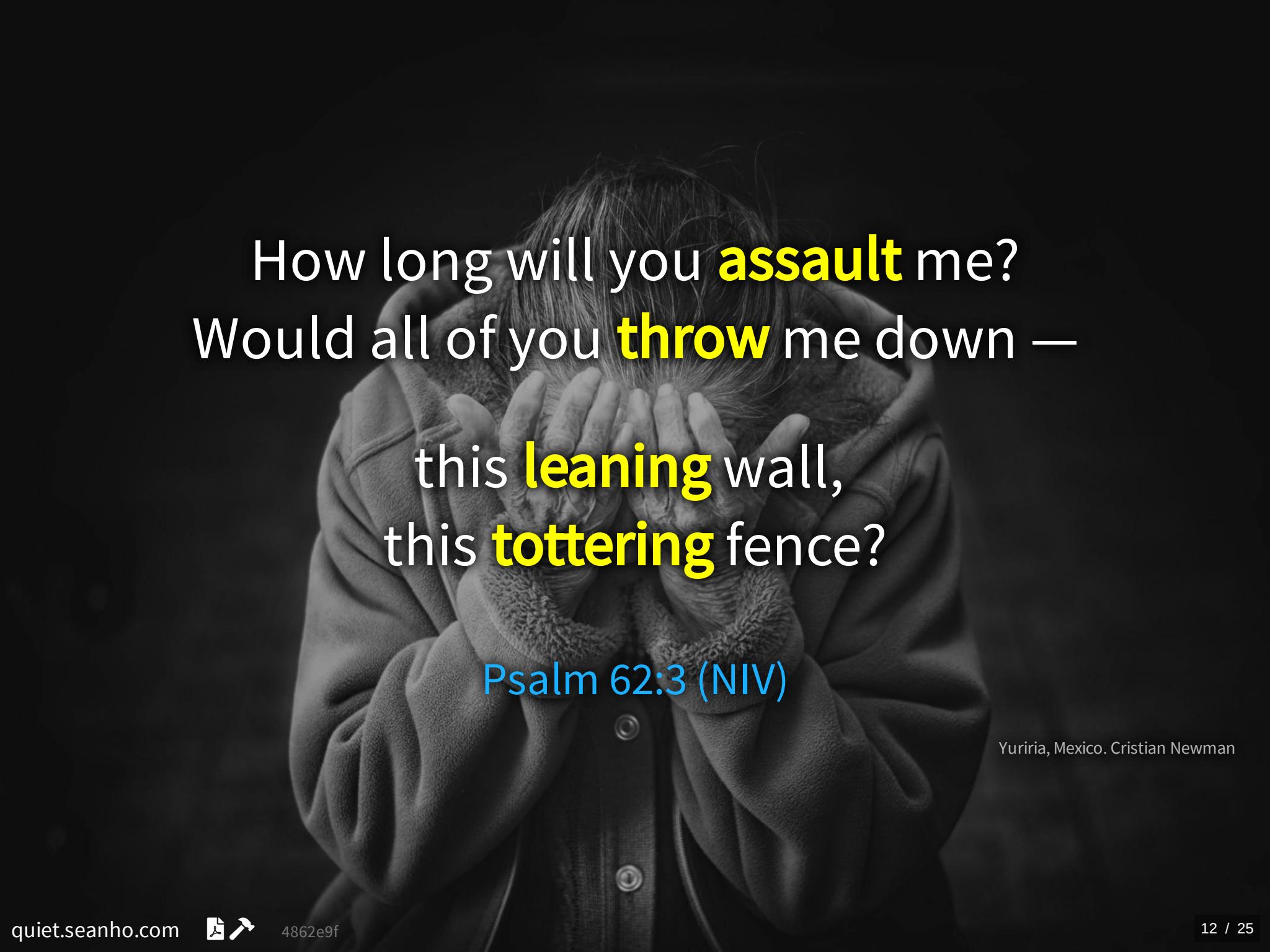
**Truly** my **soul** finds **rest** in God;  
my **salvation** comes from him.

**2** Truly he is my **rock** and my salvation;  
he is my **fortress**, I will never be shaken.

Psalm 62:1-2 (NIV)

HHLONG BAY, VIETNAM. VINCENT GUTH  
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- The background of the slide is a photograph of a mountain range during sunset or sunrise. The sky is filled with warm, orange and pink hues. In the foreground, there's a large, turquoise-colored lake, likely Peyto Lake in Banff National Park. The surrounding mountains are rugged and partially covered in snow. The overall atmosphere is serene and majestic.
1. Despair v1-4
  2. Decision v5-8
  3. Declaration v9-12



How long will you **assault** me?  
Would all of you **throw** me down —  
this **leaning** wall,  
this **tottering** fence?

Psalm 62:3 (NIV)

Yuriria, Mexico. Cristian Newman

Surely they **intend** to topple me  
from my **lofty** place;  
they take **delight** in **lies**.

With their mouths they **bless**,  
but in their hearts they **curse**.

Psalm 62:4 (NIV)

Kristina Flour

Have others **torn**  
me down?

Have **I** done  
the same?

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- The background of the slide is a photograph of a mountainous landscape. In the foreground, there's a dense forest of tall evergreen trees. A bright turquoise lake curves through the middle ground. The background features several majestic, rugged mountains with dark, rocky peaks and patches of white snow. The sky is a mix of deep blues and warm orange and yellow hues from a setting or rising sun.
1. Despair v1-4
  2. **Decision** v5-8
  3. Declaration v9-12

A photograph of a person's hand reaching upwards towards the sun, which is low on the horizon, creating a bright glow and light rays. The background is a soft-focus landscape of water and sky.

Yes, my soul, **find rest** in God;  
my **hope** comes from him.

Psalm 62:5 (NIV)

Montreal, CA. Marc-Olivier Jodoin

Truly he is my **rock** and my **salvation**;  
he is my **fortress**, I will not be **shaken**.

7 My **salvation** and my **honor** depend on God;  
he is my mighty rock, my **refuge**.

Psalm 62:6-7 (NIV)

Elephant Rock, Australia. Jordan Donaldson



**Trust** in him at all times, you people;  
**pour out** your hearts to him,  
for God is our **refuge**.

Psalm 62:8 (NIV)

Ricardo Gomez Angel

Do I wait upon God  
as my refuge?

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1. Despair v1-4
  2. Decision v5-8
  3. Declaration v9-12

Surely the **lowborn** are but a **breath**,  
the **highborn** are but a **lie**.

If **weighed** on a balance, they are **nothing**;  
together they are only a **breath**.

Psalm 62:9 (NIV)

Savoie, France. Thomas Tixtaaz



Do not trust in **extortion**  
or put vain hope in **stolen** goods;  
though your **riches** increase,  
do not set your **heart** on them.

Psalm 62:10 (NIV)

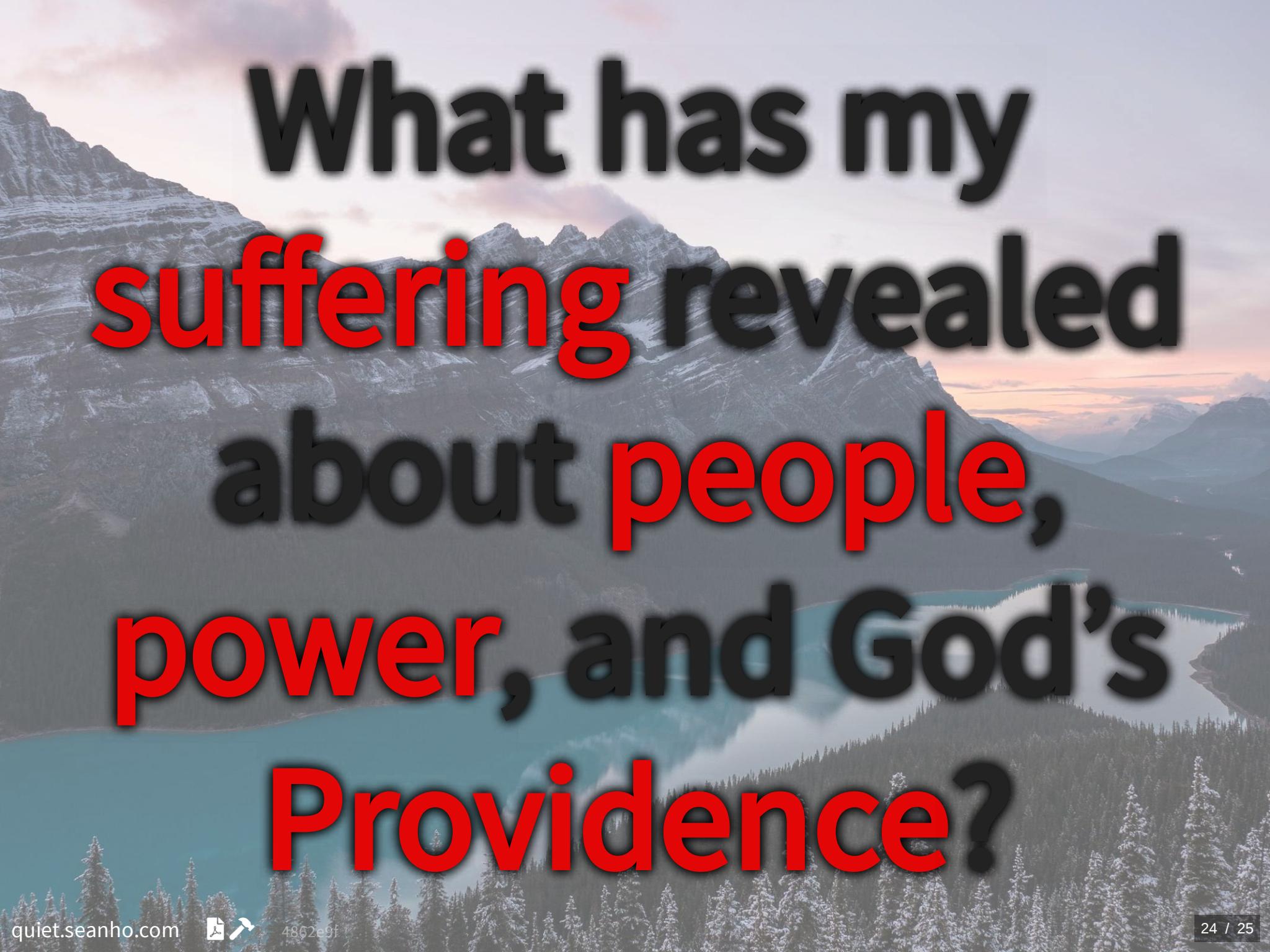
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**Power** belongs to you, God,  
12 and with you, Lord, is **unfailing love**;  
and You **reward** everyone  
according to what they have **done**.

Psalm 62:11-12 (NIV)

Ciucaj Peak, Romania. David Marcu

The background of the slide features a stunning landscape of rugged, snow-covered mountains under a clear blue sky. In the foreground, a deep turquoise lake reflects the surrounding peaks. The overall atmosphere is serene and majestic.

**What has my  
suffering revealed  
about people,  
power, and God's  
Providence?**

