**I Will Not Be Moved**

**wordbymail.com**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Subject: Worry**

## Opening Prayer:

*Lord, I come before You now, bringing my whole heart and all that I am into Your presence. Speak to me through Your Word, and help me to quiet my soul before You, trusting You alone as my rock and my refuge.*

## Scripture:

**Psalm 62:5–8 (NLT)**

***5 Let all that I am wait quietly before God, for my hope is in him. 6 He alone is my rock and my salvation, my fortress where I will not be shaken. 7 My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. 8 O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.***

## 1. Meditate:

David speaks to his own soul, commanding himself to wait quietly before God and trust in Him alone. He affirms that God alone is his rock, salvation, fortress, and the source of his victory and honor. Then David turns to us and urges us to trust God at all times, to pour out our hearts to Him, for He is our refuge.

**Read these verses again slowly, resting quietly in God’s presence. Let the Spirit impress on you what it means that He alone is your rock and refuge.**

## 2. Apply:

Lord, God Almighty, all that I am will wait quietly upon You alone. My hope and my trust are in You, God, alone. You alone, Lord, are my Rock and my Salvation. You alone are my Defense and my Fortress. In You alone, I shall not be moved. My victory and my honor rest with You; You are my rock of unyielding strength, my refuge, my shelter from the storm.

**Take a moment to apply this to your life. Where do you need to quiet your soul before Him and trust in Him alone? Name a specific situation where you will rest in His protection and strength.**

## 3. Respond:

And so, Lord, I will trust in You, lean on You, rely on You, and have confidence in You alone—at all times and in every circumstance. I pour out my heart to You, God, for You alone are my refuge, my fortress, and my strength.

**Respond to Him now: tell Him how you will trust Him, and what steps of obedience you will take in light of His Word today.**

## Closing Prayer:

*I commit this all in Your mighty name, Jesus. Keep my heart steadfast, my spirit quiet before You, and my trust anchored in You alone. Amen.*