

Ancient Strength

I still have it -- marked up, tattered, with its cover in pieces. As a freshman university student and new Christian I had bought a little pocket New Testament and Psalms.

Why is it that, for thousands of years and millions of people, have the Psalms have been so helpful? I think it's because they contain the authors' *_real_* thoughts, feelings, struggles, in hard times and happy times.

I think of David crying out to God to save him from murderous King Saul. Of others joy-filled release of emotions when God provided.

This morning I again read Ps. 62. I recalled how -- decades ago while struggling as a young professor to teach well and have ideas to lead my research team -- David's words strengthened me to persevere. Again and again.

"My soul finds rest in God alone;
\ my salvation comes from him.
He alone is my rock and my salvation;
\ he is my fortress, I will never be shaken.

...

Find rest, O my soul, in God alone;
\ my hope comes from him. -- *Psalms 62* (NIV 1984)



Coffee/tea thought: Today why not spend a few minutes in this ancient hymn, allowing David's words to soften your heart and lead you to deep rest in God alone.

John

Ref: [Psalm 62](http://www.biblegateway.com/passage/?search=Psalm%2062&version=NIV1984) <http://www.biblegateway.com/passage/?search=Psalm%2062&version=NIV1984>

古老的力量

我还保存着它——划了线，松松的，皮也破了。我刚上大学且信主那会儿，买了一本袖珍的新约全书加诗篇。

为什么几千年来，数以百万计的人都发现诗篇这样能帮助人？我想是因为里面有作者在困境和顺境里真实的思想，感受，和挣扎。

我想到大卫呼求神救他脱离扫罗王的追杀。也想到神所赐其他满有喜乐的情绪。

早上我在读诗篇62篇。我想起——几十年前我刚当上教授时，努力要教好书，做好研究——大卫的话使我坚持了下去。一次又一次地。

“我的心默默无声，专等候神。我的救恩是从他而来。惟独他是我的磐石，我的拯救。他是我的高台。我必不很动摇。……我的心哪，你当默默无声，专等候神。因为我的盼望是从他而来。”——诗篇62

随想：今天为何不花时间思想这古老的诗篇，叫大卫的话柔软你的心，教你安歇在神里。

史建恩

阅读：诗篇62篇 <http://www.biblegateway.com/passage/?search=Psalm%2062&version=CUVS>