

The coronavirus measures a minuscule 120 nanometers. For a frame of reference, the width of one of the hairs on your head is 75,000 nanometers. This infinitesimal virus has the whole world's attention.

The World Health Organization has declared COVID-19 a pandemic, meaning it will affect the whole world. And the whole world is responding—

- Spain ordered a nationwide lockdown.
- France ordered the closures of non-essential shops, cafes, restaurants, & theatres.
- Italy is on lockdown with all in their homes until 4/3.
- The Czech Republic, Slovakia, and Ukraine have closed their borders to foreigners.
- Belgium, Cyprus, and Italy have outlawed all gatherings of any size.
- The US has banned travel to Europe.
- Universities are moving their classes online.
- School districts are extending spring break or closing all-together.

And that was as of yesterday afternoon. I'm sure there are more measures that can be added to the list. As the world responds to the coronavirus—how should we respond?

How should we Christians respond?

Some of you might be afraid.  
Some of you might not think it is that serious.

Some of you might be angry.

All of us are have had our lives disrupted and will continue to have our lives interrupted even more.

The Coronavirus has invaded—how should we respond?

I'm not so much asking—what should we do:

- Some of you are at home.
- Some of you are here.
- Some of you will stay home.
- Some of you will work from home.
- Some of you will go to work.
- All of you will wash your hands.

I'm not talking about what we are doing to do. I'm asking something different—how should we as Christians respond to this disruption?

Psalm 62 says there is.

Trust God.

That might sound to you like a tired cliché as the coronavirus invades and disrupts our lives.

Trust God! That is what Christians say when they don't know what to say.

This Psalm—Psalm 62 doesn't just carry as its central message, "Trust God," The message is "Trust God alone."

And therein lies the problem for times like these. We trust God—but if we are honest we trust in other things too. It is not that we don't trust God but we don't trust God exclusively.

Our problem is that we trust God AND

- Our job
- Our savings
- Our health
- Our stability
- Our routines
- Our plans
- Our expectations of tomorrow
- Our expectations of order
- Our expectations of control

This Psalm has one central message—

PROP: Trust God Alone.

All of us trust God AND something else. When we see evil times like these—even though we don't know what is going to happen—we discover we trust God AND something else.

One commentator said Psalm 62 is the perfect song for those who feel threatened. So we might entitle our foray into this Psalm: A Song for the Threatened

How do we Trust in God ALONE?

Review: What we know about God  
Who God is

- “For God alone my soul waits in silence;  
from him comes my salvation.
- 2 He alone is my rock and my salvation,  
my fortress; I shall not be greatly shaken.
- 3 How long will all of you attack a man  
to batter him,  
like a leaning wall, a tottering fence?
- 4 They only plan to thrust him down from his high  
position.  
They take pleasure in falsehood.  
They bless with their mouths,  
but inwardly they curse. *Selah*
- 5 For God alone, O my soul, wait in silence,  
for my hope is from him.
- 6 He only is my rock and my salvation,  
my fortress; I shall not be shaken.
- 7 On God rests my salvation and my glory;  
my mighty rock, my refuge is God.
- 8 Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us. *Selah*
- 9 Those of low estate are but a breath;  
those of high estate are a delusion;  
in the balances they go up;  
they are together lighter than a breath.
- 10 Put no trust in extortion;  
set no vain hopes on robbery;  
if riches increase, set not your heart on them.
- 11 Once God has spoken;  
twice have I heard this:  
that power belongs to God,
- 12 and that to you, O Lord, belongs steadfast love.

For you will render to a man  
according to his work.” Psalm 62

PRAY

***1. Review What You Know About God (Ps. 62:1-10)***

David

Vs. 1,

“For God alone my soul waits in silence;

Silence.

David is reminding himself of what he knows. And by saying, my soul waits in silence he does not mean that he doesn't speak to God—but that his soul is a peace before God.

When trouble disrupts our lives, our souls can be a seething, chattering cauldron of fear, anger, anxiety, and angst. Trouble is so noisy inside our heads.

- What if I get sick?
- What if my parents get sick?
- What if I lose my job?
- How will I protect my kids?
- What is going to happen to my retirement?

And on and on.

David has silenced the noise in his head by focusing his attention on God. Do you see what he tells himself?

He rehearses what he knows to be true about God.

from him comes my salvation.  
2 He alone is my rock and my salvation,  
my fortress; I shall not be greatly shaken.

Do you see how personal this is?

Notice the repetition of “my.”

from him comes **my** salvation.  
2 He alone is **my** rock and **my** salvation,  
**my** fortress; I shall not be greatly shaken.

The first thing that is implied here about God that he cares personally for each of us. I can say—Lord you are:

What David says of himself—is true for you too. You can say this:

from him comes **my** salvation.  
2 He alone is **my** rock and **my** salvation,  
**my** fortress;

He is not so preoccupied with running the universe as to forget you. God is personally concerned with you.

Do you see what God is to David?

Rock—

God as a Rock is one of the most common symbols for God in the Old Testament. A rock is immovable and permanent. They are strong and not blown about like dead leaves. They stand strong in the face of floods, fire, rain, wind, and heat. A rock is a strong place to stand.

Fortress—

God as a fortress. This is a place to go for protection from enemies of all sorts. Imagine a high mountain stronghold up and away from the reach of all enemies. Any who take refuge in fortresses find themselves protected and preserved from any who stalk after them.

David says God is both MY Rock and MY Fortress.

from him comes **my** salvation.  
<sup>2</sup> He alone is **my** rock and **my** salvation,  
**my** fortress;

Review what we know about God—

From HIM comes my salvation.

He knows that I am weak and I cannot deliver myself. I can't save myself. I need someone to save me from threats without and threats within. You do too. He knows we need him to do all the saving.

He is also our rock.

He is the one immovable thing in our lives. He is unchanging. He is permanent. He is the one and only place that you can always take your stand. You can build your life on him even in threatening times.

He knows we need a place to stand. He offers himself.

He is also our fortress.

He, himself is our protection. We don't read that he protects us—we see and celebrate something much more meaningful—he himself is my fortress. Do you see? He gives himself to us thoroughly and without reserve to protect us from that which threatens us.

He is our salvation  
He is our Rock  
He is our Fortress

And the effect is—what?

from him comes my salvation.  
<sup>2</sup> He alone is my rock and my salvation,  
my fortress; I shall not be greatly shaken.

“I shall not be greatly shaken?”

That is not what I would expect to read. It sounds to me a little like, I will be shaken just a little. I'll feel some of the tremors and troubles. This is true to life isn't it?

We feel some the vibrations but they are not such as to tear us apart. We shouldn't pretend that we don't



feel the vibrations of the troubles and threats that others feel around us. But—we must understand we will feel them differently.

COVID-19 is a shaking of sorts.

But it is a shaking that will not rob us of our salvation. Does that mean that because we are followers of Jesus that we will all have immunity to this virus? No!

It means that this virus cannot threaten what really matters. It may kill and maim but it cannot threaten our standing with God. This virus as virulent as it is cannot threaten our souls.

We have a place to stand  
We have a place to hide

We will feel some shaking but we cannot be shaken from the grip of our God. So he will not be GREATLY shaken. Just a little.

As virulent an enemy this virus is, it cannot threaten our standing with God. This virus cannot threaten our souls.

David didn't face the threats of a virus—but of enemies who wanted to shake him down. After addressing them, he reviews again what he knows to be true of God.

<sup>5</sup>For God alone, O my soul, wait in silence,  
for my hope is from him.

<sup>6</sup> He only is my rock and my salvation,

my fortress; I shall not be shaken.

Did you see that? Look again at verse 2—

He alone is my rock and my salvation,  
my fortress; I shall not be greatly shaken.

Look at verse 6—

<sup>6</sup>He only is my rock and my salvation,  
my fortress; I shall not be shaken.

He goes from not being greatly shaken to not being shaken at all.

What can we make of that?

Don't you see? As he reviews what he knows of his God his confidence rises. He realizes that his enemies may menace and bully; they may screech and scream; they may grab and clutch BUT they will not be able to shake us free from our God.

This truth is a truth that you need to believe.

You burglarize yourself of confidence you could have if you trust God AND something else. Instead of God alone.

When you Trust AND

- YOUR job
- YOUR savings
- YOUR health
- YOUR stability
- YOUR routines

- YOUR plans
- YOUR expectations of tomorrow
- YOUR expectations of order
- YOUR expectations of control

You won't be able to say with confidence, "I will not be shaken."

But Christian, this is true. How do we combat fear? By pretending that we will be okay and magically protected?

No.

By trusting God alone.

When you trust God and something else you will not have the confidence that you should. I'll tell you what—what we need to do is review the what we know about God.

Disruptions like this one can cause division.

We need to be vigilant NOT to be judgmental internally. It is easy to fill facebook with all the things we think other people should do. This can drive a not so subtle wedge between brothers and sisters.

What do we say?

Vs. 8,

Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us. *Selah*

We remind each other to pour our hearts out to the Lord and to take refuge in the Lord. We must be a people to say—trust in him at all times!

We must NOT be people who tell others what trusting God looks like.

We must trust him at all times—but that is going to look different for all people.

Everyone is going to approach this disruption differently. Those of you here in this auditorium should not judge those not here. Those of you at home should not judge those who are here.

People are going to do things differently than you. That is okay. Everyone is doing their best.

We are united together—we need not be uniform in how we respond to this virus. We are all going to respond differently—all of us must trust the Lord and that is going to look differently for all of us.

Do you see the opportunity we have in our community?

People all around us are going to be afraid. Fear always spreads faster than confidence.

This week, I needed dog food. So, Friday I ventured to Costco. Woah. It was packed past the gills. And there was an uneasiness about the whole place. People were unnerved. Everyone was filling their

carts and buying all kinds of stuff. People carried their fear in their eyes.

They were out of dog food, but I got some other stuff—coffee for one.

And as I was standing in line I heard a gasp from the lady in front of me. I said, “What?”  
She said, “They closed the store and the police are outside.”

And you could the panic ripple through the people around me.

It turns out that the store was beyond capacity. I never did see the police.

You are going to see a lot of fear in our community in the days to come. Some of it may be warranted. Some of it may not be.

Our community needs its Christians to have confidence. The confidence that comes from trusting God alone.

I’m not sure how you are thinking about COVID-19. There less infections from the coronavirus than there are opinions about the coronavirus.

I’m not sure our opinion about these things.

Some of you might think the risks are overblown. Others of you might think the fear is justified. Some of you might be angry that some shelves are empty.

Some of you might be afraid that shelves are empty.

Are we expecting unbelievers to act like Christians?

They can't.

We Christians must not act like unbelievers. Our world needs to see something different. Our community needs to see us confident in our God.

*"A scared world needs a fearless church." A.W. Tozer*

Our community does not need to hear our social commentary—it needs to hear of our rock and salvation.

Our community does not need to see us turn this into a political debate—it needs to see us trusting our fortress and salvation.

Our community does not need see our judgmentalism—it needs to see our quiet confidence in the Lord God.

Our community does not need our Facebook rants—it needs our love and service.

Trust God alone.

We are going to be around people who will trust in—

- Washing their hands
- A vaccine
- Quarantine
- Social Distancing

- CDC

Vs. 8

Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us.

<sup>5</sup> For God alone, O my soul, wait in silence,  
for my hope is from him.

<sup>6</sup> He only is my rock and my salvation,  
my fortress; I shall not be shaken.

## ***2. Review Who God is (Ps. 62:11-12)***

Once God has spoken;  
twice have I heard this:  
that power belongs to God,  
<sup>12</sup> and that to you, O Lord, belongs steadfast love.  
For you will render to a man  
according to his work."

Who is God?

Strong AND Loving

that power belongs to God,  
<sup>12</sup> and that to you, O Lord, belongs steadfast love.

God is BOTH strong AND loving.

"Power without love is brutality, and love without  
power is weakness." JJ Steward Perowne

If he were only loving and not strong, he might be nice, but he would be inept. If he were strong without love he would be a tyrant. Our God has steadfast love and unsurpassed power.

This is why we can trust him alone. We see his power and his love displayed in what we know about him and who we know him to be but also: In Jesus Christ.

As Jesus hung dying—God had the strength to keep him there and the love of us to let him die.

The power and the love of God was best seen in Jesus.

- Jesus gave up glory and set aside his power to show love to rebels.
- Jesus showed his strength by bursting the bonds of death.
- Jesus showed his love by submitting to death in the first place.

The Mighty Father showed steadfast love for us by rejecting and shunning his son. The might of the father was set aside in that awful moment so that he might express his steadfast love to us.

This is why we can call on everyone, everywhere:

Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us.



These are going to be confusing days.

How should we trust in God alone?

1. *Give more attention to what you know about God than the news.*

Remind yourself that God is

**He only is my rock and my salvation,  
my fortress; I shall not be shaken.**

Though the world around us gives way we who have our rock and our fortress cannot be shaken. Though the world around us shutters and wobbles our God is an impenetrable fortress.

Don't just ask—how is God my salvation.

Ask—what else am I tempted to think is my rock and my salvation? What else am I tempted to trust in besides God alone?

Personalize this.

He is MY rock and salvation.

<sup>5</sup> **For God alone, O my soul, wait in silence,  
for my hope is from him.**

<sup>6</sup> **He only is my rock and my salvation,  
my fortress; I shall not be shaken.**

Take some time this week to remind yourself that your hope comes from him. If you wait upon the news you will have no hope.

He only is your rock.

He will do what is best for you.

He will not treat you as your sins deserve.

He is immoveable.

He will protect you in the way you need to be protected.

This is a promise.

He has not promised other things.

- That we will always be healed.
- That we won't get sick.
- That our pantries will always be full.
- That the economy might suffer.
- That our kids won't get sick.
- That govt responds the way we want.
- That there will be sufficient medical care.
- That our life will be trouble-free

Look to him.

*2. Give attention to who God is AND serve others.*

Martin Luther had a friend who asked what he should do when the black plague (which was spread by fleas) came.

What was Luther going to do?

"I shall ask God mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine and take it. I shall avoid places and persons where my presence is not needed in order not to become contaminated and thus perchance inflict and pollute others and so cause their death as a result of my negligence. If God should wish to take me, he will surely find me and I have done what he has expected of me and so I am not responsible for either my own death or the death of others. If my neighbor needs me however I shall not avoid place or person but will go freely as stated above. See this is such a God-fearing faith because it is neither brash nor foolhardy and does not tempt God." Martin Luther

Luther's Works Volume 43 pg 132 the letter "Whether one may flee from a Deadly Plague" written to Rev. Dr. John Hess

We must ask God to mercifully protect us.  
And wash our hands.  
And be careful not to spread the virus.

There will be no shortage of ways to serve others. Let people know amongst your community here that you need help. If you are an older saint, stay home.

As we become aware of needs—in the body we will let you know. Watch your inboxes and social media.

As we become aware of needs in the community we will let you know.

As you become aware of needs in the body—help and let others know.

As you become aware of needs in the community—help and let us know.

Look for others to serve. Look for others to help. Reach out to them.

Trust God ALONE.

AND NOT:

- OUR jobs
- OUR savings
- OUR health
- OUR stability
- OUR routines
- OUR plans
- OUR expectations of tomorrow
- OUR expectations of order
- OUR expectations of control

You know him. You can trust him alone.

PRAY

[18] The grace of our Lord Jesus Christ be with your spirit, brothers. Amen. Galatians 6:18