



**Carstairs-Bancroft United Church**  
May 13, 2022  
**DAILY ENCOURAGEMENT**  
**DURING COVID-19 PANDEMIC**  
**By Rev. Maria Szabone Berces**



Photo: Our Daily Bread

Beloved Ones,

**Today's Inspiration in one sentence**

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

(Psalm 62:1)

**Did You Know?**

**AUTHOR**

The authors of **Psalms** were David, Asaph, the Sons of Korah, Solomon, Heman, Ethan, Moses, and many unknown authors.

**DATE**

Theologians date this book between the time of Moses (probably about 1440 BC) and the time following the Babylonian exile (after 538 BC).

**IN TEN WORDS OR LESS**

Ancient Jewish songbook showcases prayers, praise, - and complaints - to God.

**DETAILS, PLEASE**

The titles “Psalms” and “Psalter” come from the Septuagint, the pre-Christian Greek translation of the Old Testament. The traditional Hebrew title is “*tehillim*”, meaning “*praises*”.

Over several centuries, God led various individuals to compose emotionally charged poems, of which 150 were later compiled into the book we know as Psalms.

The **150 psalms** gathered in the Psalms are divided into **five books** by scholars: Book I: Ps 1-41; Book II: Ps. 42-72; Book III: Ps. 73-89; Book IV-V: Ps. 90-150.

Many of the psalms are described as “of David”, meaning they could be *by, for* or *about* Israel’s great king.

Many psalms express agony of spirit on the writer’s part, but nearly every psalm returns to the theme of praise to God. That’s the way the book of Psalms ends: **“Let everything that has breath praise the Lord. Praise the Lord.”** (150:6)

(The NIV Study Bible; Hebrews; & Know Your Bible; Barbour Publishing)

**Personal Insight**

I suppose I am not alone when I admit that I yearn for consistency, security, and a place where I can enjoy all these. A place that I can consider *my* home, with safety and the privileges of belonging and familiarity. If moving occurs, it is not always attainable to promptly find the ideal new dwelling for yourself or for your family.

The Scriptures provides us with the unique idea that our real safe place, our real home is not just somewhere, but in Someone. When we develop our close relationship and reliance on the God Almighty, who is simultaneously our Creator, Redeemer and Sustainer, we find the peace and safety we long for.

While God knows our physical needs and limits, we are encouraged to place ourselves, our needs and longings into the hands of the Holy One, who has both the will and power to become **“[our] mighty rock, [our] refuge”** (Psalm 62:7)

Grace and peace to you all,

Rev. Maria



## LONGING FOR A HOME

*Pour out your hearts to him, for God is our refuge.*  
Psalm 62:8

### READ Psalm 62:1–8

Anne, the lead character in the Anne of Green Gables stories, longed for a family. Orphaned, she had lost hope of ever finding a place to call home. But then she learned that an older man named Matthew and his sister Marilla would take her in. On the buggy ride to their home, Anne apologized for chattering on and on, but Matthew, a quiet man, said, “You can talk as much as you like. I don’t mind.” This was music to Anne’s ears. She felt no one had ever wanted her around, much less wanted to hear her chatter. After arriving, her hopes were dashed when she learned the siblings had thought they were getting a boy to help as a farmhand. She feared being returned, but Anne’s longing for a loving home was met when they made her a part of their family.

We’ve all had times when we felt unwanted or alone. But when we become a part of God’s family through salvation in Jesus, He becomes for us a secure home ([Psalm 62:2](#)). He delights in us and invites us to talk with Him about everything: our worries, temptations, sorrows, and hopes. The psalmist tells us we can “find rest in God” and “pour out [our] hearts to him” (vv. 5, 8).

Don’t hesitate. Talk to God as much as you like. He won’t mind. He delights in our hearts. In Him you’ll find a home.

By [Anne Cetas](#)

### REFLECT & PRAY

**Help me, God, not to hold back in talking with You when I’ve got something on my heart. Thank You for Your listening ear. Amen.**

What circumstances have caused you to make God your home? What do you want to talk to Him about?

### SCRIPTURE INSIGHT

David uses four different words in [Psalm 62](#) to describe God’s protective power: *rock*, *salvation*, *fortress*, and *refuge*. While these words all evoke the idea of defense and deliverance, their specific meanings create a much fuller picture. The main meaning of the Hebrew word *tsur*, translated “rock,” is that of a rocky wall or cliff, a place that’s difficult to access. The word for salvation is *yeshuah*. Jesus (*īēsous* in Greek, *Yeshua* in Hebrew) means “the Lord is salvation” (see [Matthew 1:21](#)). While *yeshuah* is most often translated “salvation,” it can also be translated “deliverance,” which makes God the one who brings us out of threats, which, for the psalmist, were both physical and spiritual. “Fortress” translates the word *misgav* and refers to a place of retreat; God offers us a safe place when trouble threatens. Finally, *machseh* is translated “refuge” and refers to a place of hope and trust.

*Used with permission*