

## Quiet Moments with God

Allow these Quiet Moments to draw you into a time of refreshing, reflection and rest with the Lord. Read and meditate on these Scriptures.

### Find Rest

Truly my soul finds rest in God;  
my salvation comes from him.  
Truly he is my rock and my salvation;  
he is my fortress, I shall never be shaken.  
Yes, my soul, find rest in God;  
my hope comes from him.  
Truly he is my rock and my salvation;  
he is my fortress, I shall not be shaken.  
My salvation and my honour depend on God;  
he is my mighty rock, my refuge.  
Trust in him at all times, you people;  
pour out your hearts to him,  
for God is our refuge.  
One thing God has spoken,  
two things I have heard:  
'Power belongs to you, God,  
and with you, Lord, is unfailing love';  
and, 'You reward everyone  
according to what they have done.'

Psalm 62:1,2,5-8,11,12 NIV

[Song: My Soul Will Wait. Sovereign Grace Music](#) (Lyrics on page 2)

# My Soul Will Wait (Psalm 62)

Sovereign Grace Music

When the enemy surrounds and my heart grows faint within  
When the darkness overwhelms and my fears are pressing in  
I will trust in You, O Lord, in the silence I will wait  
I will stand upon Your Word

You're my solid rock and my salvation  
My steadfast hope that won't be shaken  
My soul will wait, my soul will wait for You

You're my stronghold and my shield, in the midst of every threat  
Though the wicked never yield, they will vanish like a breath  
Yes, I know the outcome's sure, Satan's evil plans will fail  
In Your power I'm secure

You're my solid rock and my salvation  
My steadfast hope that won't be shaken  
My soul will wait, my soul will wait for You  
You're my comfort when I feel forsaken  
My refuge and my sure foundation  
My soul will wait, my soul will wait for You

This is love I can't explain, this is mercy unreserved  
Through Your sacrifice so great, I have peace that's undeserved  
For the battle has been won, and I fear no shame or loss  
Now the sting of death is gone

Pouring out our hearts before You  
We will trust in You  
Perfect Saviour, strong defender  
We will trust in You

Songwriters: Bob Kauflin, Keaton Bunting

19 February 2025