

AN UNSHAKEABLE FAITH - PART II

Scripture used: [Psalm 62:1-2 \(ESV\)](#)

OVERVIEW

In this second message of the Unshakeable series, Pastor Hurmon focused on this psalm which asserts that “I will not be greatly shaken.” It’s an affirmative claim about standing strong, not getting tossed by the storm of life, and trusting in God. Last week, Pastor Hurmon used the metaphor of a “palm tree faith,” using as an analogy the resilience of a palm tree when in a fierce hurricane. The palm tree may be bent in the midst of the high winds, but it does not break. After the hurricane has passed, the palm tree’s roots have grown stronger, and it slowly rises to regain its standing position. In the same way, God is able to make our faith “unshakeable” even in the face of storms, so that we too will be able to experience a victorious “I am still standing” moment that will reflect a personal testimony of God’s faithfulness. In today’s message, we specifically look at the practices that enable us to survive in the midst of the storm.

KEY POINTS

- 1) In life, we experience “bending seasons” with their attendant fear again and again. This is when we grapple with a devastating diagnosis, a death in the family, parenting an “impossible” teenager, or serious career and finance issues. God gives us guidance on what to do to get through the storm “still standing”.
- 2) We are body, mind, and spirit, and we should not ignore any aspect of our existence. We are more than just flesh and blood, but we are not less than flesh and blood; we should take good care of our physical health and mental health in difficult times, and our practical self-care in these areas will allow us to survive and thrive spiritually. This kind of self-care is extremely practical. We must be good custodians of our bodies by getting good sleep, nutrition, exercise and reducing stress. We must nourish our minds with social connections, meaningful conversations with others, and going out in nature and sunshine. We are like plants and trees that get sustenance from air and light!
- 3) As we care for our physical and mental health, we are also able to cultivate the spiritual strength needed to develop an unshakeable faith. We must nurture our souls with spiritual connection, worship, prayer, and Scripture. In particular, we see in [Psalm 62:1-2](#) that especially in the storm, prayer will often begin by waiting in silence. After a time of silence, we, like the psalmist, can focus on declarations of God’s goodness and faithfulness. God brings us deliverance and salvation, so each prayer should declare, and rejoice in, that reality.
- 4) We cannot force things, but we can imagine them. [Psalm 27:1](#) uses the metaphor of God as a fortress, protecting us from danger, relieving our trembling hearts. We are set high upon a rock; we shout for joy; we are exalted; we sing to the Lord. We see ourselves surviving the storm, and thriving after it has passed. Pastor Hurmon shared the story of how the elderly relatives who raised Pastor Hurmon in rural Louisiana saw him as a pastor even when others (and himself) saw no future. They prospered him by declaring their hope in him. We don’t control outcomes, but by using our imagination to envision the possibility of a better future, we can cultivate our faith and hope, avoid being trapped by despair, and exercise trust that God will bring about a redemptive outcome in spite of us being trapped in a storm.

DISCUSSION

- 1) **HEAR** - We are body, mind and spirit, and we must take care of all three facets of our existence. Which of these facets of self-care come most easily to you? Which is most difficult? Did this message make you think about some practical steps of self-care that you know would be helpful for your life?
- 2) **UNDERSTAND** - Consider the Scripture in [Psalm 62:1-2](#) and [Psalm 27:1](#). Note the declarations in these passages. How do you think the psalmist was able to make these declarations in the midst of a storm? No matter where you are in your journey of faith, consider how you have experienced God in your own life. What are the declarations that you would like to hold onto in your daily life? Consider writing down 1 - 3 declarations and verbally affirming these declarations each day. These declarations may include: I am created in the image of God; I am loved by God; God has a plan and purpose for my life, etc.
- 3) **DO** - Commit to spending at least 5 minutes in silence each day before God. If you are used to praying longer, use this time to prepare your heart to hear God. If you aren’t used to praying each day, embrace this time as a place to start. Speak your declarations after this time is done, and join us next Sunday!