

Family TableTalk

Conversation 16

A Season of Waiting

read

Psalm 62

think

Over these last few weeks, we have all been thrown into a season of waiting. Waiting to see if that special trip or event will be canceled or postponed. Waiting for that stimulus check to arrive. Waiting for things to return to “normal.” If you’re a parent of a young child like me, you might find yourself waiting until 7:00 p.m. because that means it is your toddler’s bed time! This season of waiting has revealed where we turn in the unknown for rest, salvation, and comfort.

David, the author of this Psalm, is no stranger to waiting. We learn in 1 Samuel 16 that David is an adolescent when he is anointed as the future king. 2 Samuel 5 states that it is not until he is thirty years old that he begins his reign, about twenty years later!

The things of this world that we look to for rest, salvation, and comfort can never truly satisfy. Another episode on Netflix or another trip to the pantry are not going to give us the true rest our souls long for in uncertain times. The words in Psalm 62 can be an encouragement and an exhortation to us. David is able to wait on God because he knows God is his hope and his salvation. The Lord is where David finds rest. We can trust in God’s promises and in His Word in every season, even in the midst of a pandemic, because He is faithful. He is our rock and our salvation.

apply

- Can you think back to another time when you were in a season of waiting? How did you see God’s faithfulness in that situation?
- During this time at home, what things are you turning to for rest and comfort?
- What are some ways that we can practice turning to God’s Word and His promises for rest and comfort?

pray

Heavenly Father, we thank you for your Word, which brings comfort and peace in uncertain times. We thank you for giving us examples of imperfect people throughout Scripture, like David, who put their trust in you. Thank you for being our refuge. Help us to continually turn to you in every season. Amen.

by Kerry Trunfio

Kerry Trunfio is the Director of Youth Ministry and Local Outreach at Our Savior Lutheran Church in Topsfield, MA. She is a contributor to the [Rooted Ministry](#) blog.

cpyu.org  **CPYU**
CENTER FOR PARENT/YOUTH UNDERSTANDING

© 2020 Center For Parent/Youth Understanding