

Run to the Rock

"Finding Strength in Seasons of Shaking"

Bishop Robert Stearns

Psalm 62:1-8

Supporting Scriptures

- Genesis 32:22-32
- Isaiah 43:1
- Matthew 13:24-30
- 1 Samuel 16
- 2 Corinthians 4:8-9

Big Idea

God often allows seasons of isolation, shaking, and uncertainty—not to abandon us, but to strip away every false identity and teach us to find our confidence in Him alone. When everything else is unstable, He remains our Rock.

Introduction

Continuing from the previous message, "Created as Jacob, Formed into Israel," Bishop Robert revisits Jacob's transformation to reveal an often-overlooked moment in Scripture: "Jacob was left alone."

That moment of aloneness became the birthplace of Israel's new identity.

Likewise, God often uses seasons of solitude and shaking to accomplish His deepest work in us.

1. God Often Forms Us in Solitude

Genesis 32 | Jacob spent his entire life striving.

- Manipulating
- Controlling
- Seeking approval
- Chasing blessing
- Wrestling with people

But before God changed his name... God first left him alone.

His transformation did not begin in the crowd. It began in solitude.

Key Thought

Sometimes God removes every support so He can become our only support.

Ask yourself:

- What distractions is God removing?
- What identities have I built around other people?
- What is God trying to reveal in the quiet place?

2. Our Identity Cannot Be Built on Human Validation

Modern culture constantly asks:

- Do people notice me?
- Do they approve of me?
- Am I successful?
- Am I accepted?

Social media has only intensified this temptation.

While God created us for community, He never intended our identity to depend upon people's opinions.

Key Thought

Healthy relationships are gifts.

Identity belongs to God alone.

3. Sometimes Being Alone Is Necessary

God declared: "It is not good for man to be alone."

Yet Bishop Robert noted that while isolation should never become a permanent condition, there are moments when God intentionally draws us away from distractions.

These become seasons of:

- Reflection
- Prayer
- Repentance
- Identity formation
- Spiritual renewal

Jacob's new name emerged after he was alone with God.

4. God Uses Shaking to Remove False Foundations

Throughout Scripture, God repeatedly shakes His people—not to destroy them, but to establish them.

Bishop Robert connected Jacob's experience to the realities facing individuals, churches, and even nations today.

When every earthly security begins to crumble...

God asks us: "Will you trust Me alone?"

Key Thought

God is not merely removing comfort. He is establishing dependence.

5. "My Soul Waits Silently for God"

Psalm 62

The heartbeat of the message comes from David's words:

"Truly my soul silently waits for God..."

David doesn't say:

"My soul waits for circumstances to improve."

"My soul waits for people to understand."

"My soul waits for justice."

Instead: "My soul waits for God."

Everything else becomes secondary.

The Rock We Run To

David declares repeatedly:

- He alone is my Rock.
- He alone is my Salvation.
- He alone is my Defense.
- He alone is my Refuge.

God Himself becomes the place of stability.

6. Spiritual Maturity Is Not Chasing the Next Experience

One of the strongest challenges in the message was directed toward modern Christianity.

Many believers continually chase:

- the newest movement
- the newest conference
- the newest revival
- the newest ministry

Instead of allowing their roots to grow deeply into God's Word.

Key Thought

Deep roots produce lasting strength.

Shallow excitement cannot sustain us during seasons of shaking.

7. God Is Raising Disciples, Not Mere Attenders

God desires more than faithful attendance.

He desires transformed disciples.

Disciples who:

- know Him personally
- contend for His Kingdom

- die to themselves daily
- endure suffering faithfully
- remain steadfast through adversity

A Challenging Truth

You never graduate from dying to yourself.

Following Christ continually calls us into surrender.

8. God Is Our Defender

David experienced:

- Saul's jealousy
- Absalom's betrayal
- False accusations
- Rejection
- Isolation

Yet David continually returned to one conviction: "The Lord is my defense."

Instead of striving to defend himself...

David entrusted his reputation to God.

Key Thought

When God becomes your defender... you no longer need to win every argument.

9. Wait Before You React

The message repeatedly returned to silence.

Rather than immediately responding to:

- criticism
- fear
- betrayal
- uncertainty
- injustice

God invites us first to:

- become still
- wait
- listen
- trust

Transformation often happens in the waiting.

Practical Application

This week:

- Spend intentional time alone with God.
- Identify areas where your identity depends on people.
- Memorize Psalm 62.
- Resist unnecessary distraction.
- Entrust your reputation and future to the Lord.
- Build deeper roots in Scripture rather than chasing spiritual excitement.

Key Takeaways

- God often forms us in solitude.
- Identity is discovered in God's presence.
- Seasons of shaking reveal true foundations.
- Waiting is an act of faith.
- God alone is our Rock, Refuge, and Defender.
- Mature disciples trust God more than circumstances.
- Deep roots produce steadfast lives.

Questions for Reflection

1. Where am I looking for validation outside of God?
2. Is God inviting me into a season of greater stillness?
3. What distractions keep me from hearing His voice?
4. What false foundations is God removing from my life?
5. How can I intentionally "run to the Rock" this week?

Memory Verse

"Truly my soul silently waits for God; from Him comes my salvation. He only is my rock and my salvation; He is my defense; I shall not be greatly shaken." Psalm 62:1-2 (NKJV)

Closing Prayer

Father, teach us to wait quietly before You. Strip away every false identity and every foundation built on human approval. In seasons of shaking, remind us that You alone are our Rock, our Refuge, and our Defender. Deepen our roots in Your Word, strengthen our faith, and form us into steadfast disciples who trust You above every circumstance. May our souls find true rest in You alone. In Jesus' name, Amen