Trust - Psalm 62

1 **When life gets stressful, where do you usually turn first for security or calm?**

READ PSALM 62

David wrote this psalm while people were attacking him and trying to bring him down (v3–4). Instead of fighting back, he waits quietly for God.

2 **v1–2: What words does David use to describe God? What does it mean for your soul to "find rest" in God?**

3 **David says God alone is his rock. Be honest: how would you finish the sentence, "I can cope as long as I have God and _____"?**

4 **v3–4: When people criticise you or work against you, do you wait for God or take matters into your own hands? What would it look like to let God defend you?**

5 **v5–8: David repeats v1–2, but this time he speaks to his own soul. Why might he need to remind himself? What does he urge others to do in v8?**

6 **v9–10: David warns, “Though your riches increase, do not set your heart on them.” How can you tell when something good has quietly become something you depend on more than God?**

7 **v11–12: What two things does David know about God? Why do we need to know both before we can trust someone completely?**

8 **In v2 David says, "I will never be shaken." If you lost the thing you lean on most apart from God, would your faith still stand? Why or why not?**

READ PSALM 62 AGAIN.

This time pray each section below, then leave time for more prayer before continuing to the next section.

1) v1–2 Rest: spend a minute in silence before God, then thank him that he is your rock and your salvation.

2) v3–4 Name it: tell God about the pressures or people weighing on you right now.

3) v5–8 Pour out: pour out your heart to God, and choose to put your hope in him again.

4) v9–12 Trust: confess what you're tempted to rely on instead of God, and praise him for his power and unfailing love.