



Psalm 62

Trusting God – Leaders version

For a one hour study, just do the starred * questions

Check in – with the group sitting in a semi circle go round and ask everyone, including leaders, how they are and how they're feeling about studying the Bible today.

What does the passage say and mean?

60 minutes

Read Psalm 62 to your group. Remind the group that a psalm is a prayer that was usually set to music.

1. **SHOUT-OUT** What is the big picture message of this psalm?

*2. What does it mean to say that your soul finds rest in God?

That our soul is quiet before God and waiting for God to speak, rather than coming to God with a list of requests or concerns. In an attitude of quietness of soul before God, we start to see things God's way.

*3. **SHOUT-OUT** Read v2. How does the psalmist describe God and what is he trying to say by using these words?

Brainstorm about the meaning of these words on the flip-chart, and work from this to think about the psalmist's meaning.

	Literal meaning	Psalmist's meaning – God is...
Rock	<i>Safe place to hide, secure place (difficult to destroy a rock), unmoving, firm ground, etc.</i>	<i>Trustworthy, keeping me safe, not going to change, firm foundation for faith</i>
Salvation	<i>Save, rescue, redemption</i>	<i>Able to save me / rescue me</i>
Fortress	<i>Safe place, well defended, place to hide</i>	<i>Protecting me, defending me</i>

*4. The psalmist says that his soul finds rest in God *alone*, and that God *alone* is his rock, his salvation and his fortress. What does this tell you about the faith of the psalmist?

He has no back-up plan for his soul, or his security. He has all his eggs in the one basket, because he completely trusts God. He knows that you can't serve God with less than 100% of yourself i.e. anything else he tries to put his faith in will take the place of God, and become his god.

*5. **SHOUT-OUT** What kind of things do we tend to look for peace in, or trust as our security and our firm foundation?

Peace – keeping everything going my way, money, using drugs / alcohol to numb the mind

Security / firm foundation – money, property, relationships, self, reputation

*6. In v2, the psalmist says that, with his trust in God, he will never be shaken. Why is this not the case with the things you mentioned in Q5?

Because these things are temporal, and temporary. They cannot save us and do not last.

Questions 7-9 are **SELF-DIRECTED QUESTIONS**. You need to write them on flip-chart sheets for the group to work on in pairs.

7. **SDL** Read v3-4. What situation has the psalmist found himself in, to prompt writing this psalm?

He is weak, v3, and being attacked by people who want to topple him (maybe trying to overthrow him as king). He is being attacked by people who are plotting against him but say nice things to his face (v4).

8. **SDL** Why do you think the psalmist says almost the same thing as v1-2 again, in v5-6? What is the difference in the way he says it this time?

This time, he phrases it as an instruction to himself. Maybe in v1-2, he is stating truth, but in v5-6, he is urging himself to apply it? He also uses the word 'hope' (v5) rather than 'salvation' (v1) – ultimately they mean the same thing.

9. **SDL** What does it mean to trust God as your rock, your refuge, your fortress?

Treat all three similes as one – don't try to unpick each word separately! Focus on how we actually do this – to put all your hope and trust in God, not in your own strength or ability. This always involves prayer and usually also some sort of activity on our part, but the activity is done in an attitude of trust that God will act. e.g. you hope in God for a job, but you won't get a job unless you go to the job centre.

*10. What does the psalmist tell the people to do in v8, and why?

To trust in God at all times and pour out their hearts to him. He does this because he knows it works – he's already experienced it! He's not just giving wise words, he's been there and knows that God is trustworthy and able to save.

11. Read v9. What does the psalmist mean?

In the grand scheme of things, people's lives are as short as a breath (be careful that you don't imply that life isn't worth living) so there's no point putting your security in people.

12. How is verse 10 related to the overall message of this psalm?

This isn't just two random sins that the psalmist picks on, he's continuing his theme of trusting God. Extortion and stealing are ways that we try to provide for ourselves, rather than trust in God (we aren't trusting God when we are disobeying him). The warning extends to those who try, by legal means, to deliver themselves, protect themselves etc., rather than trust in God, too.

*13. Read v11-12. What has God said about himself? What does it mean for us if these things are true?

That he is strong and loving. (One thing... two things... = an OT way of saying 'lots of things'). If God is strong and loving, then we are safe! We have a protector and a deliverer.

14. What do you think it means to say that God will reward each person according to what he has done? (v12)

It's referring to God's justice – that God will save to eternal life those who have lived under his rule and authority i.e. who have trusted in Jesus' death on their behalf (we know that from this side of the cross, but the psalmist didn't). Those who have rejected God in this life will ultimately be treated very fairly, and be rejected by God (quoted from Rico Tice, CE DVD 2005, programme 7).

*15. **STICKERS** In what area of your life do you find it most difficult to trust God?

*16. Read Philippians 4:13. What does this verse mean?

It's talking about being able to cope, not about lifting buses or being able to fly!

How can I live according to these truths in my life?

20 minutes

*1. Look back at your sticker from Q15. What would be different if you did trust God with this area of your life?

NB. The situation may be no different at all! But the way we handle it, respond to it and give our mental and emotional energy to it will be very different if we are trusting God to look after us in it. Trusting God with everything does not mean that everything will be OK, it means that God will walk through it with us and give us strength to face it, to cope.

2. Can you think of a time when you have trusted God to help you in a bad situation? Can you describe what was different about that situation to times when you have 'gone it alone'?

*3. Is there a situation that you're in now that you need to hand over to God and stop trying to control it yourself? Are you willing to do that?

If anyone does want to hand something over to God, tell them how to do it! Just pray about it, ask God to be their rock, their fortress in this situation, and then let go of it! Don't snatch it back from God!

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Psalm 62

What does the passage say and mean?

1. **SHOUT-OUT** What is the big picture message of this psalm?
2. What does it mean to say that your soul finds rest in God?
3. **SHOUT-OUT** Read v2. How does the psalmist describe God and what is he trying to say by using these words?
4. The psalmist says that his soul finds rest in God *alone*, and that God *alone* is his rock, his salvation and his fortress. What does this tell you about the faith of the psalmist?
5. **SHOUT-OUT** What kind of things do we tend to look for peace in, or trust as our security and our firm foundation?
6. In v2, the psalmist says that, with his trust in God, he will never be shaken. Why is this not the case with the things you mentioned in Q5?
7. **SDL** Read v3-4. What situation has the psalmist found himself in, to prompt writing this psalm?

8. **SDL** Why do you think the psalmist says almost the same thing as v1-2 again, in v5-6? What is the difference in the way he says it this time?
9. **SDL** What does it mean to trust God as your rock, your refuge, your fortress?
10. What does the psalmist tell the people to do in v8, and why?
11. Read v9. What does the psalmist mean?
12. How is verse 10 related to the overall message of this psalm?
13. Read v11-12. What has God said about himself? What does it mean for us if these things are true?
14. What do you think it means to say that God will reward each person according to what he has done? (v12)
15. **STICKERS** In what area of your life do you find it difficult to trust God?
16. Read Philippians 4:13. What does this verse mean?

How can I live according to these truths in my life?

1. Look back at your sticker from Q15. What would be different if you did trust God with this area of your life?

2. Can you think of a time when you have trusted God to help you in a bad situation? Can you describe what was different about that situation to times when you have 'gone it alone'?

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