



Life Group Study Guide Psalm 62

Introduction

The dictionary defines trust as:

1. (noun) Firm belief in the reliability, truth, ability, or strength of someone or something. Example: "Good relationships have to be built on trust." Synonyms: confidence, belief, faith, certainty, assurance, conviction, credence; reliance.
2. (verb) Believe in the reliability, truth, ability, or strength of. Example: "You can trust me." Synonyms: rely on, depend on, bank on, count on, be sure of.

Ice Breaker

Have some people in your group google "Brainy Quotes trust" and check out what some interesting people from our society say about "trust." Discuss some of the similarities and differences in how they define trust and what to trust in. How do these ideas compare with the Word of God?

Read Psalm 62

What are some of the words David used to express his trust in God? How can these word pictures bring you comfort, particularly during difficult times?

What are some of the things David says that you should never trust? How does this advice differ from many messages in our culture? How can losing trust in someone bring great trouble to a family? to a business? to a church? to a country? Can you ever completely trust anyone?

Read Psalm 56

Read verses 3-4 and 10-11 again. How can you trust in God while walking through fearful circumstances such as a job loss, bad health, or a serious relationship struggle? How does this Psalm speak to you or comfort you?

Read Psalm 61

Many scholars think that David must have been far away from home when he wrote this Psalm. Isn't it awesome that God is not limited to any geographic location? How can this Psalm comfort you when you are feeling isolated or totally out of your "comfort zone?"

In verse 8 David made a vow to intentionally praise God each and every day. He did this both in the good and the bad times. Can you make a commitment to lift God up in praise at the beginning of each day? How can your life-group encourage you to keep this commitment and make praising God a priority in your life?

Please spend time in prayer asking God how each of you can learn to trust God more.