

## Psalm 62 – Life Group Notes – Week beg 10<sup>th</sup> February 2019

Q. Can you think of any examples in your life. or perhaps in the world in general. of things which promised much, but in reality delivered little!?

Q. How would you explain the meaning behind the word “trust”?

Read Psalm 62 which is a Psalm of trust.

Q. What is David saying in verses 1+2?

Augustine said...

“Thou hast made us for thyself O Lord,  
And our hearts are restless until they find their rest in thee.”

Q. Have you found this to be true in your own life?

Q. How do we find rest, peace and security? What does David reflect on in verse 1b and verse 2?

If the salvation of Jesus is our biggest need then rest can only be found in Him alone.

Q. In what other places/things might we look to for peace and security?

Q. Do you think we have the tendency to look to our own personal comfort as the basis for our peace and security?

Q. As a result of the above, do you think our prayer lives can sometimes be dominated with “Lord fix my problems”, rather than a desire to know God and find our peace and rest in Him?

Read Matt 11:28

Only in Jesus is there true rest and security for our lives.

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In verses 3+4 and 9+10, David highlights the insecurity found in the world...

Q. What things does David identify?

David mentions the insecurity of looking to fellow man, stating we are but a breath or a vapor

We can praise God for his blessings of friends and family and material blessing too, However, none of these things provide a secure foundation for our lives.

Read Luke 6:46-49

Q. What does Jesus identify as the foundation for life now and always?

Finally, David tells others to put their trust in God and his salvation (see Ps 62:8)

Q. In what ways might we encourage one another to build our lives on Jesus and his saving grace? How might we encourage someone to do this when they are facing a trial or a challenging time?

Spend some time thanking God for his many blessings, asking that he would help you trust in Him alone for your security and peace, and also ask the Lord to show you where there are people who need a word of encouragement to look to Jesus for their peace.

Bless you all!

Paul 😊

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