

Psalm 62- Who can I trust?



Start Talking. Conversation starter for your group.

- Have some people in your group google “Brainy Quotes trust” and check out what some interesting people from our society say about “trust.”
(<https://www.brainyquote.com/topics/trust-quotes>)
- 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?

Start Thinking.

- Read **Psalm 62**. Read it in different versions if possible.
 - 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**.
 - 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?

Start Sharing.

- How can this life-group encourage you to keep this commitment and make praising God a priority in your life?
- How would you describe God’s faithfulness to someone who is far from God?

Start Doing.

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