



PEOPLE OF PRESENCE

— From God's Presence to God's People —

QUARTER 1 — CREATED TO DWELL

Learning to Delight in God's Presence

WEEK
5

TRUST

Psalm 62

Truly He is my rock and my salvation;
He is my fortress, I will not be shaken.

“

Truly He
is my rock
and my
salvation.

PSALM 62:2



THE BIG IDEA

God is my refuge
and strength.

I can trust Him completely
in every season.



GOSPEL IDENTITY

Because Christ is my Refuge
and Stronghold...

- ✓ I am safe in His care.
- ✓ I can run to Him.
- ✓ I do not have to fear.

FROM PROTEST TO PRAISE

A JOURNEY THROUGH PSALM 62



1 PROTEST

What hurts?

My soul is restless.
I feel overwhelmed
or afraid.



2 PRESENCE

Bring it to God.

I pour out my heart
before Him.
He hears me.



3 PERSPECTIVE

What is true?

He alone is my rock,
my salvation, my
secure place.



4 PRAISE

Trust grows
while waiting.

I will trust and
not be shaken,
for He is good.



CREATIVE RESPONSE

CREATE SOMETHING PORTRAYING “MY REFUGE”

As you spend time with God, create
something that represents where
He is your safe place—your rock
and fortress.



Let your creation be a reminder to
trust Him when life feels unstable.



BODY LIFE PRACTICE

PRAY OVER ONE ANOTHER'S FEARS

In your group, share one fear or worry.
Pray for each other, claiming the truth
of God's protection and presence.
We are stronger together.



COMPANION QUESTIONS

- 1 What places in your life feel most unstable right now?
- 2 What fears or worries are you carrying?
- 3 How does knowing God is your refuge change the way you respond?
- 4 What is one way you can trust Him more this week?



PRESENCE PRACTICE

THIS WEEK

Practice trusting God daily.
Each evening write:



Today I
turned to
Him when...



Today God
gave me
strength by...



Today I can
rest in Him
because...



MEMORY VERSE

Psalm 62:2
“Truly He is my rock
and my salvation;
He is my fortress,
I will not be shaken.”



GOSPEL TRUTH

I don't have to be
strong. I just have
to trust a strong God
who holds me
securely.



May the God who is your refuge give you peace in every storm,
and help you trust Him completely.