

Psalms in the Summer

Psalm 62: *The Secret to Soul Rest*

Study questions for the week of July 12-July 18, 2026

Getting Started

What was your most restful vacation? What made it so restful?

Digging Deep

Read through Psalm 62 together as a group.

1. How does David describe the condition of his soul? (verse 1a) What reasons did David give for this condition? (verses 1b-2, 5-7)
2. What appears to be the circumstances of David's life as he writes this Psalm? (verses 3-4)
3. When life gets stressful, what do you do or where do you go to find rest?
4. David is encouraging the people to trust in God, (verse 8), what do they appear to be trusting instead. (verses 9-10).
5. What descriptive words or metaphors does David use for God? What do these words convey about God's character? (verses 5-8)
6. What descriptive words or metaphors does David use for his enemies? What do these words convey about their character? (verses 3-4, 9)
7. Why does David say we should trust God over men, things, or riches? (verse 10-12)
8. How do you find the condition soul, today? The Psalm begins with finding rest and ends in trusting God. How do you think trusting God translates into soul rest?
9. How can this Psalm encourage us during difficult times? What actions should we take when life is less than restful?