



Truly Find Rest in God
July 28, 2024 | Psalm 62
Questions for Study and Group Discussion

*** Before you begin, please read Psalm 62*

1. When was a time in your life when you felt overwhelmed by stress or anxiety? How did you respond?
2. Why is it important to think about the spiritual dynamics of our lives during times of stress or crisis?
3. Make a list of the names or attributes of God found in this Psalm.
4. Which of these true things about God do you experience most in your life? Which do you find lacking in your life?
5. How can you make more time and space to pour out your heart to God?
6. What are some things you are tempted to find your worth in apart from God?
7. What are some things you tend to place your trust in apart from God?
8. How would your life look different if you applied something specific from this passage in your life this week?