

## Sermon Discussion Questions: Psalm 62

- 1.) What are the things that the world tells us to trust in?
  
- 2.) What are the fears, worries, or distractions that keep you from trusting God?
  
- 3.) How does remembering God as the only rock, salvation and fortress help you have confidence amidst the struggles and attacks you face in your life
  
- 4.) The psalm shows us that expressing pain in the midst of struggle and trusting God are not mutually exclusive. How does this help us when we are feeling overwhelmed by the struggles and stresses of life.
  
- 4.) What do you think about the psalmist commenting on those of high and low estate being like a breath? Does this encourage us?
  
- 5.) In regard to verse 12, Christ claims he is the one who will come to repay each man for what he is done in Matthew 16:27. How does this connection so the psalms bigger picture?
  
- 6.) How does what Christ has done on the Cross make verse 12 good news?
  
- 7.) How can you look to Trust in Christ in your life?