

# Summer in the Psalms

## The songs that Jesus sang

### **The Restful Trusting Soul** – Psalm 62

July 17, 2022

If you struggle to trust God alone especially in challenging trying seasons, you're not alone! In Psalm 62, David shows us how we can find rest in the midst of trials through silently waiting on God.

But what does that mean? Why not have a listen to this message and learn how you can find grace as David does!

For personal reflection/community discussion

**Read** – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these verses in 10 words or less)

**Examine** – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

**Apply** - After seeking to understand God's Word in this passage, consider how he intends to use it in your heart and life today.

- What's your default coping mechanism in challenging times? Does it yield rest for your soul?
- In what areas of your life would you say you struggle to completely trust God? Why?
- Does your prayer life consist primarily in you speaking to God? Have you ever wondered what it means to be silent before God? Did the sermon help explain this?
- Bob shared a quote from Dr Martyn Lloyd-Jones about preaching/speaking to yourself. Do you practice this? Share for the benefit of others what that looks like.
- Share a time when you intentionally sought to be silent before God and share the challenge and the fruit of that time.