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STUDY GUIDE TWO – FROM SERMON ON JAN 25/26

Psalm 62 invites us to rest in God alone and trust Him as our refuge. It reveals God as Father – loving and near – and Almighty – strong and unshakable. David shows us that even in threatening circumstances, we can pour out our hearts and live securely under the care of our Father Almighty.

LET'S GET STARTED!

When you hear the words “**Father Almighty**,” what comes to mind first – comfort, awe, fear, or something else? Why?

Matthew 10:29-31 emphasizes God’s attention to even the smallest details. How does this shape your understanding of His care as Father?

READ PSALM 62

Psalm 62:1-2 says, “**My soul finds rest in God alone; my salvation comes from him.**” What does it mean to trust God alone? What are the things we tend to mix with God in our trust? (David names some of them)

Why do you think David repeats that he trusts God alone? What does that teach us about relying on God versus other “supports” in life?

Think of someone you trust completely. What makes that trust possible, and how does it help you imagine trusting God in the same way?

Psalm 62 shows David resting in God even when enemies surrounded him. How can we practically learn to “**rest in God alone**” when life feels threatening?

Deuteronomy 33:27 speaks of God’s “**everlasting arms.**” How can you picture this truth in moments of weakness, fear, or uncertainty?

Psalm 62:8 invites us to “**pour out our hearts**” to God. What does this look like in practical terms today?

How is pouring out your heart to God different from simply venting to a friend?

Romans 8:26 says the Spirit helps us pray when we do not know what to say. How does this promise encourage you in times of pain or confusion?

Psalm 62:11-12 says, “God is strong, and God is loving.” How do these traits work together to give us confidence in Him?

Why would a God who is only loving or only powerful not be enough for true trust? Why is it important to hold both together?

Can you think of a time in your life when God’s love and His power were both evident to you? How did that affect your trust in Him?

How might you take one of the refrains from Psalm 62 (“My soul finds rest in God alone” / “He alone is my rock and salvation”) and use it as a daily prayer this week?

CLOSE YOUR TIME TOGETHER BY PRAYING FOR EACH OTHER