



OBSERVE & REFLECT

This weekend we asked the question, "Can God be trusted?" Discuss in your group if they personally find it difficult to trust God in the midst of difficult times or circumstances, and if so, why do they think that is the case? What do you think are the contributing factors to one's ability or inability to put one's trust in God?

READ Psalm 62: 1-8

- ▢ Read the text at least twice. Try reading the text from two different translations.
- ▢ What do you observe in the text? What jumps out at you and grabs your attention? What questions do you have from the text? Pay attention to any action words or phrases and observe what the implications are.
- ▢ Reflect on the sermon from the weekend regarding this passage. What aspects or truths from the sermon left an impression on you and why?

INVESTIGATE & APPLY

(This section focuses on what the scripture has to say as we dig deeper into the Word. It is oriented to create discussion on the scripture)

- ▢ In verse 1, David speaks of his soul finding "rest" and "salvation" in God alone. How would you describe the words "rest" and "salvation"?
- ▢ Read together Matthew 7: 24-27. What are the things that jump out to you in this passage with regards to the wisdom of building your house/ life on "rock"? What's involved in that building process?
- ▢ Can you describe a time in your life when you found the Lord to be a "fortress" for you? What did that look and feel like?

Key Verses to Consider:

Psalm 62: 1-2, 8

My soul finds rest in God alone; my salvation comes from him. he alone is my rock and my salvation; he is my fortress, I will never be shaken... Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.

NEXT STEPS

(This section is how to 'put the rubber to the road' so to speak, and is created for us to grow deeper with each other as we process the implications of the text)

- ▢ Can you describe a time when this Dgroup has been a source of personal or spiritual "refuge" for you in your life and walk with Christ? What did that look and feel like to you, and for you, personally?
- ▢ Would you say our group is experiencing that kind of life, encouragement, and trust in God together on a regular basis? What would it take for our group to take that experience of the soul to another level?