

**LIFE GROUP NOTES ON PSALM 62 TRUST IN STRESSFUL TIMES**

**Welcome:** Has anyone brought a Psalm they’ve written? Or has anything to share from their Psalm Journal?

**Discussion starter:** What or who do you trust, to keep you safe and give you peace of mind?

**Experience:**

There is a well-known activity to demonstrate trust, where members of a group link hands in a circle, and a brave volunteer goes into the centre, and lets him/herself fall back and be caught. Health and safety warning – maybe better to imagine it than do it!

So instead, put a chair in the middle of the circle and invite someone to sit on it. Then interrogate them about why they trusted it not to break!

**Read:**

Before reading the Psalm aloud, read it silently to yourselves. Do you notice a rhythm? Any alternating moods? How would you divide it up, for reading aloud?

**Questions:**

1. Do you identify with the psalmist’s emotions? Which ones?

2. Why would the imagery of a rock or fortress be powerful to the psalmist and his contemporaries, as pictures of God’s reliability and power to protect? What do you feel, if you visit a ruined castle? Does the psalmist’s picture work for you, living in such a different world? Can you think of a modern metaphor with the same force?

3. Some translations have emphatic words at the beginning of some verses, eg vv 1 & 2 Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken. Find 2 more instances and, for a different reason, note the word ‘Surely’ in verses 4 and 9.

Presumably these are there in the original Hebrew. Do they help you to sense the psalmist’s urgency? What about the subtle difference between verses 1 and 5? Is the psalmist perhaps not as sure as he sounds? Does repeating words of faith and trust, eg in the Creed, or in sung worship, build your own faith and trust in the Lord?

4. What words of encouragement and instruction does the psalmist give to us as readers/listeners?

**Consider:**

1. Has human behaviour changed since the psalm was written? Is the Bible relevant today? Do the words in verses 3-4 have a topical resonance? Are we ever guilty of joining in malicious criticism of people in prominent positions? What could we do instead?

2. Why are verses 11-12a such an extraordinary description of God?

3. Are you uncomfortable with verse 12b? See Psalm 130 verse 1, Ephesians 2. 4-9

**Pray:**

1. The opening words of the Psalm, in the ESV, are: ‘For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.’ Spend some time in silent prayer, waiting on God.

2. The psalmist says ‘Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.’

Take some time to do this, and to pray for those you know who are feeling vulnerable, wounded or weary.

**In the coming week:**

If you’ve begun keeping a Psalm journal, carry on! Record experiences which connect with anything in this Psalm.

How about writing a Psalm yourself, reflecting aspects of this one, to bring and share next week?

Go on looking for opportunities to share your experiences of the goodness of the Lord, of trust, comfort and answered prayer. Be an encourager!