

**TAKEAWAY:**

God is our rock and salvation. He is an immovable, grace filled God who desires to protect and love His children in every season of life.

**INTRODUCTION QUESTIONS:**

- What is one "rock-solid" truth about God that has sustained you during a difficult season of life?

**UNDERSTANDING:**

Have a group member read of Psalm 62

- How did this sermon help you better understand this passage of scripture? Is there anything that was mentioned during the sermon that stuck out to you?
- Read Psalm 62:1-2. Why do you think David emphasizes silence and waiting in the midst of his troubles?
- In our culture of noise and constant distraction, what makes it difficult to cultivate a silent, waiting posture before God?
- Read Psalm 62:3-4. Have you ever felt like the world (or circumstances) were against you? How did you respond?
- Read Psalm 62:11-12. How do God's power and love work together? Why is it significant that both attributes are mentioned?
- In what areas of your life do you need to experience God's steadfast love right now?

**APPLICATION:**

- What practical steps can we take to make God our first resort rather than our last resort when troubles come?
- How can we help one another remember and experience God's steadfast love, especially during challenging times?

**GO DEEPER:**

The Go Deeper section has two potential functions. It can supplement your small group discussion by providing extra discussion material.

You can also use these sections as short devotionals to carry you through the week until your next group meeting and to deepen your study of our text from this week. Here are two "Going Deeper" discussion prompts that build upon the above provided questions without repeating them:

**Power and Mercy/Love** represent two main characteristics of God's interaction with humanity: If God possessed infinite power without mercy, God would be a tyrant, rendering trust impossible. Conversely, if God

possessed infinite mercy without power, God would be a well-intentioned but impotent observer, rendering trust useless. It is the synthesis of these two attributes that grounds our trust and hope in God.

- Discuss the balance of these two attributes. How do you reconcile them with the psalmist's concluding remark—namely, God "rewards each person according to what he or she has done."
- In what specific areas do you desperately need to see God's power intervene, and where do you most deeply need God's mercy to comfort and sustain you?

**Rest:** The Hebrew term translated as "rest" in v. 1 represents a silence that's the active, composed submission of the soul to the divine will.

- During a prolonged crisis, what distinguishes finding rest in God from a posture of passive, fatalistic resignation?
- How do internal anxieties, hypothetical scenario-building, and self-justifying monologues disrupt this rest?
- How does meditating specifically on the characteristics of God described in vv. 1–2 calm one's soul?

**Only:** The Hebrew word, *ach* (typically translated in the OT as "only," "alone," "but," or "truly") is used in this psalm in vv. 1, 2, 4, 5, 6, 9. Note their use in these verses, properly place them in the context of this Psalm, and answer the below questions

- What competing saviors, institutions, or human relationships do we most frequently and subtly attempt to pair with God for our ultimate security?
- Why is it theologically contradictory and spiritually hazardous to functionally view God as our primary rather than our exclusive rock?
- What are the practical, observable behavioral signs in a believer's life that indicate they have subtly shifted their foundational hope from God alone to God plus favorable circumstances?

#### **Quotes:**

- "What he intended through [Psalm 62] was ... every day, before anything else, to acknowledge that God's favor is more important than everything we will face in our day; more important than our education and our work, than our food and drink..., than everything we can think of or aspire to. Wherever we are, whatever our conditions and circumstances are, we have to keep yearning to God Whose mercy is better than our whole life." John Chrysostom
- "Waiting is nothing else but hope and trust lengthened. Bear and forbear, and silent be, Tell to no man thy misery; Yield not in trouble to dismay, God can deliver any day." Martin Luther
- "Observe how the Psalmist brands his own initials upon every name which he rejoicingly gives to his God – my expectation, my rock, my salvation, my glory, my strength, my refuge; he is not content to know that the Lord is all these things; he acts in faith towards him, and lays claim to him under every character." Charles Spurgeon

#### **GROUP PRAYER:**

End your time by reading Psalm 62:5–8 aloud together as a declaration of faith and commitment to trust God as your rock and salvation.

## Hymn of the Week - Leaning on the Everlasting Arms

As we journey through the psalms this July, we want to incorporate some hymns that fit well with the psalms being preached. Pastor Shawn has helped establish some hymns for your life group to read through, sing together or meditate on. We will also provide a Spotify playlist of songs that will help anchor you in praise this summer.

### 133 Leaning on the Everlasting Arms

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) in 4/4 time. The key signature has three flats (B-flat, E-flat, A-flat). The score is divided into three systems, each with a treble and bass staff. The lyrics are printed below the vocal staves. Chord symbols are placed above the staves: A-flat for measures 1-2, D-flat for measures 3-4, A-flat for measures 5-6, E-flat for measure 7, A-flat for measures 8-9, D-flat for measures 10-11, and A-flat/E-flat for measures 12-13. Measure numbers 1, 3, and 6 are indicated at the start of their respective systems.

1. What a fel - low-ship, what a joy di - vine,  
2. O how sweet to walk in this pil - grim way,  
3. What have I to dread, what have I to fear,

lean - ing on the ev - er - last - ing arms; what a bless - ed - ness,  
lean - ing on the ev - er - last - ing arms; O how bright the path  
lean - ing on the ev - er - last - ing arms? I have bless - ed peace

what a peace is mine,  
grows from day to day, lean - ing on the ev - er -  
with my Lord so near,

*Refrain*

8 *Ab/Eb Eb<sup>7</sup> Ab Ab Db*

last - ing arms. Lean - ing, lean - ing,  
 Lean-ing on Je - sus, lean-ing on Je - sus,

11 *Ab Eb<sup>7</sup> Ab Eb Ab Eb Ab*

safe and se-cure from all a-larms; lean - ing,  
 lean-ing on Je - sus,

14 *Db Ab/Eb Ab/Eb Eb<sup>7</sup> Ab*

lean - ing, lean-ing on the ev - er-last - ing arms.  
 lean-ing on Je - sus,