



SELAH - PAUSE & REFLECT (2): Psalm 62

Small Group Discussion Guide // June 10, 2018

1. Looking back at your notes from this week's teaching, was there anything that challenged, intrigued, surprised, bothered, confused, or was new to you?
2. Last week you had the the homework to practice the concept of Selah, to pause and reflect on your life, read one of the associated Psalms, and cry out to God. **How was this experience? Did you find yourself lamenting to God about another feeling or situation not listed?** (You can download last week's discussion guide at <http://www.k3naz.org/ministries/small-groups/small-group-discussion-guides.html>)
3. The Test of Trusting God - Read Psalm 62:1-4
Pastor Scott shared this week that the theme of Psalm 62 is that God is our sure and certain refuge. The author of Psalm 62 is thought to be King David and he is writing it in the midst of a painful situation. Oftentimes, we place trust in things that we have experienced as being trustworthy. **As you read v.1-4 what do you notice about David's trust in God? Can you think of 2-3 times in your own life where God proved Himself faithful? Does it get easier to trust Him each time? How might scripture help us build trust in God?**
4. The Security of Trusting God - Read Psalm 62:5-8 & Matthew 18:1-5
Pastor Scott pointed out that v.5-6 sound very similar to v.1-2, but v.1-2 is a declaration of of God's faithfulness, whereas in v.5-6 we see the author telling his soul to pause, be calm, and trust. Even though we may "know" in our hearts that we can trust God, our brains sometimes need to be slowed down and reassured. God wants us to remain in a place of total faith in His sovereignty. He wants us to have a child-like faith. A faith that gives us the confidence to know that when we make a leap of faith, God will catch us. **Is there anyone in your life that you have had total trust in? How did/does being near that person make you feel? Why is it important to build trust prior to a crisis? How do we build our trust in God?**

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5. The Logic of Trusting God - Read Psalm 62:9-12, Galatians 6:2-3,8-9
At Kankakee First Church, we value both *Intimacy with God & Life Together*. We endeavor to draw near to God in all things and we believe that we are created to be in community together. We place our trust in God first and foremost, but we also have trust relationships with others. **How do the above verses help us distinguish the role of God in our lives vs the role of friends or family? How do we respond when trust is broken? Why might it make sense to Trust God?**
6. **How would you describe God's faithfulness to someone who is far from God?**
7. Read the following Psalms this next week. Choose one a day and reflect on the trustworthiness of God. Next small group, share with the group any verses that may have been especially comforting.

1. Psalm 9

2. Psalm 19

3. Psalm 21

4. Psalm 46

5. Psalm 111

6. Psalm 118

7. Psalm 125