



June 13, 2018

Main Text: Psalm 62

Optional Ice Breaker

"Summer Vacations" List out popular vacation destinations (i.e. beaches, mountains, cities, lakes, parks, etc.). Working your way around the room, ask each person which type of vacation they like the best. If they have a story from a specific experience, ask them to share it. Also, see how many people have been to the same places as people are sharing their stories.

The BIG IDEA

Depending on God as our Heavenly Father and living in His love.

Getting in the Word

Ephesians 4:6 tells us, "[there is] one God and Father, who is over all and in all and living through all." Do you often think of God like a Father? What are some qualities of God that you look for in fathers?

As we've been working our way through the Psalms this summer, you've probably read a lot of David's work by now. Let's take a minute to read another of his psalms, Psalm 62. Start by reading verses 1 & 2. From these verses, what are the attributes David gives God? Which one sticks out to you the most? Why?

The following verses will give us a little context as to why David is looking to God for salvation and protection. Let's read verses 3 & 4. Can you relate to any of the statements David makes about people around him who are attacking him? Does anyone feel comfortable sharing a time when they were attacked, judged, deceived or lied to?

Even with these horrible things happening to him, David continuously goes to God for help. Read verse 5 through 8 together. Can you think of any times in David's life that prove he always depends on God (examples: fighting Goliath, fighting off bears & lions, hiding from King Saul, fighting the Philistines)?

What have been a few times in your life when you had to depend on God? Did those times grow your faith in God, or weaken it? Why?

A key phrase David uses in this Psalm is, "my soul finds rest in God." Jesus explains this concept in John 15. Take a minute to read John 15:1-4. According to this passage, what will happen to us if we leave God's fellowship? Do you think this happens to many Christians?

What are some ways you can actively remain in God this week? What are some ways you can depend on Him for help?