
Date: August 24, 2025 **Message:** Trust
Series: When and How to Pray **Scripture:** Psalm 62

The Psalmist's depressing evaluation:

How he comforts himself:

How we know his comfort is trustworthy:

Questions for Reflection and Discussion

Psalm 62

1. When you are developing trust with a person, how does it normally happen? How could that same pattern apply to your relationship with God?
2. Psalm 62 lists several things people often rely on for security: approval, social status, riches, power, and love. Which of these do you find yourself most tempted to trust in? Why? Have they ever let you down?
3. How do you usually respond when life shakes your sense of stability? How do you normally regain your balance?
4. Think about a time when you felt God's steadfast love even when circumstances seemed unstable. How did that experience strengthen your trust in Him?
5. How might you coach yourself, like the Psalmist, to keep your hope anchored in God rather than in fleeting things?
6. In what areas of your life is it hardest to trust God fully, and why?