

July 19, 2026

UNSHAKABLE

Pastor: [Jesse Bradley](#) Series: [Let Us Pray](#) Scripture: [Psalm 62:1-12](#)

READ PSALM 62

There can be many prayer traps. We can utter shallow prayers and carry a religious veneer. Prayer can become rote and an empty ritual. Prayer can be a performance in our minds.

Prayer can be difficult as we feel stuck and unsure what to say.

Prayer can touch on our insecurities as we try to impress people who join us. Some people even feel shame because they don't think they are good at praying. None of these is healthy. God has something much better for us. Prayer is relational with freedom to pour out our hearts. Prayer leads to less anxiety, a deeper trust, and more peace from God.

In prayer, we commune through listening to Jesus.

We receive the overflowing and infinite hope of God. Prayer becomes a highlight of our day and a place where battles are won. God is generous with grace and strength as He helps us in our time of need.

REFLECTION QUESTIONS

1. How is God like a rock, and why do we need security? ([Psalm 62:1-2](#))
2. When do you face opposition? ([Psalm 62:3-4](#))
3. How do you pour out your heart to God in prayer? ([Psalm 62:5-8](#))
4. How do you guard and set your heart on the right things? ([Psalm 62:9-10](#))
5. What are you learning about God? ([Psalm 62:11-12](#))
6. Who can you share this Scripture with during the upcoming week?

SERMON NOTES

The Rock is greater than the resistance.
Learn how to pour out your heart to God.
Your roots are God's strength and love.