5-07-23 Facilitator – Psalm 62 “God Alone Is My Rock and Salvation” Tim Rice

1. **Launchers: How clear are your plans when you’re under pressure? Any stories come to mind?**
2. **Worship God: Psalm 85:8-11**

Worship the LORD, God Almighty, for His faithfulness in keeping His promises to us, especially that He is solid, worthy and unchangeable. Praise Him, Father, Son, and Holy Spirit that He cannot be moved, and that in Him we are wondrously secure!

1. **Sermon Reflection: God Alone Is My Rock and Salvation, Psalm 62**

**For God Alone**

* When David was under pressure, what was his internal dialogue like?
* When somebody ridicules you, or you feel an exorbitant amount of pressure/stress… What are some of the words you hear from your own internal dialogue?
* What repetitive practices are you engaged in so that you can rehearse with David, “I shall not be greatly shaken.”

**What is Insufficient?**

* What was it that persuaded David that earthly sources and solutions are inadequate?
* Is there a vivid memory that comes to mind where you were awoken to the inadequacy of the things in this world?
* What is the difference between image and substance? How have either of those characterized your life?

**Why We Can Trust the Lord**

* What could’ve prompted David to turn his attention to his people?
* In Jesus, why can we read Psalm 62 and have so much assurance?
* Where are you still holding onto the securities and insufficiencies of the world? Think of the lightning rod analogy... How has Christ freed you from the enslavement of those things?

1. **Kingdom Centered Prayer: You Can Pray with Us**

1. Worship the LORD, God Almighty, for His faithfulness in keeping His promises to us, especially that He is solid, worthy and unchangeable. *Praise Him, Father, Son, and Holy Spirit that He cannot be moved, and that in Him we are wondrously secure!*

2. How have you lived as if the things or solutions of this world are sufficient to meet your deepest needs? Confess your pride and idolatry to Jesus asking Him to remove your sin and fill you with His fullness and sufficiency instead.

3. Give thanks to Jesus for His gracious work to satisfy the Father’s justice vs. our sin and guilt. Thank Him that as the very Word of the LORD, Jesus came and worked with power and love to save and secure us eternally.

4. Who do you know that is obviously under pressure, whether by their own doing or not? Pray for them, asking the Lord to secure them in the gospel, as He gives us a name, a glory, and security that cannot be taken away.

5. Ask the Holy Spirit to give you wisdom to seek your rest in Him, especially to teach you what it means to trust only what is trustworthy and not to be deceived by what is earthly or temporary. Pray for His perspective to shape how you think and live.

1. **Mission: Our mission as Christians is that we would be clear in our testimonies. That we would truly faith in the sufficiency of Jesus Christ’s power to save and hold secure.**

* Who is it in your life circumstances that is being intensely shaken? Pray for boldness that you would share with them the hope in Jesus.
* Make a list of your friends and enemies who have been abused and grown cynical. Make another list of friends and enemies who have been exalted and have become duplicitous. Pray for their hearts.
* Briefly rehearse your testimonies to remind yourself of Christ’s all-encompassing power.