

Message Outline for Sunday, March 22, 2020
Grace Pointe Church of Christ

Psalm 62 – A Song of Trust in God Alone

Introduction:

- Other books of the Bible speak *to* us, the Psalms speak *for* us – they permit us to pray all of our *emotions* to God.
- In times of uncertainty, in any circumstance, in the face of any trial, we can trust in God’s unfailing *compassion* for us.

1. Rest for Our Souls is found in God Alone (vv. 1, 5)

- 5 times the phrase “God alone” or “Him alone” is repeated.
- What is the psalmist trying to tell us with these repeated phrases?
- What spiritual exercise best helps you to experience “rest” for your soul? (prayer, music, study, service, nature, others?)

2. Trust in Him at all times. (v. 8)

- We can only truly “*rest*” in God as we *trust* Him. Trusting and resting are interrelated.
- Part of trusting and resting in God is to “*pour* out our hearts to Him” in prayer. (v. 8)
- How long since you truly, fully poured your heart to God – your joys and sorrows, hopes and fears, etc. How did that make you feel?

3. The All-Sufficiency of God; He is all we need.

- Make a quick list of all the things Psalm 62 says that God is / does for His people.
- Example: “God is ... my salvation” (v. 1)

- How do these images of God's strength and love speak to your heart? Do they bring "rest" to your soul? Do they renew your confidence in God's ability to take care of you despite adverse circumstances, come what may?
- Select one or two of the descriptions about God, and memorize them. Then meditate on that all week long. Example: "God is my refuge." Look in the dictionary for the meaning of "Refuge" and then apply that to your life with God.
- Pray, with thanksgiving, to God for all He means to you and "pour your heart out"

4. God's L_____ and S_____ together (vv.11-12)

- When God's love and God's strength combine, anything is p_____!
- We are the people of God; we are deeply loved by God and God continually shows Himself strong to protect, preserve and deliver us.