

"Trust Psalms" by Rev. John C. Tittle

Scripture Reading: Psalm 62 NRSV

¹For God alone my soul waits in silence; from him comes my salvation. ²He alone is my rock and my salvation, my fortress; I shall never be shaken. ³How long will you assail a person, will you batter your victim, all of you, as you would a leaning wall, a tottering fence? ⁴Their only plan is to bring down a person of prominence. They take pleasure in falsehood; they bless with their mouths, but inwardly they curse. ⁵For God alone my soul waits in silence, for my hope is from him. ⁶He alone is my rock and my salvation, my fortress; I shall not be shaken. ⁷On God rests my deliverance and my honor; my mighty rock, my refuge is in God. ⁸Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. ⁹Those of low estate are but a breath, those of high estate are a delusion; in the balances they go up; they are together lighter than a breath. ¹⁰Put no confidence in extortion, and set no vain hopes on robbery; if riches increase, do not set your heart on them. ¹¹Once God has spoken; twice have I heard this: that power belongs to God, ¹²and steadfast love belongs to you, O Lord. For you repay to all according to their work.

Discussion Questions:

1. What jumps out at you about this psalm?
2. "For God alone by soul waits in silence." Do you like silence? What do you like or don't like about it?
3. David is the author of this psalm and he is actively being pursued by enemies. What are some things that he says and does to find help in a time of need?
4. David says, "those of low estate are but a breath and those of high estate are a delusion." How does God help us have a proper view of the influence of people in our lives?
5. J.R.R. Tolkien once shared that the Greek word *katastrophe* means "a sudden turn." In English the word *catastrophe* means "a sudden turn for the worse." But when we're in a state of trust (he calls it *enchantment*), our *catastrophes* can be seen as a "*eucatastrophe*," which means a "good catastrophe." A sudden turn--a joyous turn where we experience sudden and miraculous grace. Have you ever experienced a *eucatastrophe* before?
6. What's the difference between being content and being complacent?
7. The psalm concludes with two truths about God. What are they? What are your two most important truths about God?