



## Adult Life Groups & Care Groups

Shively Baptist Church | Louisville, KY

### Care Group Leaders Handout For Sunday October 5<sup>th</sup>, 2014

#### Planned Schedule:

- 0900-0910 – Meet & Greet in Life Groups
- 0910-0915 – Focus (TBD)
- 0915-0930 – Teaching Time (Life Group Leaders)
- 0930-1015 – Care Group Time (Care Group Leaders)



### BASIC. Who Is God? “Fear God – Session 2” Psalm 62

#### Psalm 62: A Prayer of Trust

Humans come into the world as vulnerable creatures, completely dependent on their parents for their survival. For people to develop a healthy capacity to trust, they need to experience an emotional attachment with a nurturing parent.

If children are not greeted with nurturing, empathic responses to their physical, emotional and social needs, or if the relationship with the parent is disrupted, the attachment will be threatened and the capacity to trust will be damaged. Later in life it will be difficult for them to trust God.

Trust is based on a person's character, ability and truthfulness. It is an act of committing oneself to another's good intentions and care. This psalm invites us to risk trusting. It calls us to commit ourselves to God's care.

#### Warming Up to God:

1. What makes a person trustworthy?
2. How does the writer contrast God and humanity?

*God: vv1-2*

- a) My Source of salvation
- b) My Rock
- c) My fortress

*Man: vv3-4*

- a) Attackers – batterers
- b) Deposers (cast others down)
- c) Enjoy lying
- d) Hypocritical – bless outwardly/curse inwardly

3. The psalmist talks about resting in God. What pictures come to your mind with these words?



4. In verse 8, the psalmist draws a parallel between trusting in God and pouring out one's heart to God. How are these related?
5. Verse 10 warns against trusting in material wealth. Why is this a strong temptation?
6. The last two verses depict God as strong and as loving. What images of a strong and loving God are presented in the psalm?
  - a) vv 2, 6, 7, 8 – My Rock
  - b) vv 2, 6 – My Fortress
  - c) vv 1, 2, 6, 7 – My Salvation
  - a) v 5 – My Hope
  - b) v 7 – My Glory
  - c) v 7, 8 – My Refuge

**Applying the Word**

1. *Where else might you be tempted to place your trust, other than in God?*
2. *How does seeing God as strong help you to trust him?*
3. *How does seeing God as loving help you to trust him?*

**Responding in Prayer: *Express your hesitations and your desires to trust God.***