

Table Group

Week of January 18, 2021

Psalm 62 (CEB)

¹Only in God do I find rest;
my salvation comes from him.

²Only God is my rock and my salvation—
my stronghold!—I won't be shaken any-
more.

³How long will all of you [we] attack others;
how long will you [we] tear them down
as if they were leaning walls or broken-
down fences?

⁴The only desire of these people [ours]
is to bring others down low;
they [we] delight in deception.

With their mouths they bless,
but inside they are cursing.

*Selah**

⁵Oh, I must find rest in God only,
because my hope comes from him!

⁶Only God is my rock and my salvation—
my stronghold!—I will not be shaken.

⁷My deliverance and glory depend on God.
God is my strong rock.
My refuge is in God.

* *"pause and calmly think of that" (explanation from the Amplified Bible, Classic Edition)*

⁸All you people: Trust in him at all times!
Pour out your hearts before him!
God is our refuge!

*Selah**

⁹Human beings are nothing but a breath.
Human beings are nothing but lies.
They don't even register on a scale;
taken all together they are lighter than a
breath!

¹⁰Don't trust in violence;
don't set false hopes in robbery.

When wealth bears fruit,
don't set your heart on it.

¹¹God has spoken one thing—
make it two things—
that I myself have heard:
that strength belongs to God,

¹²and faithful love comes from you, my Lord
— and that you will repay
everyone according to their deeds.

Questions for discussion:

There is a lot in this Psalm to meditate on. Read v. 5-7 in conjunction with v. 1-2. What do you see? Look at v. 8. Who are 'all you people'? Look at v. 3, 4, and 9 to guide your thoughts. How does the psalmist perceive humanity? Is this perspective fair or accurate? Examine your heart and your actions, have you ever acted like the persons described in v. 3 and 4. What does v. 10 tell you to not trust? Verses 11 and 12 bring us back around to verses 1 and 2, and 5, 6, and 7, culminating again in verse 8. "Trust in God at all times. Pour out your hearts before him. God is our refuge."

Faith is ultimately an act of trust in something. In our Christian context, it is an act of trust in a "loving God to guide us and protect us with mercy, wisdom and compassion."¹ When have you wanted to trust in the things of this world because it seemed easier to trust in the things you could see and feel? When have you released worldly desires and seen God's love flow even more deeply than you could have imagined?

¹Disciplines: A Book of Daily Devotions 2021. Upper Room. P. 39.

Ponder these questions and share as you are comfortable:

- What known sins have you committed since our last meeting?
- What temptations have you met with?
- How were you delivered?
- What have you thought, said, or done, of which you doubt whether it be sin or not?
- Have you nothing you desire to keep secret?