

contents

Session 1: <i>TRUST</i>	3
Quiet Time	7
Session 2: <i>POUR OUT</i>	13
Session 3: <i>OH MY SOUL</i>	17
Psalm 62 Study Resources	21
Definitions	22
Concordance	23
Alternate Translations	24
Extra Notes	28

SESSION 1

trust

SESSION 1: TRUST

Psalm 62 (ESV)

To the choirmaster: according to Jeduthun. A Psalm of David.

- 1 For God alone my soul waits in silence;
from him comes my salvation.
- 2 He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.
- 3 How long will all of you attack a man to batter him,
like a leaning wall, a tottering fence?
- 4 They only plan to thrust him down from his high position.
They take pleasure in falsehood.
They bless with their mouths,
but inwardly they curse. *Selah*
- 5 For God alone, O my soul, wait in silence,
for my hope is from him.
- 6 He only is my rock and my salvation,
my fortress; I shall not be shaken.
- 7 On God rests my salvation and my glory;
my mighty rock, my refuge is God.
- 8 Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us. *Selah*

SESSION 1: TRUST

why can we trust god?

He is our _____.

He is our _____.

He is our _____.

quiet time

QUIET TIME

Read Psalm 62. Write down a few words and phrases that stand out to you as you read.

Spend some time meditating on and beginning to memorize Psalm 62:8. Write it out multiple times here if that helps.

QUIET TIME

Are there parts of this Psalm that are confusing to you? Make a list of questions that you have, and then do your best to answer some of them. Use the *Study Resources* at the back of your booklet to help you.

Choose one attribute of God from Psalm 62 that seems especially significant to you, and work through the following questions to help you study:

1. Where else in the Bible is that word or phrased used to describe God? How can you find out? What connections can you make?

QUIET TIME

2. What stories from the Bible can you think of that show God demonstrating that attribute? Try to think of at least one example from the Old Testament and one from the New Testament.

3. How does studying this truth about God move you to worship Him?

QUIET TIME

Choose a portion of Psalm 62 to use as a prayer. Write it out here.

SESSION 2

pour out

SESSION 2: POUR OUT

Psalm 62:8

Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.

types of psalms:



SESSION 2: POUR OUT



SESSION 3

oh my soul

SESSION 3: OH MY SOUL

Psalm 62 (ESV)

To the choirmaster: according to Jeduthun. A Psalm of David.

- 1 For God alone my soul waits in silence;
from him comes my salvation.
- 2 He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.
- 3 How long will all of you attack a man to batter him,
like a leaning wall, a tottering fence?
- 4 They only plan to thrust him down from his high position.
They take pleasure in falsehood.
They bless with their mouths,
but inwardly they curse. *Selah*
- 5 For God alone, O my soul, wait in silence,
for my hope is from him.
- 6 He only is my rock and my salvation,
my fortress; I shall not be shaken.
- 7 On God rests my salvation and my glory;
my mighty rock, my refuge is God.
- 8 Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us. *Selah*

SESSION 3: OH MY SOUL

when god is our refuge...

We _____.

We are _____.

We are not _____.

psalm 62
STUDY RESOURCES

DEFINITIONS

batter: v. to beat persistently or hard; pound repeatedly; to deal heavy, repeated blows

bless: v. to bestow good on; to exalt, hallow, or glorify

curse: v. to wish or invoke evil, calamity, injury, or destruction upon; to blaspheme

delusion: n. a false belief or opinion; a deception

estate: n. interest, ownership, or property; social status or rank

extortion: n. obtaining money or some other thing of value by the abuse of one's office or authority

fortress: n. a large fortified place; any place of exceptional security; stronghold

glory: n. very great praise, honor, or distinction; renown; something that is a source of honor or fame

hope: n. the feeling that what is wanted can be had or that events will turn out for the best; a person or thing in which expectations are centered

refuge: n. shelter or protection from danger or trouble; a place of safety

render: v. to cause to be or become; to pay as due

salvation: n. the act of saving or protecting from harm, risk, loss, destruction

steadfast: adj. firm in purpose or resolution; unwavering; firmly established

tottering: adj. lacking security or stability; threatening to collapse; precarious

**from dictionary.com*

CONCORDANCE

alone: Gn 2:18, Ex 18:18, 2 Kgs 19:19, Neh 9:6, Ps 4:8, Eccl 4:10, Is 37:20, Mk 10:18, Lk 9:18, Jn 16:32, Jas 2:24

fortress: 2 Sm 22:2, Ps 31:3

hope: Jb 13:15, Ps 39:7, Ps 42:5, Prv 10:28, Prv 13:12, Lam 3:21, Mt 12:21, Rom 5:5, Rom 8:24, Rom 12:12, Rom 15:13, 1 Cor 13:13, Eph 1:18, Col 1:27, Ti 2:13, Heb 10:23, 1 Pt 1:3, 2 Pt 1:21

pour: Is 44:3, Jl 2:28, Acts 2:17, Rv 16:1

refuge: Nm 35:11, Ps 16:1, Ps 46:1, Ps 57:1, Ps 62:8, Ps 94:22, Prv 30:5, Is 28:15, Jl 3:16

render: Ps 116:12, Mt 22:21, Rom 2:6

rock: Ex 17:6, Ex 33:22, Nm 20:11, 1 Sm 2:2, 2 Sm 22:47, Ps 18:2, Ps 61:2, Ps 95:1, Is 17:10, Is 44:8, Mt 7:24, Lk 8:6, 1 Cor 10:4

salvation: Ps 3:8, Ps 18:46, Ps 27:1, Ps 96:2, Ps 118:14, Is 12:2, Is 52:10, Lam 3:26, Jon 2:9, Mi 7:7, Lk 1:69, Lk 2:30, Lk 19:9, Jn 4:22, Acts 4:12, 2 Cor 6:2, Phil 2:12, Ti 2:11, Heb 2:3, 1 Pt 1:10, 2 Pt 3:15, Rv 7:10, Rv 19:1

silence: Eccl 3:7, Hab 2:20, 1 Pt 2:15, Rv 8:1

steadfast: Dt 5:10, 2 Sm 7:15, Ps 32:10, Ps 51:1, Ps 136:1, Prv 19:22, Lam 3:22, 1 Cor 15:58, Col 1:23, Jas 1:12

wait: Ps 27:14, Ps 37:34, Is 40:31, Lam 3:26, Hab 2:3, Acts 1:4, Rom 8:23, 1 Cor 1:7, Gal 5:5, 1 Thes 1:10

**from ESV Study Bible*

ALTERNATE TRANSLATIONS

Christian Standard Bible (CSB)

Psalm 62

For the choir director: according to Jeduthun. A Psalm of David

- 1** I am at rest in God alone;
my salvation comes from him.
- 2** He alone is my rock and my salvation,
my stronghold; I will never be shaken.
- 3** How long will you threaten a man?
Will all of you attack
as if he were a leaning wall
or a tottering fence?
- 4** They only plan to bring him down
from his high position.
They take pleasure in lying;
they bless with their mouths,
but they curse inwardly. *Selah*
- 5** Rest in God alone, my soul,
for my hope comes from him.
- 6** He alone is my rock and my salvation,
my stronghold; I will not be shaken.
- 7** My salvation and glory depend on God, my strong rock.
My refuge is in God.
- 8** Trust in him at all times, you people;
pour out your hearts before him.
God is our refuge. *Selah*
- 9** Common people are only a vapor;
important people, an illusion.
Together on a scale,
they weigh less than a vapor.
- 10** Place no trust in oppression,
or false hope in robbery.
If wealth increases,
don't set your heart on it.
- 11** God has spoken once;
I have heard this twice:
strength belongs to God,
- 12** and faithful love belongs to you, Lord.
For you repay each according to his works.

English Standard Version (ESV)

Psalm 62

To the choirmaster: according to Jeduthun. A Psalm of David.

- 1 For God alone my soul waits in silence;
from him comes my salvation.
- 2 He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.
- 3 How long will all of you attack a man
to batter him,
like a leaning wall, a tottering fence?
- 4 They only plan to thrust him down from his high position.
They take pleasure in falsehood.
They bless with their mouths,
but inwardly they curse. *Selah*
- 5 For God alone, O my soul, wait in silence,
for my hope is from him.
- 6 He only is my rock and my salvation,
my fortress; I shall not be shaken.
- 7 On God rests my salvation and my glory;
my mighty rock, my refuge is God.
- 8 Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us. *Selah*
- 9 Those 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.
- 10 Put no trust in extortion;
set no vain hopes on robbery;
if riches increase, set not your heart on them.
- 11 Once God has spoken;
twice have I heard this:
that power belongs to God,
12 and that to you, O Lord, belongs steadfast love.
For you will render to a man
according to his work.

New International Version (NIV)

Psalm 62

For the director of music. For Jeduthun. A Psalm of David

1 Truly my soul finds rest in God;
my salvation comes from him.

2 Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

3 How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

4 Surely they intend to topple me
from my lofty place;
they take delight in lies.
With their mouths they bless,
but in their hearts they curse.

5 Yes, my soul, find rest in God;
my hope comes from him.

6 Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

7 My salvation and my honor depend on God;
he is my mighty rock, my refuge.

8 Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

9 Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;
together they are only a breath.

10 Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

11 One thing God has spoken,
two things I have heard:
"Power belongs to you, God,
12 and with you, Lord, is unfailing love";
and, "You reward everyone
according to what they have done."

New King James Version (NKJV)

Psalm 62

To the Chief Musician. To Jeduthun. A Psalm of David

1 Truly my soul silently waits for God;
From Him comes my salvation.

2 He only is my rock and my salvation;
He is my defense;
I shall not be greatly moved.

3 How long will you attack a man?
You shall be slain, all of you,
Like a leaning wall and a tottering fence.

4 They only consult to cast him down from his high position;
They delight in lies;
They bless with their mouth,
But they curse inwardly. *Selah*

5 My soul, wait silently for God alone,
For my expectation is from Him.

6 He only is my rock and my salvation;
He is my defense;
I shall not be moved.

7 In God is my salvation and my glory;
The rock of my strength,
And my refuge, is in God.

8 Trust in Him at all times, you people;
Pour out your heart before Him;
God is a refuge for us. *Selah*

9 Surely men of low degree are a vapor,
Men of high degree are a lie;
If they are weighed on the scales,
They are altogether lighter than vapor.

10 Do not trust in oppression,
Nor vainly hope in robbery;
If riches increase,
Do not set your heart on them.

11 God has spoken once,
Twice I have heard this:
That power belongs to God.

12 Also to You, O Lord, belongs mercy;
For You render to each one according to his work.

