Questions for Reflection and Discussion

Psalm 62

In the midst of opposition and insecurity, our soul finds rest in God alone.

For reflection & application…

When you experience opposition, does it tend to make you feel…

- ☐ Agitated?
- ☐ Insecure?
- ☐ Uncertain about your faith in God?

Are you happy with the way you respond to opposition?

How would you sum up the first two verses of Psalm 62?

David, the author of Psalm 62, apparently did a decent job of monitoring the thoughts that ran through his head – what you might call "the traffic in his mind". How good are you at doing that?

How might you, with God's help, do better at it?

We can always find rest of soul by reminding our soul who God is. I pray that for you & me, this will become more & more a reality in our lives. God bless you!

-- Pastor Mark, *brothermark@outlook.com*