

Sermon Discussion Guide

Psalm 62 – “God Alone Is My Refuge”

Preaching Date: November 9, 2025

Opening Prayer

Praise God for being the only sure and lasting refuge. Thank Him for His steadfast love and sovereign strength, which are the foundation of our hope. Confess the ways we are tempted to trust in people or possessions. Ask the Spirit to deepen your confidence in God alone and help you rest in His salvation.

Recap

Psalm 62 is a psalm of confident stillness in the midst of pressure. David is not arguing for the reality of God as a refuge—he’s testifying to it. The refrain “God alone” runs through the psalm, challenging us to examine where we place our trust. David warns against false refuges: human strength, approval, and wealth. These are unstable foundations—like vapor and wind. Only God has both the power to save and the faithful love to sustain. Psalm 62 calls us to wait in silence, pour out our hearts, and trust that God alone is our salvation, honor, and hope.

Understanding the Text

- 1. Verses 1–2 repeat the theme that David is at rest in God alone. What does it mean to be “at rest” in God?**
How does this differ from passive resignation or avoidance? How does David model active trust?
- 2. What reasons does David give in verses 3–4 for not trusting in people?**
How do these verses describe both enemies and false friends? Why are people an unstable refuge?
- 3. Verse 5 is a turning point. David speaks to his soul. Why is self-exhortation an important spiritual practice?**
- 4. Verse 8 invites God’s people to pour out their hearts. How does this complement the call to wait in silence (vv. 1, 5)?**
What does it look like to do both—to be still and to be honest before God?
- 5. Verse 9 highlights the fleeting nature of human life. How does this verse contrast human frailty with God’s reliability?**
What does it mean that people of high and low estate are “lighter than a breath”?
- 6. In verse 10, David warns against trusting in wealth. How is this a form of false refuge?**

Why is it so easy to place our hope in financial gain—even when we know it doesn't ultimately satisfy?

7. **Verses 11–12 give two essential truths about God. What are they, and why are they important together?**

How do power and steadfast love make God uniquely worthy of our trust?

Personal Reflection & Application

1. **Where do you tend to seek refuge when you feel overwhelmed or under pressure?**

Are there “false refuges” in your life that you need to identify and repent of?

2. **What would it look like this week to actively rest in God?**

3. **Are there relationships in your life where you've placed unrealistic expectations for security or fulfillment?**

4. **Do you struggle with anxiety about money or future provision?**

How does Psalm 62 challenge or comfort you?

5. **David closes with the confidence that God will “repay each according to his works.”**

How does the gospel reshape your view of justice, mercy, and your final hope?

Going Deeper in the Word

God Alone as Our Refuge

- Psalm 46:1–3
- Psalm 91:1–2
- Isaiah 26:3–4

The Futility of False Refuge

- Proverbs 11:28
- Jeremiah 17:5–8
- Luke 12:15–21

God's Power and Steadfast Love

- Exodus 34:6–7
- Romans 8:31–39
- Revelation 5:11–14

Trusting God in the Midst of Trials

- Matthew 6:25–34
- 2 Corinthians 1:8–10
- Hebrews 6:17–20