

Sermon Study | Summer in the Psalms

Take the High Ground | Psalm 61-62

July 21, 2019

Dive deeper into this week's message and passages from the Bible. Here are some questions to help you guide your group discussion.

Jesus is unshakeable. He walked out of a grave with an invitation to put your whole trust in Him. Jesus alone can end the overwhelming, never-ending cycle of escape. You can cry out to Him in prayer and talk to Him about what's really going on in your life. Let Him lead you to high ground!

Read Psalm 61:1-4. We can all relate to feeling overwhelmed. But, many of us can look to different numbing agents to battle overwhelm: drinking, drugs, or even binge watching Netflix, pornography, isolation, sleeping, food. You can change where you go when your heart is overwhelmed, and this can change everything for you. It begins by changing your prayer life, moving beyond surface-level talk with God, and getting real with God.

- When your heart is overwhelmed, where does it lead you?
- What's the escape you tend to settle for? Does your escape ever feel like an endless cycle? If so, how? How does this cause you to be more overwhelmed?
- How does Psalm 61 give you personally a better option for where to turn when your heart is overwhelmed? Are you encouraged by Psalm 61? If so, in what ways?

Read Psalm 62:1-2 and Psalm 91:4. Jesus is your salvation--He's done everything to cover you from the penalty of your sins--and He's also your rock--the thing you can build your life on. The God of the universe offers you a place under His arms. He says that He will be your armor. This is so much better than an escape!

- How often do you try to build your life on pebbles versus the solid rock that is Jesus? What is usually the result?
- What is something you could do starting now to make sure you are building your life on solid rock versus pebbles?

Read Matthew 27:24-25 and Matthew 27:45-51. The earth shook. Jesus didn't. Jesus alone is unshakeable. He's the only thing we can place our faith in that can't be shaken. And the curtain in the temple was torn in two. This is a curtain that symbolized the separation between us and God, it no longer exists.

- How do these verses give you more confidence, that God is strong enough to handle all of you? Do you feel encouraged to share all that's going on in your life with God?
- When we begin to talk to God about the stuff we're struggling with, that's where the relationship grows. What are the things that keep you from really talking with God?
- How could you intentionally clear out distractions that keep you from really talking with God?

REFLECT

What is God saying to you through His word? How and when will you respond?

DAILY BIBLE READING

Need a review of what we're reading in Daily Bible Reading? Here's a glance at how we're being challenged this week.

Day One: Psalm 61:1-3 | When your heart is overwhelmed.

Day Two: Psalm 62:1-2 | Your rock and salvation.

Day Three: Psalm 91:4 | Your armor and protection.

Day Four: Psalm 62:1-2 | Unshakeable fortress.

Day Five: Matthew 27:50-51 | The earth shook, Jesus didn't.