



The Book of Psalms

Trust in the Lord Alone

Psalm 62

Reading: Psalm 62:1-12

What is the difference between “eastern religion’s meditation” and “biblical meditation on God’s Word”?

What can you do to keep from being controlled by your feelings?

Where must our expectations be placed?

What does it mean to pour out your heart before God?

Philippians 4:12 – *“I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.”*

What does the exhortation from verse 10, *“If riches increase, Do not set your heart on them”* remind us of?

Promise to cling to this week: *Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah.” (Verse 8)*