

## Enkrates Discipling Time Guide

*Week 2 Insecurity:*

Psalm 62:1-2

- <sup>1</sup> My soul finds rest in God alone;  
my salvation comes from him.
- <sup>2</sup> He alone is my rock and my salvation;  
he is my fortress, I will never be shaken.
- <sup>3</sup> How long will you assault a man?  
Would all of you throw him down—  
this leaning wall, this tottering fence?
- <sup>4</sup> They fully intend to topple him  
from his lofty place;  
they take delight in lies.  
With their mouths they bless,  
but in their hearts they curse.  
Selah
- <sup>5</sup> Find rest, O my soul, in God alone;  
my hope comes from him.
- <sup>6</sup> He alone is my rock and my salvation;  
he is my fortress, I will not be shaken.
- <sup>7</sup> My salvation and my honor depend on God <sup>la</sup> ;  
he is my mighty rock, my refuge.
- <sup>8</sup> Trust in him at all times, O people;  
pour out your hearts to him,  
for God is our refuge.  
Selah
- <sup>9</sup> Lowborn men are but a breath,  
the highborn are but a lie;  
if weighed on a balance, they are nothing;  
together they are only a breath.
- <sup>10</sup> Do not trust in extortion  
or take pride in stolen goods;  
though your riches increase,  
do not set your heart on them.

<sup>11</sup> One thing God has spoken,  
two things have I heard:  
that you, O God, are strong,

<sup>12</sup> and that you, O Lord, are loving.  
Surely you will reward each person  
according to what he has done

Let me give you some background on what is going on in David's life at this point in time. David is much older now; his affair with Bathsheba is long in the past, and David has long since confessed his sins and placed his trust in the Lord. Confessing your sins to Lord frees you from sin and gives you reason to rejoice. It does not, however, free you from the repercussions of your sins. When Nathan said, "You are that man," in 2 Samuel 12, David finally ceased his self-deception and acknowledged his sin against the Lord. The Lord offers mercy and grace, but also tells David "Out of your own household I am going to bring calamity upon you."

David has several more children over the years, but the sword never leaves his house. As his children grow, David has to deal with children that are disrespectful to him. His son, Absalom, claims the throne for himself. David, not willing to fight his own son for the throne, flees to the desert. A very stressful time in David's life, losing your job to your son who's trying to killing you. My day doesn't seem so bad.

And it is this time in David's life that he pens Psalm 62 and gives us instruction for how to deal with life's nasty bugs. David's strength comes not from his position as king or from wealth or from power, but in the Lord.

In looking at this Passage:

vs. 1-2

How do you feel like personally God is your rock, salvation, and fortress?

What prevents you from praying this confidently?

vs. 3-4

What has gone on this week to make you feel attacked or not protected? Explain.

vs. 5-6

How do you find rest in God on a daily basis? Have you done this every day this week? Why or why not?

When you walk out of your prayer times, do you have the confidence talked about in vs. 6? Why or why not?

vs. 7-8

What does the metaphor “pouring your heart on God” make you think about? How do you do that best (Where, when, how)?

How can you trust in the Lord more? What specific areas are most difficult?

vs. 9-10

In what materialistic things do you put your security, which have potential to replace God in your heart? (Money security, material security, relationship security..)

How can you adopt God’s perspective on the world? How can you put things in the right view and balance?

vs. 11-12

How do you see God as strong? (No generic answers, “Because he is big!” etc..)

How can you find a balance between being loving and strong through your security in the Lord?