

Trust in God Alone

Lesson 9, Psalm 62, KJV

WEIGHTY MATTERS

On the left side of the scale, jot down anything you are currently worried about that will not have lasting impact on your life (for instance, where to eat lunch today); on the right, write down anything that is weighing on you heavily.



On the line below, describe in one sentence your usual experience of worry.

SING PSALM 62

The Psalms were Israel's hymnbook, helping people express praise and pain and much in between. In the chart below, write down examples of times in Scripture when someone might have found expression of their experience in Psalm 62. Consider the examples to get you started.

Scripture Reference	Possible Connection to Psalm 62
Genesis 37:12-36	Joseph was betrayed by his own brothers (v. 3).
Acts 5:1-11	Ananias and Sapphira sought fleeting riches rather than the Lord (vv. 10-11).