

## PSALM 62

*Only in God is my soul at rest, from Him comes my salvation.  
He only is my rock, my strength, and my salvation.*

CHORUS:

*My stronghold, my Savior, I shall not be afraid at all  
My stronghold, my Savior, I shall not be moved.*

*Only in God is found safety when the enemy pursues me.  
Only in God is found glory when I'm found weak and lowly.*

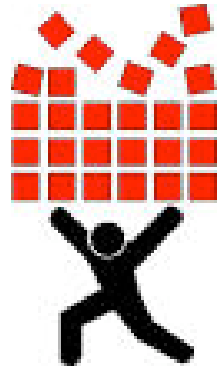
**TO DWELL ON WHILE YOU'RE LISTENING TO THIS SONG:** The stark difference between God's rest and any comfort that comes from worldly things.

Define a soul "at rest" with the group. What causes your soul NOT to be at rest?

Does God provide real rest for you in those situations? How?

How do nonbelievers find relief from their burdens? Why do these things not ultimately work?

**The psalms were originally memorized, and prayed out loud in worship while standing up. As a group, stand up and pray Psalm 62 together, out loud.**



Did it "feel" different to read the psalm out loud?

There are 2 lines in the song that aren't in Psalm 62. Pick one passage from each of the following two categories and discuss any personal experience you have with safety while being pursued or glorifying God in your weakness.

1. There's **John 10:27-30, Psalms 40, 43, 44, or 46** for safety in God when you're being pursued (David had a lot of experience with that).
2. Try **2 Corinthians 12:7-10** for glory in God when you're weak (Paul had a lot of experience with that).

Turn to **Matthew 11:28-30**. Pull the burdens out of the bag, and in prayer surrender up each one of these burdens to Jesus. Invite him to carry your burdens.

## LEADERS' GUIDE

**Run off the first sheet** of this lesson and giving a sheet to each student. Heavily emphasize that you want them to keep the handouts. Perhaps make **folders** or give them **binders** to hang onto these sheets. Ask them to bring the folder or binder each week to small group. Maybe even include a couple of blank sheets for prayer requests.

I'd also recommend **getting this song on a CD** and playing it in small group when it comes at the appropriate time of the study. It breaks up the talking, and they will "hear" the words much more clearly by focusing on it. Go to [www.worshiptogether.com](http://www.worshiptogether.com) if you don't know where to find it.

Contact Melanie Pearlman ([melanie\\_pearlman@hotmail.com](mailto:melanie_pearlman@hotmail.com)) if you have further questions about this study, or Kelly Soifer if you have questions about the tips in the Leader's Guide.

### THIS STUDY:

I'd recommend doing an interesting **object lesson** at the beginning, before they even know what you're going to be discussing.

Ahead of time, you will need to buy some cheap bricks or river rocks at a Home Improvement store (OSH, Home Depot, SB Home Improvement Ctr). Buy 10-15. Find an old pillow case as well. It should be relatively sturdy!

Stack these in front of the students, along with either PAINT or masking tape and Sharpie markers.

As a group, have them list the things that weigh them down. I'm guessing that the first word out of their mouths will be "homework." While that's acceptable as an answer, encourage them to dig deeper. They should come up with at least 6-8 items. Then have them label a brick or rock with each "burden" that they come up with.

Then have them pile the burdens into the pillowcase. Have each student try to pick up the pillowcase. I imagine it will be very heavy, or possibly impossible to pick up!

Then have them imagine carrying that bag around every day, along with their backpacks, to their classes, during lunch, playing sports, etc. **What would that feel like?**

Then tell them that we'll be looking at a better way to deal with our burdens, and start the study.

\*When ending the lesson, you may want to hand out index cards and have them each write out Matthew 11:28-30, and post it somewhere where they'll see it until you meet again. Remember to ask them how their "burden-carrying" went next week.