

Message Summary: Life is not always predictable. There are highs and lows, ups and downs along the way. We are taught to trust God in all seasons. When times are good, it can feel easier. But when times are tough, it is even more important to trust God. We should be building our foundation on God's unchanging character when things feel unsteady and uncertain.

On Solid Ground Psalm 62

1. Know Who Your Salvation and Refuge Comes From
2. Speak Out Godly Truths
3. Seek God And Not Men

LifeGroup QUESTIONS: LifeGroups will be starting on September 19th
OPEN IT (5min) - How would you react if you were in David's shoe and running for your life?

EXPLORE IT (60min) – Review Sunday's sermon outline and allow the group to share their notes and comments.

Now answer the following questions:

1. What is your natural response when faced with a difficult situation?
2. Where does God fit into your response for a solution?
3. What steps would you take to have more peace in times of difficulty?
4. How will you strengthen your mind and spirit when life gets tough?

APPLY IT (15min) - Determine the proper balance between trusting in God alone versus using plans and methods for deliverance.