

Before You Start

- Put down your devices and turn off the TV!
- Open in Prayer:

Dear God,

As we come together as a family we ask you to join us. Through the power of the Holy Spirit, please help us be open to each other, honest in what we say, and willing to listen to each other. Help this time to be holy. In Jesus' Name, AMEN.

Read

Psalm 62

You can read this in your Bible, or on an app like YouVersion or Bible Gateway

Think About This

Over these last few weeks, we have all been thrown into a season of waiting. Waiting to see if that special trip or event will be canceled or postponed. Waiting for that stimulus check to arrive. Waiting for things to return to “normal.”

If you're a parent of a young child like me, you might find yourself waiting until 7:00 p.m. (or in the Meier house, 10:00pm) because that means it is your toddler's bed time! This season of waiting has revealed where we turn in the unknown for rest, salvation, and comfort.

David, the author of this Psalm, is no stranger to waiting. We learn in 1 Samuel 16 that David is an adolescent when he is anointed as the future king. 2 Samuel 5 states that it is not until he is thirty years old that he begins his reign, about twenty years later! The things of this world that we look to for rest, salvation, and comfort can never truly satisfy.

Another episode on Netflix or another trip to the pantry are not going to give us the true rest our souls long for in uncertain times. The words in Psalm 62 can be an encouragement and to us. David is able to wait on God because he knows God is his hope and his salvation. The Lord is where David finds rest. We can trust in God's promises and in His Word in every season, even in the midst of a pandemic, because He is faithful. He is our rock and our salvation.

Talk About

- Can you think back to another time when you were in a season of waiting? How did you see God's faithfulness in that situation?
- During this time at home, what things are you turning to for rest and comfort?
- What is one area you need to put into the hands of God and let him take control?

Close In Prayer

Dear God, we thank you for your Word, which brings comfort and peace in uncertain times. We thank you for giving us examples of imperfect people throughout Scripture, like David, who put their trust in you. Thank you for helping us and watching over us each day. Help us to continually turn to you. In Jesus' Name, AMEN.