

Read **Psalm 61** and discuss the following.

The superscription indicates this is a psalm of David. What prompts this psalm? How would you describe the tone of his prayer? How do you imagine he feels? Can you resonate with his feelings?

Describe some times and occasions when you have felt distant from God. What did you do? Did anything seem to help? What does David do?

Read these passages (**Psalm 18:1-3; Isaiah 30:29; Habakuk 1:12**) and discuss the questions that follow.

How had God proven to be a refuge to David? How had He proven the same for the people of Israel? How has He personally been a strong tower for you?

How would you summarize David's prayer? Specifically, what is David requesting of God?

Does this request extend beyond David? Is he looking further than his own kingship? Why or why not?

How does this psalm lead us to Jesus? Explain.

When do you most need your thoughts directed to Christ? How can you tangibly do this? What habits or disciplines have proven most helpful in the past?

If **v.8** were to be placed in a modern context, how would it read? What might a contemporary equivalent pledge involve?

What about this psalm most encourages and/or comforts you?

Read **Psalm 61** again and allow it to prompt your closing prayer for one another.