



Discussion Questions

Psalm 55




What stood out to you in the podcast and/or in the reading of this Psalm?

David names what he is feeling in verses 4-8. What does he express?
Does it come easy for you to name what you are feeling before the Lord?



How does David's plea for God's intervention against his enemies reflect his faith in God's justice?



David felt the sting of betrayal from a close friend. How does this add another level of intensity to his trials? What can we learn from David in how he responds to betrayal?



What does it look like practically to cast our burdens on the Lord? How can we learn to leave our burdens with Him?

How does this psalm teach us to process our pain?



What truths in this Psalm encourage your heart? Which truths challenge you?

