



# Guided Study of Psalm 55

God has given us His Word so we can know Him and live for Him. The Bible has a huge variety of material, and sometimes it takes effort to best understand how it relates to life. Taking notes as you read can help you stay focused, think carefully, and remember what you are learning about your God.

This is a guided study of Psalm 55, which was written by King David at a time when it sounds like he was really stressed out. As you study this psalm, the Lord can help you know Him better and grow into an appropriate response of trust amid stress.

Start by asking the Lord to help you understand and respond appropriately to His Word. Write out your prayer here: \_\_\_\_\_

Next, read through all of Psalm 55—it's not long! (You can read this psalm in your own Bible or at the end of this study.) Then we'll examine a few questions.

## Guided Meditation Questions for Psalm 55

**Question 1:** David uses many words to describe how he feels. Circle any words that you feel you can relate with (for example, maybe “fearfulness” in verse 5) and list them in the space provided. These are feelings that humans often have in common with one another—it's not just you or me! \_\_\_\_\_

**Question 2:** Would you describe David's overall attitude as contented or agitated? Why? Do you think David's attitude shifts throughout the psalm? \_\_\_\_\_

**Question 3:** How does David relate his circumstances to what he knows about God? (Look at verses 1, 9, and 16, for example.) \_\_\_\_\_

**Question 4:** What does this psalm teach about God? (Look at verses 19, 22, and 23, for example).

**Question 5:** Do you see anything that the David ought to continue to do, even though it's difficult? \_\_\_\_\_

- Think about Questions 4 and 5: Do any of these things give David hope? \_\_\_\_\_

**Question 6:** Do you see any negative things about human nature in the way people have sinned against David? (See verses 12-15, for example) \_\_\_\_\_

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**Question 7:** Do you see any examples to follow or sins to avoid? \_\_\_\_\_

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**Question 8:** Do you think it's OK to acknowledge that you are stressed out, as David does? Why or why not? \_\_\_\_\_

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**Question 9:** Describe David's response to his stress. \_\_\_\_\_

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**Question 10:** What about David's feelings and response is different from your own? What is similar? \_\_\_\_\_

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**Question 11:** Think about your answers to the previous questions and how you can follow David's example of trust: How should you respond to stress, based on what you read in this psalm? \_\_\_\_\_

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Now write a prayer and include the following ideas: (1) What the difficult situations are in your life; (2) How you have responded to them; (3) What about God can stabilize you in these situations; and (4) How you would like to respond, by God's grace. \_\_\_\_\_

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## Guided Meditation Questions for Other Psalms

In this study we used a process and asked certain types of questions that can be applied to many psalms and other passages of Scripture. You'll just have to think a little harder about which questions to ask about which verses. Consider psalms such as Psalm 5, 25, 27, 34, 42, 46, 91—some of these are known as *psalms of lament*, and you can find more, similar psalms as you read the Psalms or search for “psalms of lament.”

Begin with prayer.

Here are some types of questions you can ask:

1. **What does this passage teach me about God?** (The Psalms help us get to know God, and as we get to know him better, we learn to trust Him more!)
2. **What does this passage teach me about Jesus?** (You may not find as many direct answers to this question in the Psalms, and that's OK.)
3. **What does this passage teach me about human nature?** (You may notice that people still do similar things and that you tend toward similar responses.)
4. **Are there any promises to claim?**
5. **Are there any commands to obey?**
6. **Are there any examples to follow?**
7. **Are there any sins to avoid?**
8. **What about the situation in Scripture is different from mine?** (Don't get bogged down on this. There's a lot that's different, but it's setting you up for the next question...)
9. **What about this situation is similar to mine?** (You'll find that although the circumstances are different, many of the feelings, responses, and fears are similar; the commands and promises may still apply; and Lord is the same trustworthy God.)
10. **How does the truth of what I'm learning apply to my situation?**

Be sure to continue to write your answers in a personal journal.

Finish by writing a prayer in your journal to respond to what God is teaching you.

**Bonus:** You will probably benefit even more and be able to encourage others by discussing what you have studied with a friend or trusted adult!

## Psalm 55

<sup>1</sup>Give ear to my prayer, O God; and hide not thyself from my supplication.

<sup>2</sup>Attend unto me, and hear me: I mourn in my complaint, and make a noise;

<sup>3</sup>Because of the voice of the enemy, because of the oppression of the wicked: for they cast iniquity upon me, and in wrath they hate me.

<sup>4</sup>My heart is sore pained within me: and the terrors of death are fallen upon me.

<sup>5</sup>Fearfulness and trembling are come upon me, and horror hath overwhelmed me.

<sup>6</sup>And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest.

<sup>7</sup>Lo, then would I wander far off, and remain in the wilderness. Selah.

<sup>8</sup>I would hasten my escape from the windy storm and tempest.

<sup>9</sup>Destroy, O Lord, and divide their tongues: for I have seen violence and strife in the city.

<sup>10</sup>Day and night they go about it upon the walls thereof: mischief also and sorrow are in the midst of it.

<sup>11</sup>Wickedness is in the midst thereof: deceit and guile depart not from her streets.

<sup>12</sup>For it was not an enemy that reproached me; then I could have borne it: neither was it he that hated me that did magnify himself against me; then I would have hid myself from him:

<sup>13</sup>But it was thou, a man mine equal, my guide, and mine acquaintance.

<sup>14</sup>We took sweet counsel together, and walked unto the house of God in company.

<sup>15</sup>Let death seize upon them, and let them go down quick into hell: for wickedness is in their dwellings, and among them.

<sup>16</sup>As for me, I will call upon God; and the LORD shall save me.

<sup>17</sup>Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice.

<sup>18</sup>He hath delivered my soul in peace from the battle that was against me: for there were many with me.

<sup>19</sup>God shall hear, and afflict them, even he that abideth of old. Selah. Because they have no changes, therefore they fear not God.

<sup>20</sup>He hath put forth his hands against such as be at peace with him: he hath broken his covenant.

<sup>21</sup>The words of his mouth were smoother than butter, but war was in his heart: his words were softer than oil, yet were they drawn swords.

<sup>22</sup>Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

<sup>23</sup>But thou, O God, shalt bring them down into the pit of destruction: bloody and deceitful men shall not live out half their days; but I will trust in thee.