



# 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 “restless” in verse 2) 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 yourself from my plea for mercy!
- <sup>2</sup> Attend to me, and answer me; I am restless in my complaint and I moan,
- <sup>3</sup> because of the noise of the enemy, because of the oppression of the wicked.  
For they drop trouble upon me, and in anger they bear a grudge against me.
- <sup>4</sup> My heart is in anguish within me; the terrors of death have fallen upon me.
- <sup>5</sup> Fear and trembling come upon me, and horror overwhelms me.
- <sup>6</sup> And I say, “Oh, that I had wings like a dove! I would fly away and be at rest;
- <sup>7</sup> yes, I would wander far away; I would lodge in the wilderness; *Selah*
- <sup>8</sup> I would hurry to find a shelter from the raging wind and tempest.”
- <sup>9</sup> Destroy, O Lord, divide their tongues; for I see violence and strife in the city.
- <sup>10</sup> Day and night they go around it on its walls, and iniquity and trouble are within it;
- <sup>11</sup> ruin is in its midst; oppression and fraud do not depart from its marketplace.
- <sup>12</sup> For it is not an enemy who taunts me—then I could bear it;  
it is not an adversary who deals insolently with me—then I could hide from him.
- <sup>13</sup> But it is you, a man, my equal, my companion, my familiar friend.
- <sup>14</sup> We used to take sweet counsel together; within God’s house we walked in the throng.
- <sup>15</sup> Let death steal over them; let them go down to Sheol alive;  
for evil is in their dwelling place and in their heart.
- <sup>16</sup> But I call to God, and the LORD will save me.
- <sup>17</sup> Evening and morning and at noon I utter my complaint and moan, and he hears my voice.
- <sup>18</sup> He redeems my soul in safety from the battle that I wage, for many are arrayed against me.
- <sup>19</sup> God will give ear and humble them, he who is enthroned from of old, *Selah*  
because they do not change and do not fear God.
- <sup>20</sup> My companion stretched out his hand against his friends; he violated his covenant.
- <sup>21</sup> His speech was smooth as butter, yet war was in his heart; his words were softer than oil,  
yet they were drawn swords.
- <sup>22</sup> Cast your burden on the LORD, and he will sustain you; he will never permit  
the righteous to be moved.
- <sup>23</sup> But you, O God, will cast them down into the pit of destruction; men of blood and treachery  
shall not live out half their days. But I will trust in you.