

Lesson 13 — THE PRAYER OF A BROKEN HEARTED MAN — Psalm 55

1. (a) What are the problems that King David mentions in Psalm 55? (b) What does he petition of the Lord? (c) In what solutions does he rest?

2. It is supposed that David wrote Psalm 55 during the rebellion of Absalom and during Ahithophel's betrayal. Read 2 Samuel 15-18 and write down the heartaches David went through, which coincide with his prayer in Psalm 55.

3. From David's prayer in Psalm 55, we learn that David honestly expresses his emotions and requests as he prays. (a) Read Isaiah 38 and Hebrews 5 to see who else expressed great emotion in their prayers. (b) What verbs are used to describe their grief? (c) What were the circumstances in Isaiah 38 and Hebrews 5? (d) What can you learn from these three passages about being "real" with God in our prayers? (e) How do you reconcile these passages with what Paul says in Philippians 2:14 that we are to do everything without murmuring and complaining?

4. (a) What do all three of these passages have in common? Matthew 11:28-30, Philippians 4:6-7, and 1 Peter 5:7. (b) How are they similar to Psalm 55:22? (c) As believers, how do we "cast" our burdens on the Lord?

5. (a) Have you ever been betrayed by a family member or a friend? (b) What was your response, or what should have been your response? (c) How did the Lord sustain you during that time? (Please be discreet in sharing this if done in a group)

6. What hope and counsel would you give from Psalm 55 to someone who is suffering deep distress due to betrayal?

7. Write a prayer request for any difficulty you or someone else may be encountering due to betrayal.