

A SONG FOR TROUBLED TIMES

Read Psalm 55 Together

Discussion Questions

1. What stood out to you from this week's Psalm?
What did the Holy Spirit highlight to you?
2. Why do you think Psalms of lament are so common?
What does this tell you about life? About God?
3. When you run from reality, where do you tend to go?
What's your "wilderness" (v.7)?
4. If "the only way through (hard times) is through" do you have any difficult emotions you need to sit with/give voice to like David (see vv. 12-15)?
- If you're not sure where to start, try reading through this Psalm (or another one of the Psalms of lament listed here) and see what resonates. The Holy Spirit loves to use words and phrases from Scripture to reveal our hearts to us.
5. The entire Psalm shifts on the *selah* of verse 19a. Take a few minutes to read these words slowly, while picturing God sitting on his throne, hearing *you* praying. Then discuss or journal about how that time was for you.
6. What burdens do you need to cast on the Lord? What messy emotions do you need to bring to him right now?
- Sometimes our messy emotions will take the form of questions (see for example, Psalm 22:1, which Jesus himself prayed in Mark 15:34). That's ok. Whatever is in your heart, bring that to him and see how he meets you there.

More Psalms of Lament

Psalm 3, 4, 5, 6, 7, 10, 12, 13, 14, 17, **22**, 25, 26, 27, 28, 31, 38, 39, 41, **42**, 43, 44, 51, 52, 53, 54, 55, 56, 57, 59, 60, 61, 62, 63, 64, 69, 70, 71, 74, 77, 79, 80, 82, 83, 85, 86, 88, 90, 94, 102, 108, 109, 120, 123, 130, 140, 141, 142, 143

For more resources, visit fairoaks.org/psalms

