

# CAST YOUR BURDEN ON THE LORD

Psalm 55:1-23

Key Verse: 55:22, "Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved."

1. What was David's situation and earnest prayer (1-3)? What was David's fear doing to him (4-5)?
2. Can you recall a time that you were afraid and even wanted to flee (6-8)? What happened? What are you most afraid of now?
3. What bothers David to wish it destroyed (9-11)? How does he describe his enemy, and who might this have been (2Sa 15:10; 16:11-12; 15:31)? Why does it make this even more painful (12-14)?
4. Have you ever prayed for the destruction of others (15)? How might such honesty with God lessen your anger and fear? How did Jesus teach an even better prayer (Mt 5:44-45; Lk 23:34)?
5. What is David's resolve (16-17)? What is he confident of (18-19)? How does he describe the hypocrisy he experienced (20-21)?
6. How does he assure himself and others based on God's character (22; see also 1Pe 5:7)? What knowledge does he have of God's judgment (23a)? What is his personal decision (23b)? How is trust in God the solution to our fears (Lk 12:5)?