

# Psalm 55 Study Guide

## Some Human Emotions: “I feel. . . .”

Happiness	Anger	Grief	Guilt	Fear	Shock
loved	irritated	sad	embarrassed	scared	surprised
loving	resentful	loss	ashamed	worried	amazed
joy	jealous	pain	exposed	anxious	numb
gratitude	bitter	betrayed	cheap	foreboding	blown away
peaceful	vengeful	suicidal	rejected	horror	traumatized

1. Mark the following statements about emotions *True* or *False*.
  - Emotions listed above are morally neutral—like *hot*, *cold*, *sleepy*, or *hurt*.
  - Some emotions are good; some are sinful.
  - Emotions are not under our rational control.
  - You can have an emotion without acting on it.
  - It is good to suppress our emotions.
  - It is good to repress our emotions.
  - If you repress your emotions you inevitably will act on them.
  - Emotions are God’s good gifts.
  - Faith is not an emotion.
  - Strong emotions are dangerous.
2. Is Psalm 55 a model for our praying? Do you ever pray like that?
3. In verse 22, how precisely does one go about “unloading his burden”?
4. What verse 22 teach about what happens to our unloaded burdens?
5. The Psalmist seems more at peace at the end of the prayer than at the beginning. What happened? Did God do something for him? Did he grow in faith and trust?
6. Do you agree with the commentator who notes that at the end David finally “comes to feel the way he should”? Why do you agree or disagree?
7. Reflect on your experience of praying when in trouble. When you prayed to God about your troubles, what happened to them? What happened to you?

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In the eleven sections of this Psalm,  
(a) summarize the content of each section,  
(b) and identify the dominant emotion  
in each section.

**1. Verses 1-2** For example:

*Content:* Asking God to listen

*Emotion:* Irritated, impatient, restless

**2. Verses 3-5**

*Content:*

*Emotion:*

**3. Verses 6-9**

*Content:*

*Emotion:*

**4. Verses 10-11**

*Content:*

*Emotion:*

**5. Verses 12-14**

*Content:*

*Emotion:*

**6. Verse 15**

*Content:*

*Emotion:*

**7. Verses 16-19a**

*Content:*

*Emotion:*

**8. Verses 19b-21**

*Content:*

*Emotion:*

**9. Verse 22**

*Content:*

*Emotion:*

**10. Verse 23a**

*Content:*

*Emotion:*

**11. Verse 23b**

*Content:*

*Emotion:*