

Betrayal Lament Turning

Psalms of David · Book II

"For the Chief Musician. On stringed instruments. A contemplation by David."

PICTURE WORD

Dove

IN ONE SENTENCE

*etrayed by a close friend, David wishes he could fly away like a dove, but casts his burden on the LORD.***Remember it:** Fifty-five: no dove's wings needed, cast your burden on the LORD.

MEMORY VERSE

Cast your burden on Yahweh and he will sustain you. He will never allow the righteous to be moved.

Psalm 55:22 · World English Bible

HEBREW WORD

יְהַבֵּד

"burden" · verse 22

In the Psalms: once

The Hebrew word for "burden" in verse 22 appears only here in the Bible. It comes from a root meaning "to give," so it suggests what has been given to you, your lot or load. Whatever life has handed you, you may hand it back to the LORD, who carries both it and you.

HOW THE PSALM MOVES

- 1–8** Terrified, David wishes for a dove's wings to fly away.
- 9–15** Violence fills the city, and a close friend has betrayed him.
- 16–21** He calls on God morning, noon, and night against smooth deceit.
- 22–23** Cast your burden on the LORD; he will sustain you.

MY NOTES

**Listen.** Hear Psalm 55 sung in the **Psalm Song** app, or free at ispress.de/psalms/55.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Enemies & Betrayal

Crying Out in Distress

Refuge in Trouble

FILL IN THE BLANKS

Betrayed by a close _____, David wishes he could fly away like a _____, but casts his _____ on the LORD.

CHECK YOURSELF

1. What does David wish he had?

☐ (A) Wings like a dove

☐ (B) A sword like Goliath's

☐ (C) A horse like the king's

☐ (D) A city wall

2. Who was it that insulted David?

☐ (A) A foreign king

☐ (B) An open enemy

☐ (C) His companion and familiar friend

☐ (D) A prophet

3. His words were softer than oil, yet they were what?

☐ (A) Honey to the lips

☐ (B) Drawn swords

☐ (C) Empty air

☐ (D) Broken promises

TALK IT OVER

1. Why does David say an enemy's insult would have been easier to endure than a friend's?

2. What promise does God make to the righteous in verse 22?

3. What burden would you hand to the LORD today if you truly believed he would carry it?

IN YOUR OWN WORDS: WHAT DOES PSALM 55 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 22 by heart

☐ I know the picture word

Answers: Blanks: friend · dove · burden · Check yourself: 1. A (v. 6) · 2. C (vv. 12-13) · 3. B (v. 21)