

PSALM 55 / MAY 3

SERMON DISCUSSION GUIDE

Read & Pray

This week's sermon is on Psalm 55. As a group, read Psalm 55:1–23. This passage highlights David's honest cry to God in the midst of deep hurt. After reading, spend a minute in silent prayer, then ask, *What stands out to you? What might the Spirit be pressing into your life?* Close by asking God for honesty and healing in your pain.

Sermon Recap (to *apply*, not rehash the sermon)

Review the sermon with your group, highlighting the following:

- Hurt—especially “church hurt”—is often pain from an unexpected place.
- Our natural response to hurt is isolation, but healing happens in relationships.
- God invites us to be fully honest with him about our pain, not hiding or minimizing it.
- Humility comes when we acknowledge that we've not only been hurt but have hurt others.
- Healing begins when we cast our burdens on the Lord and receive his sustaining grace.

Group Discussion

1. The sermon defined hurt as “pain from an unexpected place.” How have you experienced this kind of hurt, and why does it tend to cut deeper than other pain?
2. David's instinct was to “fly away” and isolate (Psalm 55:6–7). When you're hurt, do you tend to isolate or lean into community? What makes that difficult?
3. The sermon emphasized being honest with God, even emotionally raw. What keeps you from being fully honest with God in your prayers? What would that look like practically this week?
4. It was said that we've not only been hurt but have hurt others. How does acknowledging that truth shape your posture toward healing, forgiveness, and humility?
5. Psalm 55:22 calls us to “cast [our] burden on the Lord.” What does it look like to actually hand your hurt over to God instead of holding on to it?

CHALLENGE

This week, take time to intentionally bring your hurt before God in honest prayer. Consider also sharing your struggle with a trusted believer in your group, choosing relationship over isolation as a step toward healing.

PRAYER

- Ask God to help you be honest with him about your pain and not hide your hurt.
- Pray for the courage to choose community over isolation in seasons of pain.
- Ask the Lord to help you release your burdens to him and trust him to sustain and heal you.