

THE CRY OF MY HEART

A SERIES IN PSALMS

07/26/2020 - Psalm 55 - When Control is Lost

Big Idea - You can't control what crosses your mind, but you can control what stays there.

We have developed this resource sheet for this series to help provide a unique way to experience the full story that will be presented throughout these 4 weeks. Our prayer is that each week you will use these sheets to experience Bible study, prayer, and learning in a different and unique way. Use the prompts and resources below to discover scripture in multisensory ways as we discover the truth of God's word in the midst of the storms that surround us.

Suggested Multisensory Experiences -

Try these experiences this week as you spend time in God's word studying the themes of Psalm 55.

- Go to the store or dig through a drawer and find a candle that you love. Turn all of the lights off in the room you are in. Light your candle. Spend time in prayer, silence, and scripture reading (Psalm 55). Reflect on the darkness and the light that the candle provides. Take time to write, reflect, and pray on how God controls our circumstances and provides light for us in the midst of the darkness around us. When your quiet time is over, blow out the candle and save it for time in the word each day.
- During your prayer and study time, take time to listen to this clip several times <https://bit.ly/3eXNdJ6> (Psalm 55 read aloud). As you are listening, grab a blank piece of paper and sketch or draw what comes to mind. Even if you aren't a crazy talented artist, take time to draw a few pictures to represent what emotions and thoughts go through your mind as you listen to God's word read aloud. Talk to God about those thoughts and emotions.
- Open up your Bible and a journal. Turn to Psalm 55. Read each verse and as you do, take time to write out your own version of the words in your journal. Make them your own. Turn the problems and solutions into your own thoughts. This might take a few days to truly process and write them out. When you finish, pray this new psalm to God.
- Read or listen to Psalm 55. As you read, focus on any words that jump out at you. Grab some pieces of paper or notecards and write those words. Try to grab at least 5 but no more than 10. Take time to use stepbible.org or another concordance to look those words up. What does the meaning in the original language invoke? Write the ideas on the note cards. Set them out in front of you and focus on how God provides His words for us in the situations that we face in life. Pray through each word, giving them to God.

Community Experiences -

Decide as a community group on one of the practices above. Have everyone in the group walk through the decided experience and come ready to discuss how they have encountered God this week. You might also try the experience in the group setting again to give an experiential environment.

1. Read Psalm 55 as a group.
2. How did you encounter God through one of the experiences this week?
3. Why do you think we like to control the things in our lives? Does it actually make sense? What does scripture say about our desire to control things?
4. What did David have to say about our thoughts and our response to God in Psalm 55?
5. Have community group members point out one verse that stands out to them and explain why.
6. Read through the following list of the names of God. Afterward, spend time in prayer and have each person in the group pray a prayer that uses the name of God and glorifies Him for who He is and how He is working through that aspect in their lives.

- Elohim - God. (Majestic)
- El Elyon - Most High God
- El Shaddai - Lord God Almighty
- El Sali - The Lord my Rock
- Yahweh - Lord, Jehovah
- Jehovah Nissi - The Lord my Banner
- Jehovah Rapha - The Lord that Heals
- Jehovah Shammah - The Lord is There
- Jehovah Jireh - The Lord will Provide
- Jehovah Shalom - The Lord is Peace
- Jehovah Raah - The Lord my Shepherd
- Jehovah Sabaoth - The Lord of Hosts

Cast your burden on the Lord, and he will sustain you;
he will never permit the righteous to be moved.

Psalm 55:22

