

# PSALM 55 – PRAYER GUIDE

By Daniel Henderson

To the choirmaster: with stringed instruments. A Maskil of David.

**55** Give ear to my prayer, O God,  
and hide not yourself from my plea for mercy!  
<sup>2</sup> Attend to me, and answer me;  
I am restless in my complaint and I moan,  
<sup>3</sup> because of the noise of the enemy,  
because of the oppression of the wicked.  
For they drop trouble upon me,  
and in anger they bear a grudge against me.

<sup>4</sup> My heart is in anguish within me;  
the terrors of death have fallen upon me.  
<sup>5</sup> Fear and trembling come upon me,  
and horror overwhelms me.  
<sup>6</sup> And I say, “Oh, that I had wings like a dove!  
I would fly away and be at rest;  
<sup>7</sup> yes, I would wander far away;  
I would lodge in the wilderness; *Selah*  
<sup>8</sup> I would hurry to find a shelter  
from the raging wind and tempest.”

<sup>9</sup> Destroy, O Lord, divide their tongues;  
for I see violence and strife in the city.  
<sup>10</sup> Day and night they go around it  
on its walls,  
and iniquity and trouble are within it;  
<sup>11</sup> ruin is in its midst;  
oppression and fraud  
do not depart from its marketplace.

<sup>12</sup> For it is not an enemy who taunts me—  
then I could bear it;  
it is not an adversary who deals insolently  
with me—  
then I could hide from him.  
<sup>13</sup> But it is you, a man, my equal,  
my companion, my familiar friend.  
<sup>14</sup> We used to take sweet counsel together;

within God’s house we walked in the throng.  
<sup>15</sup> Let death steal over them;  
let them go down to Sheol alive;  
for evil is in their dwelling place and in their heart.

<sup>16</sup> But I call to God,  
and the Lord will save me.  
<sup>17</sup> Evening and morning and at noon  
I utter my complaint and moan,  
and he hears my voice.  
<sup>18</sup> He redeems my soul in safety  
from the battle that I wage,  
for many are arrayed against me.  
<sup>19</sup> God will give ear and humble them,  
he who is enthroned from of old, *Selah*  
because they do not change  
and do not fear God.

<sup>20</sup> My companion<sup>[b]</sup> stretched out his hand  
against his friends;  
he violated his covenant.  
<sup>21</sup> His speech was smooth as butter,  
yet war was in his heart;  
his words were softer than oil,  
yet they were drawn swords.

<sup>22</sup> Cast your burden on the Lord,  
and he will sustain you;  
he will never permit  
the righteous to be moved.

<sup>23</sup> But you, O God, will cast them down  
into the pit of destruction;  
men of blood and treachery  
shall not live out half their days.  
But I will trust in you.

**REVERENCE:*****God's Praiseworthy Attributes:***

- God who hears -v. 1,17,19
- Merciful -v. 1
- Attentive to and answers our prayer – v. 2
- Saves those who call upon him – v. 16
- Redeemer and safety- v. 18
- Enthroned -v. 19
- Bearer of our burdens -v. 22
- Sustainer -v. 22
- Just judge- v. 23
- Trustworthy -v. 23

***Possible Prayer Prompts:***

- I praise You Lord that I can come to You, even when I am facing...
- O God, I praise You for being merciful to me when...
- Thank You for attending to and answering my prayers about...
- Lord, I praise You for saving me from...
- Lord, I'm grateful I can trust You in my pain because You are...

**RESPONSE:**

- O God, I surrender my anguish over...to You
- I confess I am fearful and overwhelmed about...

**REQUESTS:**

- Assure me Lord that you hear my voice when I call out to You about...
- God, I call on You to save me from...and to redeem my soul in safety.
- O Lord, even though I have been hurt and betrayed by...(name) please bring redemption through the fear of God (vs. 18-19)
- Lord, would you sustain ...(name) and help them cast their burden on You as they struggle with...

**READINESS:**

- Today Lord I am trusting you will cast down the enemy of...
- Help me trust in Your victory over my battle with...