

## Words with God | Praying Our Complaints | Psalm 55

### GET READY | How can I come prepared?

1. Watch the message if you can. You can find the latest message on [YouTube](#) or our [website](#). Be ready to share any “aha moments” or takeaways you had.
2. Read Psalm 55 on your own. Jot down any observations or questions you have.

### CATCH UP | How are we doing?

1. Psychologists say the average person complains 20 times per day. If all your complaints were listed out, what do you think you complain about the most? (Think weather, other drivers or the boss.)

### DIG IN | What's God saying in Scripture?

Quiet your hearts, pray and then read Psalm 55 out loud. Reflect on the passage together. If necessary, use some of the questions below to jump start your conversation.

#### Does God care about how I feel?

1. Look at the “emotion” words David uses. Notice how different the ending of the prayer is from the beginning.

#### How does this prayer change what you believe about God?

1. Complaining (when done right) binds a community together and deepens intimacy. Notice that David really believes God is interested in helping him. Do you believe that?
2. What happens to your theology when you read this prayer in light of Jesus' betrayal?

#### What about all the anger? Is it ok to wish your enemies would die?

1. The Psalms are pretty raw and sometimes our prayers reveal messy emotions that are out of alignment with God's heart. That's ok. The key is to keep coming back to trusting surrender and obedience to Jesus.

### WIND DOWN | How can we encourage one another?

1. This week, check out your group leaders' cheat sheet. There are some pretty amazing resources for learning The Lord's Prayer. Perhaps your group can commit to using one of them.