

The God who Sustains

Psalm 55

The God Who...

June 29, 2025

Pastor Matt

Psalm 55:22 *Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.*

Reflection Questions:

1. Psalm 55:22 encourages casting your burdens on the Lord. What specific burdens are you carrying that you need to entrust to God? How can you practically “cast” those burdens on Him?
2. Psalm 55:17 mentions praying “evening and morning and at noon.” How can you incorporate regular prayer into your daily routine, especially during difficult times?

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