

Anxiety Track, Session 6: Counseling for Trauma-Related Anxiety, Panic and Grief

Handout 6B: Homework Guide for Psalm 55

In Session Counseling Points

Read: v. 1-5 aloud (or ask the counselee to read aloud if s/he feels comfortable).

Ask: "What action words are used to describe what God does for His children? What do these statements bring to mind for you? Do these words bring comfort or frustration, and why?"

Reflect: "Whether we believe it or not, these things are true about God. Wrestling with believing His Word is part of our walk of faith. When we have trouble believing, we should face that doubt and talk about it. It's not shameful to struggle with belief in His goodness. It's necessary. As you face your doubts, you're doing the thing God wants you to do. You're asking Him questions, seeking to understand who He is. That is what He desires for you, and it will strengthen your faith."

Read: v. 6-14 aloud, asking your counselee to take mental note of words that stand out to him/her.

Ask: "What words or phrases stood out to you? I wonder what made those words stand out?" (Write down the words/phrases your counselee mentions.)

Reflect: "When we read God's Word, He will often highlight things He wants us to meditate on. The words from this section that stood out to you may be concepts He wants you to think more about. I have written down the words and phrases you shared with me. In your homework assignment, I'm going to ask you to reflect more on these words to see what God may have to show you this week."

Read: v. 15-22 aloud.

Ask: "What comparison do you see between mankind and God in this section? What thoughts do you have about it? (Give time for his/her answers.) Who does this passage say God's steadfast love is for?"

Reflect: "We see in this passage that God is so much bigger than we are. We also see that He uses His bigness to bless those who fear Him and keep His covenant. If you are a believer in Christ, this is talking about you. Whether you feel like it or not, the full blessing of God rests on you. I wonder if you have trouble believing this truth?"

After Session Assignment

1. *Read back through Psalm 55 aloud, taking note of anything that stands out to you. Write down words or phrases that stand out, adding to the list we made during our session.*
2. *Choose three words or phrases that stood out to you, and journal about each of them. Write whatever comes to mind in the form of a prayer to God. Make sure to consider what emotions came to the surface when you read these words. Explore the reasons those emotions may have surfaced.*
3. *The psalm commands us to bless the Lord. Write a prayer of blessing to God. Spend time meditating on how you have seen His goodness and love displayed in your life, in the lives of those around you, and in creation.*