



WONDERFUL WEDNESDAYS WITH JESUS
Wednesday, May 13, 2026
6:45 PM
“God Kept Me Together” Psalm 55:22 (NLT)

Opening Scripture

“Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall.” — Psalm 55:22 (NLT)

Overall Aim of the Study

Tonight’s Bible Study is designed to help believers understand how God sustains us emotionally, spiritually, and mentally; how Scripture addresses emotional exhaustion honestly; how prayer, community, worship, wisdom, and God’s presence help stabilize us; and how faith does not deny struggle but teaches us how to survive it.

Opening Question

Have you ever had a season where you looked strong publicly but felt overwhelmed privately?

Introduction

One of the greatest misconceptions in church culture is that strong faith means never struggling emotionally. But throughout Scripture, prophets became exhausted, leaders became discouraged, disciples became fearful, and even faithful people experienced emotional distress. The Bible never hides human struggle. Instead, Scripture repeatedly shows us that God meets people in their weakness.

David writes Psalm 55 during a season of betrayal, emotional pressure, fear, and exhaustion. Earlier in the Psalm he says: “My heart pounds in my chest. The terror of death assaults me.” (Psalm 55:4 NLT). That sounds like emotional overload. Yet David ultimately discovers that burdens become lighter when surrendered to God.

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Major Theme of the Evening

God does not merely save souls. God sustains lives.

Section 1 – The Bible Is Honest About Human Struggle

Key Point: Struggle is not proof that God has abandoned you.

A. Elijah Became Exhausted – 1 Kings 19:3-5 (NLT) After great victory on Mount Carmel, Elijah became fearful, isolated, exhausted, and depressed. He even asks God to let him die. Notice: God does not rebuke him first. God lets him rest, eat, recover, and then speak.

B. David Experienced Emotional Distress – Psalm 42:5 (NLT) “Why am I discouraged? Why is my heart so sad?” Faith does not eliminate emotion. Faith helps direct emotion toward God.

C. Jesus Experienced Deep Emotional Agony – Matthew 26:37-38 (NLT) “My soul is crushed with grief...” If Jesus experienced sorrow, believers should not feel ashamed when they struggle emotionally.

Discussion Question

Why do many believers feel pressure to hide emotional struggles?

Section 2 – God Invites Us to Release Our Burdens

Psalm 55:22 – “Give your burdens to the Lord...” The Hebrew imagery suggests throwing, casting, and transferring weight.

Support Scriptures: 1 Peter 5:7 (NLT) – “Give all your worries and cares to God, for he cares about you.”

Matthew 11:28-30 (NLT) – “Come to me, all of you who are weary and carry heavy burdens...”

Philippians 4:6-7 (NLT) – “Don’t worry about anything; instead, pray about everything...”

Teaching Moment: Many believers pray and then pick the burden back up again. Casting means trusting God with what we cannot control.

Contemporary Cultural Bridge

Today’s culture rewards appearances. People know how to edit photos, filter pain, hide struggles, and perform strength. But spiritual healing often begins with honesty.

Gen Z Bridge: Many younger adults today speak openly about anxiety, burnout, emotional exhaustion, and mental overload. The church must become a place where truth and healing can coexist.

Section 3 – God Often Uses People to Help Hold Us Together

One dangerous myth says: “If I have faith, I should never need help.” But God frequently works through community, counselors, physicians, trusted friends, pastors, and support systems.

Support Scriptures:

Ecclesiastes 4:9-10 (NLT)

Galatians 6:2 (NLT)

Proverbs 11:14 (NLT)

Important Teaching Point: Seeking help is not weakness. Sometimes healing is spiritual, emotional, physical, or a combination of all three.

Section 4 – God Can Keep You Standing

Psalm 55:22b – “He will not permit the godly to slip and fall.” This does not mean no struggle, tears, or difficult seasons. It means God sustains you through them.

Support Scriptures:

Isaiah 41:10 (NLT)

2 Corinthians 4:8-9 (NLT)

Jude 24 (NLT)

Black Church / Africentric Reflection

Historically, the Black Church became a place of survival, emotional restoration, spiritual resistance, and communal strength. Our ancestors endured racism, injustice, poverty, violence, and oppression, yet kept singing: “Guide Me O Thou Great Jehovah” and “Hold to God’s Unchanging Hand.” Those songs were not performance. They were survival theology.

Greek / Word Study Moment

1 Peter 5:7 – The Greek word for “cast” is *epirrhupto*, meaning to throw upon or place onto another. The picture is transferring a load. God never intended believers to carry life unsupported.

Practical Applications

1. Be Honest With God
2. Release What You Cannot Control
3. Stay Connected

4. Rest Without Guilt

5. Keep Worshipping

Reflection Questions

1. What burdens have become emotionally heavy for you recently?

2. Why do people often hide emotional pain?

3. What is the difference between praying and truly surrendering?

4. How can the church become a healthier place emotionally and spiritually?

5. What Scriptures help sustain you during difficult seasons?

Optional Group Exercise

“Leave It Here” – Invite participants to privately write down worries, burdens, fears, and emotional struggles and place them at the altar as a symbolic act of surrender.

Closing Celebration

The testimony tonight is not: “I never struggled.” The testimony is: “God kept me.”

He kept me when I was tired, grieving, discouraged, overwhelmed, and emotionally drained.

And somebody tonight can testify:

“I bent... but I didn’t break.”

“I cried... but I didn’t collapse.”

“I struggled... but God sustained me.”

If God has kept you through heartbreak, pressure, disappointment, exhaustion, and seasons you thought would destroy you, tonight ought to become a praise service because **GOD KEPT YOU TOGETHER.**