

## In His Grip

### Psalm 55

1. King David's Anguished Heart
  - a. Contemplating David's context: 2 Samuel 17:15-29
  - b. The writhing burn of betrayal
  - c. The grammatical grip of Psalm 55:22
  
2. Cast Your Cares on the Lord.
  - a. Uncoil the internal knots
  - b. Your unique lot in life: cares, anxiety, burdens
  - c. The direction of your cast is critical
  
3. In His Grip
  - a. The Lord sustains you in the little things
  - b. The Lord contains all of creation
  - c. The Lord upholds you for eternity