

Psalm 22 New International Version

My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? ² My God, I cry out by day, but you do not answer, by night, but I find no rest. ³ Yet you are enthroned as the Holy One; you are the one Israel praises.

⁴ In you our ancestors put their trust; they trusted and you delivered them. ⁵ To you they cried out and were saved; in you they trusted and were not put to shame.

⁶ But I am a worm and not a man, scorned by everyone, despised by the people. ⁷ All who see me mock me; they hurl insults, shaking their heads. ⁸ "He trusts in the Lord," they say, "let the Lord rescue him. Let him deliver him since he delights in him." ⁹ Yet you brought me out of the womb; you made me trust in you, even at my mother's breast. ¹⁰ From birth I was cast on you; from my mother's womb you have been my God.

¹¹ Do not be far from me, for trouble is near and there is no one to help. ¹² Many bulls surround me; strong bulls of Bashan encircle me. ¹³ Roaring lions that tear their prey open their mouths wide against me. ¹⁴ I am poured out like water and all my bones are out of joint.

My heart has turned to wax; it has melted within me. ¹⁵ My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.

¹⁶ Dogs surround me, a pack of villains encircles me; they pierce my hands and my feet. ¹⁷ All my bones are on display; people stare and gloat over me. ¹⁸ They divide my clothes among them and cast lots for my garment. ¹⁹ But you, Lord, do not be far from me. You are my strength; come quickly to help me. ²⁰ Deliver me from the sword, my precious life from the power of the dogs.

²¹ Rescue me from the mouth of the lions; save me from the horns of the wild oxen. ²² I will declare your name to my people; in the assembly I will praise you. ²³ You who fear the Lord, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel. ²⁴ For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.

²⁵ From you comes the theme of my praise in the great assembly; before those who fear you I will fulfil my vows. ²⁶ The poor will eat and be satisfied; those who seek the Lord will praise him may your hearts live forever! ²⁷ All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, ²⁸ for dominion belongs to the Lord and he rules over the nations. ²⁹ All the rich of the earth will feast and worship; all who go down to the dust will kneel before him those who cannot keep themselves alive.

³⁰ Posterity will serve him; future generations will be told about the Lord. ³¹ They will proclaim his righteousness, declaring to a people yet unborn: He has done it!

We will use five tools on our expedition that are built around five questions

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God's character?

1. 'My God, My God' - It doesn't surprise me Jesus on the cross quotes David's Psalm, after all David was a man after God's own heart.
2. David felt at times, within his soul, the cry of searching to understand his circumstances.
3. Why do you think Jesus cried out the same words of David – 'My God, My God'? After all every time Jesus spoke to God He called Him Father, except this time and possibly one other.
4. Have you cried out to God day and night from deep within you? Where do you think that cry came from?
5. The best way to connect to God's delivering power is to exalt Him above the circumstances you are in. David did this so well – look up child!
6. Reminding yourself of historical victories that God has brought you through is to apply medicine to your discouraged soul.
7. Can you always trust God's will to deliver you?
8. Why did David describe himself as a worm in this Psalm? - After sinning we often feel like a worm!
9. Have you been mocked for trusting in the Lord?
10. The crucifixion of Jesus Christ runs through this Psalm like a double decker bus!
11. There are so many references to Jesus on the cross, poured out like water – the spear, bones out of joint – hanging on the cross, mouth dry – 'I am thirsty'.
12. Do you believe you were born at the will of God or the choice of your parents?
13. David says 'God made him trust Him' – why did David say this?
14. Is God ever far from you?
15. Where does God actually live in you?
16. What do the bulls David mentions represent?
17. Who are the roaring lions to you?
18. What does it mean for a heart to turn to wax?
19. More references to the cross – 'they laid Him in death with crowds around Him', 'pierced His hands and His feet'.
20. How did David know, in such detail, the crucifixion story referenced in this Psalm?
21. Have you ever had the experience of your enemy stare and gloat over your misfortune?
22. How can we make God our strength?
23. What are we expecting when we ask for God's help?
24. Is God your deliverance in all things?
25. How important is it to declare God's name?
26. God's heart responds to the afflicted with compassion – even if they are in the wrong!
27. God, like Jesus, listens to our cry for help.
28. People sing songs about all sorts of things, for David, the themes of his songs is his love for God.

29. The responsibility for the poor being fed is led to whom?
30. What is it to seek the Lord?
31. What does it mean that our hearts live forever?
32. Will everyone turn to the Lord?
33. Will everyone bow down before Him?
34. Do you believe God is ruling now? Even in this pandemic?
35. Can anyone keep themselves alive?
36. Jesus final words to bring victory over death – David says ‘it has been done’, Jesus says ‘it is finished’.