

*Everyday Prayers for Everyday Life***PSALM 22**


---

For the director of music. A psalm of David.

---

- 1 My God, my God, why have you forsaken me?  
Why are you so far from saving me,  
so far from the words of my groaning?
- 2 O my God, I cry out by day,  
but you do not answer,  
by night, and am not silent.
- 3 Yet you are enthroned as the Holy One;  
you are the praise of Israel.
- 4 In you our fathers put their trust;  
they trusted and you delivered them.
- 5 They cried to you and were saved;  
in you they trusted and were not disappointed.
- 6 But I am a worm and not a man,  
scorned by men and despised by the people.
- 7 All who see me mock me;  
they hurl insults, shaking their heads:
- 8 "He trusts in the LORD;  
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 upon 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 tearing 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 away within me.
- 15 My strength 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 have surrounded me;  
a band of evil men has encircled me,  
they have pierced my hands and my feet.
- 17 I can count all my bones;  
people stare and gloat over me.
- 18 They divide my garments among them  
and cast lots for my clothing.
- 19 But you, O LORD, be not far off;  
O my Strength, come quickly to help me.
- 20 Deliver my life 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 brothers;  
in the congregation 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 disdained  
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 will I fulfill my vows.
- 26 The poor will eat and be satisfied;  
they 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  
to a people yet unborn—  
for he has done it.

1. Read verses 1-10. What emotions does the psalmist express in the first two verses? What is his attitude toward God? Have you ever felt like this? What caused those feelings?
2. What is the significance of the first words of verses 3, 6, and 9? (Hint: how does the writer try to handle the feeling that he's been forsaken by God?)
3. Read verses 11-18 and in a short sentence describe the psalmist's situation.
4. When did Jesus himself quote verse 1 of this psalm? (see Matthew 27:46) Write down some other details in this psalm that describe Jesus' experience in Matthew 27:35-46.
5. On the cross Jesus prayed this psalm. What verse(s) would have given him hope even as he cried out his desperation to God? What verses in this psalm give you hope?
6. Read verses 19-31. What does the psalmist pray for? (See also vs. 11.)
7. Anticipating God's help, what does the psalmist promise? (vss. 22, 25)
8. What relationship do you see between verse 22 and verses 23-31? Why does the psalmist praise God?
9. Who joins the psalmist in praising God and why? (vss. 23, 26-31)
10. Notice the change in the psalmist's mood from the beginning of this psalm to the end. What clues does this psalm give as to what we can do when we are suffering or feeling forsaken by God?