



Psalm 22 - The Forsaken One

“The Psalms that will not cross our lips as prayers, those that make us falter and offend us, make us suspect that here someone else is praying, not we – that the one who has come to such infinite depths of suffering, is none other than Jesus Christ himself.”

Dietrich Bonhoeffer

As David cries out to God in his suffering here in Psalm 22, he points us forward to the suffering of the Lord Jesus. As we see his suffering, we see how he helps us and gives us hope in ours.

1. Jesus knows how we feel when we suffer (v1-11)
 - What do we learn about the experience of the Psalmist in these verses?
 - How does the Psalmist remember God’s trustworthiness (despite feeling forsaken) in v3-5 and v9-10, and how does that help us when we suffer?
 - Does the to-ing and fro-ing in these verses between feelings and truth resonate with you?
 - As we see Jesus’ experience in these verses (see Matthew 27:39-46) how does it help you to know that he knows how we feel when we suffer?

2. Jesus suffered this death for us (v12-21)
 - Why do you think the Psalmist uses animal imagery here to describe his experience?
 - What is the impact of all this on the Psalmist as he nears death?
 - As we see Jesus' experience in these verses (see John 19:23-30) how does it help us understand the depth of Christ's suffering on the cross for us?
 - 1 Peter 2:23-24 tells us 'He himself bore our sins in his body on the cross'. How does the fact that Jesus was forsaken for us, change how we feel about trusting God in our own suffering?

3. Jesus turns our suffering to joy (v21-32)
 - There is a new confidence and transformation in the voice of the Psalmist from v21. How does this relate to Jesus' resurrection?
 - What do these verses show us is the result of the deliverance of the forsaken one for his people?
 - How do the people of the forsaken one react to his deliverance? How far does your reaction to the resurrection of Jesus match this?

What is one way you can apply Psalm 22 in your life today, especially during times of suffering?