



Psalm 69 – The Suffering One

Here in Psalm 69 we are, again, pointed to Christ's suffering through David. As we hear these words on Christ's lips we hear his concern for us, and see the significance of his resurrection for us.

In John 15:20 Jesus says '*if they persecuted me, they will persecute you also*'. Can you think of times you have felt that to be true in your life?

1. The rejected King cries to God for salvation (v1-29)
 - What sort of language is used in these to describe the suffering experienced? How does that help us to pray in our suffering as Christians (or to pray for Christians who are)?
 - There are a number of New Testament references that link Psalm 69 to Jesus suffering. Look up Matthew 27:29, John 2:7, John 15:25, John 19:28. How does it change how you feel when we put the words of this Psalm on the lips of Jesus?
 - How do you understand v4-5 in relation to Jesus?

- In v6-7 we see the King's concern for his people. How is this an encouragement to us?
- In v13-18 the Psalmist appeals to God's character as he seeks salvation. How does that help us in our prayers during difficult times?
- In v22-28 the King cries out for God's justice and judgement on his enemies. Why would this be a good thing and how does reading the Psalm through Christ help us as we think about what it might look like for us to pray this?

2. The saved King leads his people in praise (v30-36)

- The mood of the Psalm changes radically from v30 as the King praises God for his salvation (pointing forward to the resurrection of Jesus). What does the Psalm say the impact of this will be for God's people?
- How do these verses encourage us and give us hope when we suffer?
- How might Psalm 69 change the way you pray?