

REJECTED

DAY ONE

READ Psalm 22:1-10.

- ▶ Write a psalm using Psalm 22 as a model.
- ▶ Think of a time when you felt abandoned by God.
- ▶ Be honest and focus on what you feel.
- ▶ Take time to add what you know about God.

DAY TWO

READ Psalm 19:1-6.

- ▶ What accusations toward God does the psalmist express?
- ▶ Do these accusations surprise you?
- ▶ How does the psalmist contradict himself in verses 5-6?
- ▶ How do we make sense of this psalm that speaks of both sorrow and joy in just six verses?

DAY THREE

READ Ephesians 4:2; Colossians 3:13; Galatians 6:2.

- ▶ Why do you think it's easy to push people away when we're hurting?
- ▶ Is there someone to whom you could show your psalm from DAY ONE?
- ▶ What would keep you from sharing? Pride? Fear? Resentment?

Consider joining the **GriefShare** small group.
For more info, call Amy **405.210.6967**.

DAY FOUR

READ Psalm 22:19-31; Hebrews 12:2-3.

The apostle Paul wrote: "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us." (*Romans 8:18*) In another letter, he wrote, "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all." (*2 Corinthians 4:17*) What he is saying is that any suffering that we go through in this life is nothing compared to an eternity in the presence of God. Think about it. What if we could draw a line that stretched for all eternity? (*That's obviously impossible, but use your imagination*). In that timeline that has no end, how much space would we dedicate to our life here on earth? If we drew the tiniest dot, a mere point on that line, it would be far too large. This life is nothing compared to the one to come.

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DAY FIVE

READ Psalm 22 (all of it!)

Review your psalm. As you feel led, add to it or edit it.

PRAY

Make your psalm a prayer and lift it up to God today.