

H

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.

Psalm 22:1-2

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."

Psalm 22:6-8

H

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.

Psalm 22:11-18

H

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.

Psalm 22:3-5

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.

Psalm 22:9-10

H

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. Psalm 22:22-31

NEXT STEPS

Recommended Reading

Hurt -- Chap Clark
Search for Significan

<u>Search for Significance</u> -- Robert McGee

Living Beyond Yourself -- Beth Moore

So Long, Insecurity: You've Been a Bad Friend to Us -- Beth Moore

Abba's Child -- Brennan Manning

Boundaries -- Henry Cloud & John Townsend

Church Discipline That Heals -- John White, Ken Blue