

Psalm 22

Prayer: Lord Jesus, You came to suffer and die for us. You wanted to do that because You love us. Thank You for giving up Your life for us. Make us always trust that You will never leave us. When we experience hard times, make us remember Your promise that You are with us, and make our faith strong in You. We pray in Your name, Jesus. Amen.

Psalm 22 is a Messianic psalm. It showed the Jews what the Messiah (Savior) would do when He came. We see in the Bible that Jesus did all these things.

Read Psalm 22:1-10.

- Notice how the writer (David) goes back and forth between depression and hope. Write in the verse numbers (first one is done for you).
Depression: 1-2 Hope: Depression: Hope:
- Do you think Jesus could actually feel this way? Why or why not?
- When did Jesus feel like this? When did this happen? See Matthew 27:39-44.

Read verses 11-18. This is a long section of suffering. Compare these verses.

- Psalm 22:11-13 and Luke 22:63-65, 23:23-24, 23:35-36
- Psalm 22:14-15 and John 19:28-30
- Psalm 22:16-17 and Luke 23:33,35
- Psalm 22:18 and John 19:23-24

Read verses 19-31. This is a long section of hope.

- In verses 19-21, David (and Jesus) pray for help. Did God answer and help?
- Read verse 24. Jesus was the “oppressed one.” How did God the Father answer and help Jesus? Does that encourage you that God will help you, also?
- In verse 31, what is the Lord’s righteousness that He finished? See John 19:30.