

Psalm 22

Part 1 v. 1-21

My God, My God...

By knowing the suffering and reign of King Jesus,
we can find comfort and stamina in our suffering.



For the choir director; upon Ajeleth Hashshahar. A Psalm of David.

Psalm 22:1 **My God, my God, why have You forsaken me?**

Far from my deliverance are the words of my **groaning**.

2 O my God, **I cry** by day, but You do not answer;

And by night, but I have no rest.

3 Yet You are holy,

O You who are enthroned upon the praises of Israel.

4 In You our fathers trusted;

They **trusted** and You delivered them.

5 To You they cried out and were delivered;

In You they **trusted** and were not disappointed.

Psalm 22:19 But You, O Lord, be not far off;

O You my **help**, hasten to my assistance.

20 **Deliver** my soul from the sword,

My only life from the power of the dog.

21 **Save** me from the lion's mouth;

From the horns of the wild oxen You answer me.

For the choir director; upon Ajeleth Hashshahar. A Psalm of David.

Psalm 22:1 **My God, my God, why have You forsaken me?**

Far from my deliverance are the words of my **groaning**.

2 O my God, **I cry** by day, but You do not answer;

And by night, but I have no rest.

3 Yet You are holy,

O You who are enthroned upon the praises of Israel.

4 In You our fathers trusted;

They **trusted** and You delivered them.

5 To You they cried out and were delivered;

In You they **trusted** and were not disappointed.

1. This was a cry of David before it was a cry from the cross.

Psalm 22:6 But I am a worm and not a man,

A reproach of men and despised by the people.

7 All who see me sneer at me;

They separate with the lip, they wag the head, saying,

8 “Commit yourself to the Lord; let Him deliver him;

Let Him rescue him, because He delights in him.”

9 Yet You are He who brought me forth from the womb;

You made me trust when upon my mother’s breasts.

10 Upon You I was cast from birth;

You have been my God from my mother’s womb.

11 Be not far from me, for trouble is near;

For there is none to help.

2. We were created and can be sustained by the loving, creator God.

Psalm 22:12 Many bulls have surrounded me;

Strong bulls of Bashan have encircled me.

13 They open wide their mouth at me,

As a ravening and a roaring lion.

14 I am poured out like water,

And all my bones are out of joint;

My heart is like wax; It is melted within me.

15 My strength is dried up like a potsherd,

And my tongue cleaves to my jaws;

And **You lay me in the dust of death.**

16 For dogs have surrounded me;

A band of evildoers has encompassed me;

They pierced my hands and my feet.

17 I can count all my bones. They look, they stare at me;

18 **They divide my garments among them,**

And for my clothing they cast lots.

3. This was a cry of David,
before the gospels
were written.

Psalm 22:19 But You, O Lord, be not far off;

O You my **help**, hasten to my assistance.

20 **Deliver** my soul from the sword,

My only life from the power of the dog.

21 **Save** me from the lion's mouth;

From the horns of the wild oxen You answer me.

4. We were saved and can be helped in our cries to the loving God.

Psalm 86:1 Incline Your ear, O Lord, and answer me;

For I am afflicted and needy.

2 Preserve my soul, for I am a godly man;

O You my God, save Your servant who trusts in You.


3 Be gracious to me, O Lord,

For to You I cry all day long.

1. Know our neediness in a dependent-on-God life.

2. Continually cry out in a praying life.

God's Sovereignty means
that I don't have to get swallowed up
by life's situations.



From **WHY?**

being in control...
wanting what I want...
with **ME** defining
good and bad

TO **WHO?**

trusting God...
wanting what God wants...
with **GOD** working everything
together for good

By knowing the suffering and reign of King Jesus,
we can find comfort and stamina in our suffering.