

Lament Ascent

Psalms of David · Book I

"For the choir director, according to The Doe of the Dawn, a Psalm of David"

PICTURE WORD

Worm

IN ONE SENTENCE

*orsaken, mocked, and pierced, the sufferer cries out to God, who rescues him so all nations will turn to the LORD.***Remember it:** Psalm Twenty-Two: from "why forsaken?" to "he has done it."

MEMORY VERSE

My God my God why have You forsaken me
Far from my salvation are the words of my
groaning

Psalm 22:1 · the author's translation

HEBREW WORD

עֲזַבְתָּנִי

"you forsook me" · verse 1

In the Psalms: 22 times, in 13 psalms

עֲזַבְתָּנִי, "you forsook me," comes from a verb meaning to leave, abandon, let go. The psalmist feels utterly left alone, yet still says "my God." Jesus prayed these opening words from the cross, and the Gospels show the scenes of verses 7-8 and 18 fulfilled around him.

HOW THE PSALM MOVES

1-5 "Why have you forsaken me?" yet God saved our fathers.

6-11 Mocked and despised, he clings to God from birth.

12-18 Surrounded, pierced, his garments divided by lot.

19-21 He pleads for help, and God rescues him.

22-31 He praises God in the assembly; all nations will turn.

IN THE NEW TESTAMENT

v. 1 → **Matthew 27:46** Jesus cries it from the cross: 'My God, my God, why have you forsaken me?'

v. 8 → **Matthew 27:43** The mockers at the cross: 'He trusts in God; let God deliver him.'

v. 18 → **John 19:24** The soldiers cast lots for His clothing.

v. 22 → **Hebrews 2:12** Jesus is not ashamed to call us brothers.

MY NOTES



Listen. Hear Psalm 22 sung in the **Psalm Song** app, or free at ispress.de/psalms/22.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

The King & the Messiah

God Will Not Abandon You

FILL IN THE BLANKS

_____, mocked, and _____, the sufferer cries out to God, who rescues him so all _____ will turn to the LORD.

CHECK YOURSELF

1. What does the sufferer call himself in verse 6?

☐ (A) A king

☐ (C) A lion

☐ (B) A worm, and no man

☐ (D) A shepherd

2. What do the enemies do with his clothing?

☐ (A) Burn it

☐ (C) Cast lots for it

☐ (B) Wash it

☐ (D) Return it

3. What will all the ends of the earth do?

☐ (A) Remember and turn to Yahweh

☐ (C) Forget God

☐ (B) Make war

☐ (D) Build a tower

TALK IT OVER

1. Where does the psalm turn from crying out to praising?

2. How does verse 24 show that God had not truly turned away?

3. How does knowing Jesus prayed this psalm help you in your darkest moments?

IN YOUR OWN WORDS: WHAT DOES PSALM 22 TEACH?

☐ I listened to the song

☐ I can say verse 1 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers Blanks: Forsaken · pierced · nations · Check yourself: 1. B (v. 6) · 2. C (v. 18) · 3. A (v. 27)