

Lesson 7

Psalm 22

Take some time to slowly read through Psalm 22 this week, asking the Holy Spirit to illumine your thinking and to speak to you through this portion of the Word of God.

1. What concept from last week's lesson was especially helpful or thought provoking to you?
2. Look for a verse in the lesson this week that is meaningful to you and make it your memory verse. Write it down, carry it with you, put it on your refrigerator or mirror or dashboard and memorize it. Share your memory verse with your small group.

“But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed.”

Isaiah 53:5

Inspired by the Holy Spirit, David wrote Psalm 22 approximately one thousand years before the crucifixion of Jesus Christ, long before crucifixion had even been invented by the Persians. He writes of his own experiences from an obviously low moment of dejection in his life and yet his words go far beyond anything he ever experienced. As you read the psalm you will notice how many verses prophetically picture the cross of Christ. There are 33 distinct prophecies in this psalm that were fulfilled at Calvary. Each of the last words of Christ that we know from the Gospels is either in the psalm word for word or are hinted at in the background of the psalm.

Psalm 22 and Isaiah 53 are the only places in the Bible where the physical agonies of the crucifixion are addressed. The Gospel writers simply state, “And they crucified Him...”

3. As you initially read Psalm 22, what strikes you?
4. 4. When and how were the words of David in verse 1 fulfilled in the life of Jesus Christ? See Matthew 27:45-46 and Mark 15:34.

5. Do you think God really forsook His one and only Son?

6. If you know about the life of David, can you tell of times when he felt forsaken by God? Discuss.

7. In Psalm 22:1-5, what did David know about God that gave him hope? How does this apply to your life?

8. What wonderful promise do we as believers have according to Hebrews 13:5?

9. How were David's words in verses 6-8 prophetically fulfilled in Jesus Christ? See Matthew 27:41-44, Mark 15:24 and Luke 23:34-37 and discuss.

10. Discuss verse 22:9-10 where David foretells the birth of the one who trusts in God from the womb. Who do you think this prophecy is about?

11. Where was the mother of Jesus at His crucifixion and how did Jesus honor her in John 19:25-27?

12. Discuss which description in Psalm 22:12-18 struck you the most.

13. Take some time to consider Isaiah 53 where the crucifixion is also prophetically pictured. Discuss this chapter and what you learn about the crucifixion from these verses.

14. How was David's prophecy of Jesus in Psalm 22:18 fulfilled in Matthew 27:35, Mark 15:24, Luke 23:34 and John 19:23-24?

15. In Psalm 22:27-30, how far will the rule and the dominion of the Lord extend? How does this relate to Daniel 6:26-27, 7:27 and Philippians 2:9-11?

16. How will the world learn about the Lord? What are the implications of this for you? Also see Matthew 28:18-20 and Romans 10:14-15.

17. How did the Father respond to the cry of the Suffering Servant to deliver Him from all His enemies? See Matthew 28:1-8, Mark 16:6-7, Luke 24:1-7, Acts 2:23-24 and Romans 1:4 and discuss.

18. Why did David praise God and call on all Israel to revere Him? See verses 30-31.

Prepare for Life

19. What concept presented in Psalm 22 means the most to you and why?

20. As you think about Psalm 22 this week, ask yourself: Is there some encouragement or invitation here for me? Spend some time asking the Lord to speak to you through this psalm. Write down what you sense He is encouraging you to do or to be based on your time in Psalm 22.

21. Based on your entire study of the Psalms from the Heart, what do you think God is teaching you or inviting you to do or be?

Lecture Notes: