

Summer In The Psalms - Psalm 22, 31, 69, and 16

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I. Introduction

- As we study Psalms 22, 31, 69, and 16, we'll discover that the cross was never God's backup plan. Long before Bethlehem and Calvary, God was revealing His Son through the songs of David. While David was writing out of his own experiences of suffering, betrayal, trust, and hope, the Holy Spirit was preparing God's people to recognize the coming Messiah. These Psalms remind us that God has always been telling one story, the story of redemption through Jesus Christ.
- **What David experienced in part, Jesus experienced in full.**

II. Psalm 22 - The Suffering King

A. Historical Context

- David is most likely fleeing from Saul.
- He is surrounded by enemies.
- He feels abandoned and overwhelmed.
- His suffering becomes a prophetic picture of Christ.

B. Key Verse

My God, my God, why have you forsaken me?

—*Psalm 22:1*

- Jesus Quotes Psalm 22
 - Psalm 22:1 - "My God, my God, why have you forsaken me?"
 - Fulfillment - Matthew 27:46 - My God, my God, why have

you forsaken me?

- Hands and Feet Pierced
 - Psalm 22:16 - They have pierced my hands and feet.
 - Fulfillment – John 19:18 - “There they crucified him, and with him two others, one on either side, and Jesus between them.”
- Soldiers Cast Lots for His Garments
 - Psalm 22:18 - They divide my garments among them, and for my clothing they cast lots.”
 - Fulfillment – John 19:23-24 - “So they said to one another, ‘Let us not tear it, but cast lots for it to see whose it shall be.’”
- Public Mocking
 - Psalm 22:7-8 - “All who see me mock me; they make mouths at me; they wag their heads; ‘He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!’”
 - Fulfillment – Matthew 27:39-43 - “And those who passed by derided him, wagging their heads... ‘He trusts in God; let God deliver him now...’”

D. Takeaways

- David felt forsaken.
- Jesus entered our forsakenness.
- David’s suffering pointed to the greater King.

III. Psalm 31 - The Trusting King

A. Historical Context

- David is surrounded by enemies.
- His life is uncertain.
- Yet he continues to trust God.

B. Key Verse

Into your hand I commit my spirit.

—Psalm 31:5

C. Connections to the Cross

- Jesus Quotes Psalm 31:5
 - Psalm 31:5 - Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God.
 - Fulfillment - Luke 23:46 - “Then Jesus, calling out with a loud voice, said, ‘Father, into your hands I commit my spirit.’ And having said this he breathed his last.”
- Enemies Conspire Together
 - Psalm 31:13 For I hear the whispering of many—terror on every side! As they scheme together against me, as they plot to take my life...
 - Fulfillment - Matthew 26:3-4 - “Then the chief priests and the elders of the people gathered... and plotted together in order to arrest Jesus by stealth and kill him.”
- Trust in the Middle of Suffering
 - Psalm 31:14-15 - “But I trust in you, O LORD; I say, ‘You are my God.’ My times are in your hand...”
 - Fulfillment - Jesus demonstrated perfect trust in the Father, surrendering His life into the Father's hands (Luke 23:46)
- The Faithful God
 - Psalm 31:5 ...you have redeemed me, O LORD, faithful God.
 - Fulfillment - Hebrews 5:7 - In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears... and he was heard because of his reverence.

D. Takeaways

- David entrusted his future to God.
- Jesus entrusted His life to the Father.
- Faith is trusting God in the middle of suffering.

IV. Psalm 69 - The Rejected King

A. Historical Context

- David suffers because of his devotion to God.
- He experiences rejection and ridicule.

B. Connections to the Cross

- Hated without cause
 - Psalm 69:4 - "More in number than the hairs of my head are those who hate me without cause..."
 - Fulfillment - John 15:25 - "They hated me without a cause."
- Zeal for God's house
 - Psalm 69:9 - "For zeal for your house has consumed me..."
 - Fulfillment - John 2:17 - "His disciples remembered that it was written, 'Zeal for your house will consume me.'"
- Bearing reproach
 - Psalm 69:9 - "...the reproaches of those who reproach you have fallen on me."
 - Fulfillment - Romans 15:3 - "For Christ did not please himself, but as it is written, 'The reproaches of those who reproached you fell on me.'"
- Rejected by His own
 - Psalm 69:8 - "I have become a stranger to my brothers, an alien to my mother's sons."
 - Fulfillment - John 7:5 - "For not even his brothers believed in him."
- Mocked and ridiculed
 - Psalm 69:11-12 - I became a byword to them... the drunkards make songs about me.
 - Fulfillment - Matthew 27:27-31 - "Then the soldiers..."

mocked him..."

- Looking for comfort but finding none
 - Psalm 69:20 - "I looked for pity, but there was none, and for comforters, but I found none."
 - Fulfillment - Matthew 26:56 - "Then all the disciples left him and fled."
- Given vinegar/sour wine
 - Psalm 69:21 - "For my thirst they gave me sour wine to drink."
 - Fulfillment - John 19:28-30 - "Jesus said, 'I thirst.'... They put a sponge full of the sour wine on a hyssop branch and held it to his mouth."

C. Takeaways

- David suffered because he followed God.
- Jesus suffered because He perfectly obeyed the Father.
- Following Jesus may invite suffering.

V. Psalm 16 - The Risen King

A. Historical Context

- David expresses confidence in God's deliverance.
- His words ultimately point beyond himself to the Messiah.

B. Key Verse

For you will not abandon my soul to Sheol, or let your Holy One see corruption.

—Psalm 16:10

C. Connections to the Resurrection

- God Will Not Abandon Him to the Grave
- Psalm 16:10 - "For you will not abandon my soul to Sheol..."
- Fulfillment - Acts 2:27 - "For you will not abandon my soul to Hades, or let your Holy One see corruption."

- The Lord Is Always Before Me

- Psalm 16:8 - "I have set the Lord always before me; because he is at my right hand, I shall not be shaken."
- Fulfillment - John 8:28-29 - "...I do nothing on my own authority, but speak just as the Father taught me... I always do the things that are pleasing to him."
- The Path of Life
 - Psalm 16:11 - "You make known to me the path of life..."
 - Fulfillment - John 14:6 - "I am the way, and the truth, and the life."
- Joy Beyond Suffering
 - Psalm 16:11 - "...in your presence there is fullness of joy; at your right hand are pleasures forevermore."
 - Fulfillment - Hebrews 12:2 - "...who for the joy that was set before him endured the cross..."
- Exalted at God's Right Hand
 - Psalm 16:11 - "...at your right hand are pleasures forevermore."
 - Fulfillment - Hebrews 1:3; Acts 2:33 0 After His resurrection, Jesus was exalted to the Father's right hand.

D. Takeaways

- David's body saw corruption.
- Jesus' body did not.
- The resurrection proves the cross accomplished God's plan.

VI. Conclusion

- The cross has always been part of God's story. Long before Bethlehem, Calvary, and the empty tomb, God was revealing His Son through the Psalms. David's suffering, trust, rejection, and hope all pointed beyond himself to the greater King, Jesus Christ. These Psalms were not only preparing God's people for the coming Messiah, they were revealing the heart of God's redemptive plan from the very beginning.
- While our suffering will never save the world, only Jesus' suffering

could accomplish that, our response to suffering reveals our trust in Him. As followers of Christ, we are called to trust instead of fear, forgive instead of becoming bitter, and surrender instead of trying to control every circumstance. As we follow the example of the Suffering King, the Surrendered King, the Rejected King, and the Risen King, we become more like the One who experienced in full what David only experienced in part.