

PSALM 22

VERSE TO MEMORIZE

*“But You, O Lord, do not be far from Me;
O My Strength, hasten to help Me!” -Psalm 22:19*

CHALLENGE

When you cry out to God, feeling abandoned and attacked, know that God hears your desperate cry and He will deliver you. Know that God can be trusted to rescue you and provide for you, even when it looks like your situation is hopeless. Praise God for who He is and how He provides, even in the midst of the storms of life.

1. Have you ever asked God, “Where are you?” Have you ever felt like the world was against you and God was distant and silent? If so, what was it like for you to endure that particular storm in your life?
2. Is there a disconnect between what you know to be true about God and how you feel? What do you do when you feel distant from God?
3. Even when you are struggling to feel close to God, or in those times when God seems to be silent, what do you know to be absolutely true about God?
4. What happens to the way you “feel” about God when you are reminded about the “truth” of God?
6. This psalm sounds like it was written at the foot of the cross. How do the following verses point to the cross of Jesus and describe what he endured?
 - Psalm 22:1 (Matthew 27:46)
 - Psalm 22:7 (Mark 15:29)
 - Psalm 22:8 (Matthew 27:41-43)
 - Psalm 22:14 (John 19:28)
 - Psalm 22:16
 - Psalm 22:17
 - Psalm 22:18 (Matthew 27:35; Mark 15:24; Luke 23:34; John 19:23-24)
 - Psalm 22:31 (John 19:30)
7. What can you conclude about Jesus fulfilling prophecy by reading Psalm 22? Who wrote Psalm 22, and when was it written?
8. When you read this psalm, what does David “feel” as he struggles through life? Read Psalm 22:1-2 & 6.

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9. Have you ever felt like you were abandoned by God? If so, how would you describe that time in your life?
10. What can you do to remind yourself of God's presence when you feel abandoned and alone? What did David do to remind himself that God was still with him in times of feeling abandoned? Read Psalm 22:3-5 & 9-11
11. How can your small group help to remind you of God's care and concern for you?
12. What other "feeling" does David describe in this Psalm? Read Psalm 22:12-13 & 16.
13. Have you ever been under attack? If so, what was that time in your life like? Where did the attacks come from? How did you survive those attacks?
14. What did David say about God and his presence in his life when he was feeling attacked? Read Psalm 22:19-21.
15. What does Scripture teach us about the source of attack in the life of a Christian? Read Ephesians 6:16 and 1 Peter 5:8.
16. How can the church or your small group be a source of strength to you during times of attack?
17. What does David do as a result of what he knows to be true of God? Read Psalm 22:22-24.
18. How can praising God give you strength in the midst of the storm? What happens to our life situations when we take our eyes off of our situation and gaze upon the greatness of God in worship?
19. What can you praise God for even in the midst of the storms of life? Make a list and use it as a reminder that God is always with you.
20. In what way is Jesus the perfect example of praising and honoring God in times of difficulty and trial? How can his example help you in your time of difficulty and trial?
21. How has God provided in the past, and how can that past provision serve as a reminder of how God will get you through tough times?
22. How does the future hope of heaven help you know that God is with you during those times when you feel abandoned and attacked?