



Psalms 22 (ESV)

Cry out!

¹My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? ²O my God, I cry by day, but you do not answer, and by night, but I find no rest.

Praise Him!

³Yet you are holy, enthroned on the praises of Israel. ⁴In you our fathers trusted; they trusted, and you delivered them. ⁵To you they cried and were rescued; in you they trusted and were not put to shame.

Cry out!

⁶But I am a worm and not a man, scorned by mankind and despised by the people. ⁷All who see me mock me; they make mouths at me; they wag their heads; ⁸“He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!”

Praise Him!

⁹Yet you are he who took me from the womb; you made me trust you at my mother's breasts. ¹⁰On you was I cast from my birth, and from my mother's womb you have been my God.

Cry out!

¹¹Be not far from me, for trouble is near, and there is none to help. ¹²Many bulls encompass me; strong bulls of Bashan surround me; ¹³they open wide their mouths at me, like a ravening and roaring lion. ¹⁴I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast; ¹⁵my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. ¹⁶For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet— ¹⁷I can count all my bones— they stare and gloat over me; ¹⁸they divide my garments among them, and for my clothing they cast lots. ¹⁹But you, O LORD, do not be far off! O you my help, come quickly to my aid! ²⁰Deliver my soul from the sword, my precious life from the power of the dog! ²¹Save me from the mouth of the lion!

Remember His purpose!

You have rescued me from the horns of the wild oxen! ²²I will tell of your name to my brothers; in the midst of the congregation I will praise you: ²³You who fear the LORD, praise him! All you offspring of Jacob, glorify him, and stand in awe of him, all you offspring of Israel! ²⁴For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him. ²⁵From you comes my praise in the great congregation; my vows I will perform before those who fear him. ²⁶The afflicted shall eat and be satisfied; those who seek him shall praise the LORD! May your hearts live forever! ²⁷All the ends of the earth shall remember and turn to the LORD, and all the families of the nations shall worship before you. ²⁸For kingship belongs to the LORD, and he rules over the nations. ²⁹All the prosperous of the earth eat and worship; before him shall bow all who go down to the dust, even the one who could not keep himself alive. ³⁰Posterity shall serve him; it shall be told of the Lord to the coming generation; ³¹they shall come and proclaim his righteousness to a people yet unborn, that he has done it.

January 4, 2026 – Winter Psalms 2026

*How do we respond to
our fallen, hostile world?*

Four faith-actions:

Action #1 – Activate your faith!

He is Lord, is present, and is working!

*1 Corinthians 3:16; 6:19; John 14:16-17,20; Philippians 2:13
1 John 5:4*

*For everyone who has been born of God overcomes the world.
And this is the victory that has overcome the world—our faith.*

Action #2 – Cry out!

Psalms 22:1-2, 6-8, 11-21

By faith: Crying out through honest lament!

By faith: Crying out through asking, seeking, knocking!

Action #3 – Praise Him!

By faith, praise the Lord!

Who He is! What He is doing!

Psalms 22:3-5, 9-10

Action #4 – Remember His purpose!

By faith, remember God's purpose!

Who He is and What He's done and What He is doing

Psalms 22:21b-31. Also Phil. 1:6; Heb. 10:34; 12:2; Jude 24-25; 1 John 5:4

--- Jesus applied Psalm 22 on the Cross ---

Cried out to His Father!

Praised His Father!

Remembered His Father's ultimate purpose!

Communion remembers how He suffered for us!

Application questions on the back →

--- *How do we respond to our fallen, hostile world!* ---

January 4, 2026

SUNDAY after church...

Think through your morning and: 1) List and praise the Lord for specific encouragement you were able to give! 2) List and praise the Lord for specific encouragement you received! 3) List songs or lyrics that touched your heart.

MONDAY

DISCUSSION STARTED: Read Psalm 22 again. David and Jesus both faced hostility and violence on their worlds. There is hostility in countries, in governments, in our cities, in businesses, in evangelicalism, and in families. We seem to be encompassed by it (Ps. 22:12)! How do you initially respond to the violence and hostility all around us?

TUESDAY

DISCUSSION STARTER: Read Psalm 22 again. David praised his God when encompassed by hostility and violence. Yet somehow praises seem disconnected from the reality of hostility and violence. But how is praise of God relevant?

WEDNESDAY

DISCUSSION STARTER: Read Psalm 22 again. Think of times when you feel inadequate or confused or disappointed with life. Why is it we can think and ponder the issues or talk to a friend, but often do not cry out to our Lord? Can you write out why you think David cries out here? Also see Philippians 4:6-7; Matthew 7:7-11.

THURSDAY and FRIDAY

DISCUSSION STARTER: Read Colossians 1:28-29; Philippians 1:6; Jude 24-25. Write out what God's ultimate purpose and destination is for you. How does this put struggling in a fallen world, into perspective?

SATURDAY

Prepare your heart for Sunday's gathering by being ready to fully engage in the worship.