

PSALM 22

My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest. Yet you are holy, enthroned on the praises of Israel. In you our fathers trusted; they trusted, and you delivered them. To you they cried and were rescued; in you they trusted and were not put to shame....(PSALM 22).

1. If God seems distant, like he has forsaken you, is that a problem that should be fixed or a season to endure?
2. Has there been a time in your life where God felt silent, or like his presence was hard to see in your life (maybe its right now!)? If you could go back to that time in your life, what would you tell yourself? Are there statements from this Psalm that you would want to say?
3. What is the actual request of God that is made in this Psalm? What percentage of your prayers are requests?
4. Jesus quotes the opening line in Psalm 22, but does so as an allusion to the entire Psalm. Did God the Father say yes or no to Jesus' request for deliverance?
5. The tone and language of 22-31 is different from 1-21. Why do you think there is this shift?