



## TRACK 1: WHY HAVE YOU FORSAKEN ME?

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### Sermon Notes

#### Text: Psalm 22

#### Introduction:

New series looking at some of King David's most famous Psalms

2 Samuel 23:1 David is called "the hero of Israel's songs" (NIV), or "The sweet psalmist of Israel" (ESV, NKJV).

The book of Psalms (a collection of 150 Psalms) served Israel as their hymnal or songbook for corporate worship.

#### The Importance of Music:

No human culture has ever existed without music.

Music stimulates every part of the brain, which is why it's so helpful in memorization.

Physicists believe the entire universe is made up of tiny strings, which vibrate. These vibrations can be transposed into musical notes, which give evidence of God's design.

All of human history is heading toward a time when we will sing before God (Revelation 5).

*The Psalms express real life to a real God who really cares.*

### How do the Psalms help in my relationship with God?

- 1) They are relatable for everyone
- 2) They can be used as prayers
- 3) They give insight in how to overcome challenges to the inner life
- 4) They teach us about God's character

### Psalm 22

Psalm 22 is a lament: Laying a troubled situation in front of the Lord, and asking him for help.

No even in David's life correlates to Psalm 22, but for those living on this side of Jesus' crucifixion we see it's most meaning full application.

David is called a prophet who foresaw the work of Jesus, the true and better King of Israel (Acts 2:30).

Two Themes:

#### 1) Suffering of the Innocent

- v. 1 "My God, my God, why have you forsaken me?"
- v. 7 "All who see me mock me"
- v. 12, 16 "I'm surrounded"
- v. 17 "My bones are on display"

This honesty gives us permission to be real before God. He is willing to hear our pain and our questions. He can handle it.

The pattern of this Psalm, however, is not just a list of complaints. After each complaint David remembers God's power, love, and works. This tells us that *it's ok to look down, as long as you take time to look up!*

#### 2) Confidence of Vindication

v. 22 marks a transition from cries and prayers for help, to praise and worship

Many scriptures teach us that we can have confidence of future vindication.

**James 1:12** “Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.”

**Romans 5:3-5** “we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame,

**Romans 8:18** “I consider that our present sufferings are not worth comparing with the glory that will be revealed in us...”

David original message (and the message of Jesus on the cross) is that suffering and pain are not the end of the story. God has a future for us in which we will freely and joyfully sing his praises.

“Even when we lose we win” ~Wendell Smith

v. 25 “From you comes the theme of my praise in the great assembly”

### **Conclusion:**

Jesus may have quoted all of Psalm 22 from the cross. Even if he didn't, quoting the first line would have caused witnesses to remember the whole message. Either way the final words of Jesus and the final line of the Psalm sound very similar: “It is finished,” “He has done it.”

God's plan was to save his people by laying their sins upon the cross of Jesus. It is finished.

### **Life Group Discussion**

1. Warm up: Is there a song that often gets stuck in your head? Which one? What makes it so catchy? Why do you think music is so important to so many people and cultures?

2. Have you read many of the Psalms? How are they different (or similar) to other parts of the Bible? How do the Psalms help you in your relationship with God?

3. Take time to read all of Psalm 22. It's fairly long, so take turns around the room.

- What stands out to you about this Psalm?
- Is there anything interesting you see that wasn't discussed in the message?
- David is very honest with God in this Psalm. What does that say about how God wants us to approach him in prayer?

4. Review James 1:12, Romans 5:3-5, and Romans 8:18. What do these say about suffering? Do you think suffering is a common experience for Christians, or should we be able to avoid it better than non-Christians?

5. By quoting the first line of Psalm 22 (“My God, My God, why have you forsaken me?") Jesus turned his suffering into a sermon. What spiritual resources do Christians have that can help them suffer differently (better?) than non-Christians? What message does that send?

6. Pray together:

- c) Pray for endurance during difficulty, and for our suffering to be a sermon.

- d) Other requests:

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