

Text: **Psalm 22**

LAMENT PSALMS

Characteristics

1. Questions
2. Sorrow
3. Feelings of estrangement from God
 - a) When God seems far away
 - b) When He does not seem to care
 - c) When He does not seem to help

EXAMPLES OF LAMENT PSALMS

1. Psalm 10
2. Psalm 22

WHERE GOD SEEMS TO HAVE FORSAKEN

1. My God, My God, why have You forsaken Me? (Psalm 22:1a)
 - a) Has God indeed forsaken?
 - b) Understanding the application in Matthew 27:46; Mark 15:34
2. Why are You so far from helping Me? (Psalm 22:1b)
 - a) Is God indeed far away?
 - b) Is He indeed far from helping?

3. And from the words of groaning? (Psalm 22:1c)

a) Words of groaning

i) Words of sorrow

ii) Words of pain

b) Expectations of the psalmist

4. Lament expressed

a) O My God, I cry in the daytime, but You do not hear (Psalm 22:2a)

b) And in the night season and am not silent (Psalm 22:2b)

UNDERSTANDING PAIN AND SORROW

1. Weakness felt

2. Spiritual strength affected

3. Perception altered

CONSIDER PREVIOUS COMMENTS MADE BY THE SAME PSALMIST

Psalm 17

1. Because He is at my right hand I shall not be moved (Psalm 17:8a)

2. Therefore my heart is glad and my glory rejoices (Psalm 17:8b)

3. My flesh also will rest in hope (Psalm 17:8c)

4. In Your presence is fullness of joy (Psalm 17:11b)

Psalm 18

1. I will love You, O LORD, my strength (Psalm 18:1)

2. The LORD is my rock, my fortress
And my deliverer, in whom I will trust (Psalm 18:2a)

3. My God, my strength, in whom I will trust;
My shield and the horn of my salvation, my stronghold. (Psalm 18:2b)

Psalm 21

1. The king shall have joy in Your strength, O LORD (Psalm 21:1a)

2. And in Your salvation how greatly shall he rejoice (Psalm 21:1b)

LEARNING LESSONS ABOUT SUFFERING

1. 8th Beatitude

*“Blessed are those who are persecuted for righteousness’ sake”
Matthew 5:10*

2. Philippians 1:29

To suffer for the sake of the Lord