

Knee Deep

The Good News is Reconciliation | Week 18

Reflection Questions

Psalm 22 is a deep lament laced with hope. Read Matthew 27 and you'll find that Jesus recited or experienced many aspects of this Psalm while dying on the cross.

Psalm 22

1. Recount a time that you felt forsaken by God or questioned his presence.
2. The Psalmist sees himself as unworthy of God's help (vs 3), but still appeals to God for help on the basis of being his creation (vs 9-11). Which side do you fall on more, and how can you balance your perspective?
3. Verses 12-18 give a poetic description to the Psalmist's suffering. Do the same for yours. Try to describe it poetically and metaphorically.
4. Verses 19-31 are filled with hope in God and the perspective he brings in the midst of suffering. What do you hold onto when you suffer? Name some things God offers.
5. Pastor Dave mentioned on Sunday that the tune to Psalm 22 may have been sung more like a power ballad. Why do you think ancient Israel may have sung it this way? Why would you?

Memorize Psalm 1:1-3

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ **He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.**

Week 18 Reading Plan

Mon: John 17

Tues: Ps 69

Wed: Ps 70

Thur: Ps 71

Fri: Ps 72

Extra read: Ps 119 gimel

Action Step

Each weekday, carve a prayer time with God. Use a Psalm from Sunday or the reading plan to guide you.