



## WEEKLY STUDY

### ***Summer in the Psalms - Week 4***

Jesus knew this week's Psalm well. He knew it by heart and had meditated on it—so much so that it was on his mind and on his lips as he hung on the cross. Again, we will meditate on this one Psalm throughout the week. (You may also be praying a Psalm a day with the church for the next several months. So plan to read two Psalms each day. Totally doable!)

Please note our prayer focus for the week in the box below. Join us in seeing what God will do as we unite in prayer.

Peace of Christ,  
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections and consider the Group Discussion questions below. If you would like to get connected visit [prov.church/smallgroups](http://prov.church/smallgroups).

Prayer Focus:

- Pray that all the families and nations would bow down before God. Name one or two specific nations or families that might be turned towards God today.

## DAILY STUDY

### **MONDAY: PSALM 22 (NIV)**

*For the director of music. To the tune of "The Doe of the Morning." A psalm of David.*

*<sup>1</sup>My God, my God, why have you forsaken me?  
Why are you so far from saving me,*

so far from my cries of anguish?  
<sup>2</sup> My God, I cry out by day, but you do not answer,  
by night, but I find no rest.

<sup>3</sup> Yet you are enthroned as the Holy One;  
you are the one Israel praises.

<sup>4</sup> In you our ancestors put their trust;  
they trusted and you delivered them.  
<sup>5</sup> To you they cried out and were saved;  
in you they trusted and were not put to shame.

<sup>6</sup> But I am a worm and not a man,  
scorned by everyone, despised by the people.  
<sup>7</sup> All who see me mock me;  
they hurl insults, shaking their heads.  
<sup>8</sup> "He trusts in the LORD," they say,  
"let the LORD rescue him.  
Let him deliver him,  
since he delights in him."

<sup>9</sup> Yet you brought me out of the womb;  
you made me trust in you, even at my mother's breast.  
<sup>10</sup> From birth I was cast on you;  
from my mother's womb you have been my God.

<sup>11</sup> Do not be far from me,  
for trouble is near  
and there is no one to help.

<sup>12</sup> Many bulls surround me;  
strong bulls of Bashan encircle me.  
<sup>13</sup> Roaring lions that tear their prey  
open their mouths wide against me.  
<sup>14</sup> I am poured out like water,  
and all my bones are out of joint.  
My heart has turned to wax;  
it has melted within me.  
<sup>15</sup> My mouth<sup>[d]</sup> is dried up like a potsherd,  
and my tongue sticks to the roof of my mouth;  
you lay me in the dust of death.

<sup>16</sup> Dogs surround me,  
a pack of villains encircles me;  
they pierce<sup>[e]</sup> my hands and my feet.  
<sup>17</sup> All my bones are on display;  
people stare and gloat over me.  
<sup>18</sup> They divide my clothes among them  
and cast lots for my garment.

<sup>19</sup> But you, LORD, do not be far from me.  
You are my strength; come quickly to help me.

<sup>20</sup> Deliver me from the sword,  
my precious life from the power of the dogs.

<sup>21</sup> Rescue me from the mouth of the lions;  
save me from the horns of the wild oxen.

<sup>22</sup> I will declare your name to my people;  
in the assembly I will praise you.

<sup>23</sup> You who fear the LORD, praise him!  
All you descendants of Jacob, honor him!  
Revere him, all you descendants of Israel!

<sup>24</sup> For he has not despised or scorned  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help.

<sup>25</sup> From you comes the theme of my praise in the great assembly;  
before those who fear you I will fulfill my vows.

<sup>26</sup> The poor will eat and be satisfied;  
those who seek the LORD will praise him—  
may your hearts live forever!

<sup>27</sup> All the ends of the earth  
will remember and turn to the LORD,  
and all the families of the nations  
will bow down before him,

<sup>28</sup> for dominion belongs to the LORD  
and he rules over the nations.

<sup>29</sup> All the rich of the earth will feast and worship;  
all who go down to the dust will kneel before him—  
those who cannot keep themselves alive.

<sup>30</sup> Posterity will serve him;  
future generations will be told about the Lord.

<sup>31</sup> They will proclaim his righteousness,  
declaring to a people yet unborn:  
He has done it!

- This Psalm begins as a fervent prayer of one who has been forsaken. Jesus quoted the opening words of this Psalm in his final moments on the cross. When David wrote them, he had clearly felt that God had abandoned him. For us, this would seem to be a risky prayer—putting God on the hot seat. But God can't be “put” anywhere! The act of praying this prayer is what allows us to see the salvation that God (who is actually very near) has prepared for us. Can you think of someone whose situation was so tough that it looked like God had forsaken them? Is there something in your life that has you wondering if God has forgotten you?
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- **Prayer Prompt: “Come to me, all you who are weary and burdened, and I will give you rest.” (Matthew 11.28)**
  - *God, I know that you are with me even when I can't feel your presence. Catch me when I fall into despair and restore in me the awareness of your great love for me. Amen.*

## **TUESDAY: PSALM 22 (NIV)**

- “You delivered our ancestors when they cried out.” This is a turn towards hope for David. As distraught and full of lament as David is, he remembers God’s faithfulness. He was able to do this because he remembered stories of his people. Even though the stories were not all first-hand, he remembered them like they were. His ancestors were close to him. Is that true for you? Do you carry around stories of how God intervened in the lives of previous generations? Why or why not? Are there ways you could learn more of those stories? How will future generations recount the role that God has played in your life?
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- **Prayer Prompt: In the future, when your children ask you, ‘What do these stones mean?’<sup>7</sup> tell them that the flow of the Jordan was cut off before the ark of the covenant of the LORD. When it crossed the Jordan, the waters of the Jordan were cut off. These stones are to be a memorial to the people of Israel forever.” (Joshua 4.6-7)**
- *God, May your faithfulness to me become a song that is sung by future generations. You have delivered me—may that chorus bring hope to my grandchildren. Amen.*

## **WEDNESDAY: PSALM 22 (NIV)**

- The mocking voices of verse 8 were like daggers to David’s heart. Not only were they insulting him, they were mocking his relationship with God who didn’t seem to be showing up. Those who mocked Jesus on the cross unwittingly fulfilled the prophetic nature of this Psalm. In Matthew 27.42-43, the crowd asks the same questions of Jesus. “Where is He now?” That’s the kind of question that fills the silence in moments following violence and loss. It’s like the feeling we have when we walk out of a Holy Week service and Jesus is in the tomb. But there is a holy-hope that is on display even in those questions. The mockery of the questions does not change the end of the story. Have you had to weather seasons of mockery for your faith?

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- **Prayer Prompt: “He saved others,” they said, “but he can’t save himself! He’s the king of Israel! Let him come down now from the cross, and we will believe in him. <sup>43</sup> He trusts in God. Let God rescue him now if he wants him...” (Matthew 27.42-43)**
  - *God, I hear the voices of doubt and even mockery that surround me. May they only increase my desire to share the good news of life in Jesus Christ. Amen.*

#### **THURSDAY: PSALM 22 (NIV)**

- Verse 11 highlights the proximity concerns that David had. He knew that trouble was near, he just wanted to make sure that God was closer! The moment when the walls seem to be closing in is the moment where the deepest trust is required. It’s like watching a suspenseful movie and realizing that you are the main character. “God, I really need that rescue right now. You don’t have to wait until the last, suspenseful second. Come quickly my Savior!” Tell God about the danger that is near to you, and ask him to stay even closer.
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- **Prayer Prompt: Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst? (1 Corinthians 3.16)**
- *Lord, I know the words of your promises to be near to me. Let them live so deeply in my heart that I can draw from them when the world around me is unsettled and scary. Amen.*

#### **FRIDAY: PSALM 22 (NIV)**

- Did you notice the sharp contrast between verse 21 and 22? What happened? It reads as though David received some good news as he recorded this Psalm. In the original Hebrew, the turn is even more drastic and it seems to confirm that he had received some sort of revelation. It’s as if he is saying, “Oh yeah, I have been caught up in the actions of my enemies...but I will praise God and he will hear me.” When has the goodness of God interrupted your calamity?
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- **Prayer Prompt: The LORD is good,  
a refuge in times of trouble.**

**He cares for those who trust in him... (Nahum 1.7)**

- *Lord God, you are good. You are a refuge in times of trouble. May my trust in you increase today. Amen.*

### **SATURDAY: PSALM 22 (NIV)**

- The final five verses of this Psalm carry the most hopeful image. The whole earth will turn to and worship God. Generations will be told about God's faithfulness to hear the cries of the people and to provide rescue. Apart from Christ, this would seem like an impossible hope or dream. But in him, we see it being fulfilled. Can you allow your mind and heart to imagine that "all the families of the nations will bow down" before God? Allow yourself to stay with that image. What will it look like when these words become reality?
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- **Prayer Prompt: at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,  
<sup>11</sup>and every tongue acknowledge that Jesus Christ is Lord,  
to the glory of God the Father. (Philippians 2.10-11)**

- *God, I long for your Kingdom to come on earth as it is in heaven. I pray that each day we move closer to the reality that the whole earth will proclaim you as their God. Amen.*

## GROUP DISCUSSION

As a group, commit to reading a Psalm each day for the next 150 days (until October). You may have received a handout at Providence that will help you to keep track. When you come together as a small group, share with one another the ways in which God is speaking to you through each Psalm.

### **This week: Psalms 23-29**

Does this Psalm reflect your words to God?

What is God saying to you through this Psalm?

Is there something you are invited to do in response to this Psalm?

What challenges you about this Psalm?