



PSALM 22

>> 28 May - 3 June 2007 – WEEK 4

Turning Suffering Into Praise

Again it's all about Jesus. This psalm talks about the suffering that Christians might experience and how we ought to respond to God. In looking at how we suffer, in this psalm we are reminded of how Jesus experienced the ultimate suffering in his death on the cross as the punishment we deserve for our rejection of God. While we may experience considerable hardships in this world we know that we can trust God through these because he has delivered us from the worst suffering there is, that eternal separation from God. This is achieved through the forgiveness we have in Jesus which also bring us hope that in heaven all suffering will be completely dispensed with.

[trek]

introduction

[trek] is a daily tour guide to help you journey into the bible. It's aims are to:

t - train you to live God's way

r - remind you God is the one who saved you, through Jesus

e - encourage you to tell others about Jesus

k - know the truth so you can't be tricked by lies

[trek] is all about journeying into the bible because it is only in the bible that God speaks to us clearly and completely. When we read the bible, we are hearing what God has to say to us today. That is a seriously special thing! So get into it.

Reflections or questions I have...

■ [trek day 1] Overview Psalm 22

Read Psalm 22

> What are your initial impressions of this Psalm?

> What do you think it's about?

> What might it teach us about Jesus?

Pray this week that you would understand God's word.

■ [trek day 2] The depths of suffering Psalm 22

Read Psalm 22:1-10

> What is the psalmist feeling in the depths of his suffering?

> Why do you think God can be trusted to deliver his people from suffering? v4

> While the people sneer those who trust God in v 7-8, do you think it is true what they say about God being able to deliver those who trust him from suffering? Why? Why not?

Thank God that he is trustworthy and can deliver us when we experience suffering in this world.

■ [trek day 3] Suffering at the hands of others Psalm 22

Read Psalm 22:11-18

> Those who inflict suffering on the psalmist are given animal characteristics. How do you think this helps us to understand the impact of their actions on the psalmist?

> What is God's role in the suffering of the psalmist? (v15)

> Who does the description of the suffering remind you of?

Thank God that while we may experience suffering Jesus experienced ultimate suffering by suffering the punishment we deserved for our rebellion against God.

[trek]

instructions

To get the most out of [trek], work out a time each day when you can read the bible using [trek] for 5-10 minutes (by all means read for longer). There are 5 readings. Here's how we suggest you use [trek] each day:

1) Ask God to help you understand this part of the bible.

2) Read the part of the bible for that day.

3) As you think about the passage, answer the questions. (Writing may help)

4) Thank God & ask him to help you obey what this passage says.

5) Put what you've learnt into practice in your life.

NOTE: Much more can be said about each passage... you may use the "reflections or questions I have..." box for further thought.

■ [trek day 4] Trusting God during suffering Psalm 22

Read Psalm 22:22-24

> In the midst of suffering why does the psalmist know he can trust in God? V24

> When we experience suffering how should we respond to God? V22-23

Thank God that he always hears our cry for help and responds. Thank God that he has shown this by sending Christ to save us when we were helpless.

■ [trek day 5] The end of suffering Psalm 22

Read Psalm 22:25-31

> For those who suffer in this world what does this psalm look forward to happening in the future?

> How will Jesus bring an end to suffering in this world? 2 Corinthians 5:21

Thank God that there is an end to come to suffering that we might experience in this world.