

## **PRAYING THROUGH YOUR PAIN**

### Psalm 22

#### **The Delicate Matter Of Our Pain And Suffering**

Suffering and loneliness are like twin sisters. Once you've become acquainted with one, you'll soon experience the other.

*“Meanwhile, where is God? That is one of the most disquieting symptoms. When you are happy, so happy that you have no sense of needing Him . . . if you turn to Him with gratitude and praise, you will be welcomed with open arms. But go to Him when your need is desperate, when all other help is vain and what do you find? A door slammed in your face, and a sound of bolting and double bolting on the inside. After that, silence. You may as well turn away . . . Why is He so present a commander in our time of prosperity and so very absent a help in time of trouble?”*  
—C.S. Lewis from *A Grief Observed*

#### **Psalm 22 And Our Need For The Psalms Of Lament**

What does it mean to lament in a biblical way?

*“Lament is rooted in what we believe. It is a prayer loaded with theology. Belief in God’s mercy, redemption and sovereignty create lament. Christians affirm that the world is broken, God is powerful, and He will be faithful. Therefore, lament stands in the gap between pain and promise . . . between heartbreak to hope. Lament is a prayer in pain that leads to trust. It’s a path to praise as we are led through our brokenness and disappointment.”*  
—Mark Vreogop, from *Dark Clouds, Deep Mercy*

A big-picture observation of the Psalm 22

Our takeaway:

#### **The God-Centered Content Of David’s Prayer Before His Request**

The psalms of lament anchor us to the “yet” of God’s character.

With the character of God in his thoughts, David makes a bold case for his requests in 11-21.

#### **Comfort Amidst Our Pain: God Has Become God-Forsaken For You**

*“Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? No, in all these things we are more than conquerors through him who loved us.”*  
—Romans 8:35, 37

A story of the Nobel Prize-winning Russian novelist Aleksandr Solzhenitsyn

Only the message of the Cross of Christ can bring hope in the darkest of situations.

## Psalm 22 (ESV)

*My God, my God, why have you forsaken me?*

*Why are you so far from saving me, from the words of my groaning?*

<sup>2</sup> *O my God, I cry by day, but you do not answer, and by night, but I find no rest.*

<sup>3</sup> *Yet you are holy, enthroned on the praises of Israel.*

<sup>4</sup> *In you our fathers trusted; they trusted, and you delivered them.*

<sup>5</sup> *To you they cried and were rescued; in you they trusted and were not put to shame.*

<sup>6</sup> *But I am a worm and not a man, scorned by mankind and despised by the people.*

<sup>7</sup> *All who see me mock me; they make mouths at me; they wag their heads;*

<sup>8</sup> *“He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!”*

<sup>9</sup> *Yet you are he who took me from the womb; you made me trust you at my mother's breasts.*

<sup>10</sup> *On you was I cast from my birth, and from my mother's womb you have been my God.*

<sup>11</sup> *Be not far from me, for trouble is near, and there is none to help.*

<sup>12</sup> *Many bulls encompass me; strong bulls of Bashan surround me;*

<sup>13</sup> *they open wide their mouths at me, like a ravening and roaring lion.*

<sup>14</sup> *I am poured out like water, and all my bones are out of joint; my heart is like wax;  
it is melted within my breast;*

<sup>15</sup> *my strength is dried up like a potsherd, and my tongue sticks to my jaws;  
you lay me in the dust of death.*

<sup>16</sup> *For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet*

<sup>17</sup> *I can count all my bones—they stare and gloat over me;*

<sup>18</sup> *they divide my garments among them, and for my clothing they cast lots.*

<sup>19</sup> *But you, O LORD, do not be far off! O you my help, come quickly to my aid!*

<sup>20</sup> *Deliver my soul from the sword, my precious life from the power of the dog!*

<sup>21</sup> *Save me from the mouth of the lion! You have rescued me from the horns of the wild oxen!*

<sup>22</sup> *I will tell of your name to my brothers; in the midst of the congregation I will praise you:*

<sup>23</sup> *You who fear the LORD, praise him! All you offspring of Jacob, glorify him,  
and stand in awe of him, all you offspring of Israel!*

<sup>24</sup> *For he has not despised or abhorred the affliction of the afflicted,  
and he has not hidden his face from him, but has heard, when he cried to him.*

<sup>25</sup> *From you comes my praise in the great congregation;  
my vows I will perform before those who fear him.*

<sup>26</sup> *The afflicted shall eat and be satisfied; those who seek him shall praise the LORD!  
May your hearts live forever!*

<sup>27</sup> *All the ends of the earth shall remember and turn to the LORD,  
and all the families of the nations shall worship before you.*

<sup>28</sup> *For kingship belongs to the LORD, and he rules over the nations.*

<sup>29</sup> *All the prosperous of the earth eat and worship; before him shall bow all who go down to the dust,  
even the one who could not keep himself alive.*

<sup>30</sup> *Posterity shall serve him; it shall be told of the Lord to the coming generation;*

<sup>31</sup> *they shall come and proclaim his righteousness to a people yet unborn, that he has done it!”*

## Romans 8: 35, 37

*“Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? <sup>37</sup> No, in all these things we are more than conquerors through him who loved us.”*

## Philippians 3:10-11 (NASB)

*“that I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death; <sup>11</sup> if somehow I may attain to the resurrection from the dead.”*