

A Plea for Deliverance

Lesson 7, Psalm 22:1-11, KJV

A PSALM FOR TODAY

Psalm 22:1-11

¹ My God, my God, why hast thou forsaken me? Why art thou so far from helping me, and from the words of my roaring?

² O my God, I cry in the daytime, but thou hearest not; And in the night season, and am not silent.

³ But thou art holy, O thou that inhabitest the praises of Israel.

⁴ Our fathers trusted in thee: They trusted, and thou didst deliver them.

⁵ They cried unto thee, and were delivered: They trusted in thee, and were not confounded.

⁶ But I am a worm, and no man; A reproach of men, and despised of the people.

⁷ All they that see me laugh me to scorn: They shoot out the lip, they shake the head, saying,

⁸ He trusted on the LORD that he would deliver him: Let him deliver him, seeing he delighted in him.

⁹ But thou art he that took me out of the womb: Thou didst make me hope when I was upon my mother's breasts.

¹⁰ I was cast upon thee from the womb: Thou art my God from my mother's belly.

¹¹ Be not far from me; for trouble is near; For there is none to help.

- Draw a star next to any phrase that describes how you currently feel.
- Draw a checkmark next to any phrase that reflects how you have felt in the past.
- Summarize the possible circumstances that might have led David to write this psalm.
- Describe a circumstance in which you have identified with the anguish reflected in this psalm.
- How did your relationship with God change as a result of that experience?
- How has that growth affected how you serve and love others in a similar situation?

PERSONAL RESPONSE

What is something you see in the world or your life that feels as if it has been forsaken by God?

What is an attribute of God that has been consistently displayed throughout your life?

What is an attribute of God that you believe because of your relationship with Him?

How can the things you know and believe about God help you bring your needs and concerns to Him this week?
