

WEEK 1

Suffering and Salvation

PREPARATION



Psalm 22:1-31

This is the most frequently quoted psalm in the New Testament and the Gospel writers link it with Christ's passion and death. At one level it is a prayer of David's, a cry from the heart, but at another it is a portrayal of the crucifixion.

It can be divided into 4 sections:

v.1-2,6-8, 12-18 Despair because of his own situation
God's seeming lack of help.

v.3-5, 9-11 Hope as he remembers God's dealings
with his people and with himself in the past.

v.19-21 Cry for help.

v.22-31 Assurance and praise

22:1-2 'Why?' God's servants suffer in a hostile
and cruel world. David knew opposition
from enemies, but at a deeper level Jesus
knew the heavy burden of sin on the cross
and the separation from God which that
entailed.

22:3-5 Hope because of who God is (he is
enthroned) and what he has done (his
dealings with his people in the past).

22:6 'Worm' cf. Job 25:6. David is in despair.

22:7-8 Matthew 27:39, Mark 15:29. Used by the
Gospel writers of Christ's crucifixion.

22:12, 13,16 Bulls, lions, dogs, were all metaphors
for David's enemies. Dogs were viewed
with contempt in OT times. Wild dogs would
live outside the villages and cities and live
off the refuse. Dogs, therefore, were seen
as unclean and touching them caused
defilement.

22:12 Bashan was renowned for its good pasture,
therefore its bulls were large and vigorous.

22:16-17 A picture of crucifixion.

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LESSON AIMS

To see how this
psalm points
forward to the
crucifixion.



22:18 cf. Matthew 27:35.

22:20-21 Prayer for rescue from the enemies
mentioned in the earlier verses, but in
reverse order - dogs, lions, bulls.

22:22 David declares his praise to the Lord in
anticipation of an answer. He believed that
praise must follow deliverance as surely
as prayer sprang from need, and that this
would bring honour to God. This praise was
usually offered with thank offerings in the
presence of the congregation at the temple.

Some of the great company of believers
who would join in the great paean of praise
to God for his saving acts are mentioned in
the following verses:

22:23 Descendants of Jacob.

22:25 The great assembly.

22:26 The poor and those who seek the Lord.

22:27 The families of the nations.

22:29 The rich and the dying.

22:30 Future generations.

QUESTIONS



1. If we are having difficulties how does this psalm help us?
2. 'Count your blessings, name them one by one.' What lesson does this old chorus have for us?
3. Hannah 'poured out her soul to the Lord' (1 Samuel 1:15) What does that mean? What can it teach us?



Predictions Divide the group into two teams and give each team a name, such as Ducks & Drakes, Rabbits & Ferrets. Line up the 2 teams facing each other approximately 1.5 m. apart. Mark out a safety zone approximately 6-10 m. behind both teams, or as far as possible. Touching the wall can count as a safety zone. Allocate the side of a coin to each team, e.g. Ducks are heads and Drakes are tails.

The leader tosses the coin and calls out the name of the team that won the toss. If Ducks are called out, they turn round and run for safety, pursued by the Drakes. Any Duck tagged by a Drake before reaching safety changes sides. Repeat several times. The largest team at the end of the game is the winner.

At the start of the game, having explained the rules, inform the group that you are able to predict the future. Prior to each toss of the coin predict how many people will be tagged during that turn. Count the number to see how correct was the prediction.

Link into the Bible study by pointing out the inaccuracy of the predictions. Let's look at one of the psalms and see how accurately it portrayed the crucifixion.



Photocopy page 10 for each group member. The remaining word is 'dominion' (v.28).

All the following words from Psalm 22 can be found in letter pairs in the grid. The words read either horizontally, vertically or diagonally and can read backwards or forwards, but each letter pair will always read from left to right. No letter pair is used more than once. One word on the list has been done to show you. When you have found all the listed words you will be left with a word that tells us why everyone will bow down to the LORD.

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|--------------|----------|-------------------|------|
| ANSWER | FEET | PRAISE | WORM |
| ASSEMBLY | FORSAKEN | PREY | |
| CLOTHING | GARMENTS | REMEMBER | |
| CONGREGATION | HELP | RESCUE | |
| DELIGHTS | HIDDEN | SAVE | |
| DESPISED | HONOUR | SAVING | |
| DIVIDE | INSULT | STRONG | |
| DOGS | LORD | TONGUE | |
| DUST | MOCK | VOWS | |

NG	ON	TI	GA	RE	NG	CO	EN
LY	VI	ER	SW	AN	TS	PR	AK
MB	FE	SA	LT	EN	CK	AI	RS
SE	ET	PR	RM	SU	MO	SE	FO
AS	ST	GA	EY	DO	IN	VO	HI
LP	HE	RO	MI	UE	WS	DD	TS
DE	RE	NI	NG	NG	EN	GH	HO
SP	ON	ME	CL	TO	LI	NO	UE
IS	DE	OT	MB	DE	UR	SC	LO
ED	HI	VI	ST	ER	RE	RD	SA
NG	WO	RM	DI	DU	DO	GS	VE

What is the remaining word and which verse is it from?