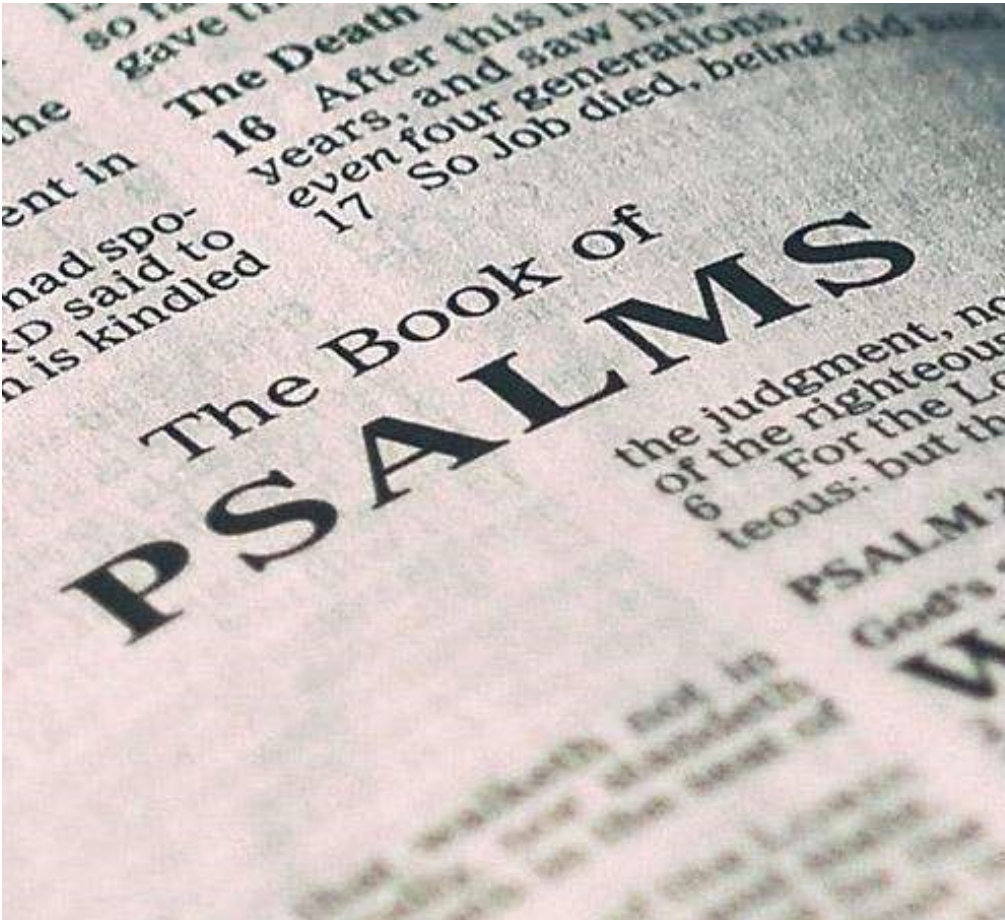
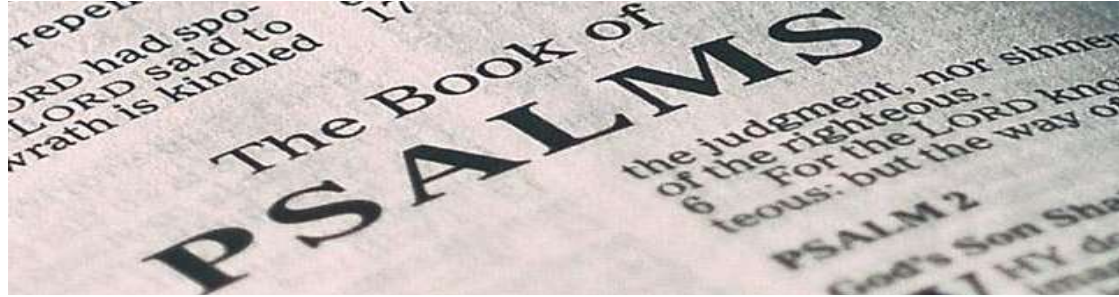


# Let's Worship God

17th-22nd January 2022  
Psalms





## **Monday - Psalm 22 - A Prophetic Psalm**

It is difficult to imagine a situation in the life of David that could adequately correspond to the descriptions given in this psalm and yet, it is probably true to say that he was writing about a personal situation in which he cried out to God. He endured many trials that were indeed very hard to bear and must have seemed at times to be unbearable. Nevertheless, in the penning of this psalm, under the inspiration of the Holy Spirit, he gives a vivid, prophetic picture of the Lord Jesus Christ on the cross. There is no portion of the Word of God that so graphically describes the sufferings of Christ on the cross and it is through this psalm that we understand something of the horror, in a physical sense, of death by crucifixion.

It is quite clear that the psalm has many allusions to Christ. We have the cry from the cross v. 1, the mocking and derision of men vs 6-8, the divine care of the Messiah from birth vs 9-10, the physical suffering of the cross vs 14-15, the piercing of hands and feet v. 16, the dividing of the garments between the guards v. 18, and the final victory that would be achieved vs 19-31.

In this week's studies we shall go as far as is humanly possible into the experience of the Son of God as he offered up himself as a perfect substitute for the most unworthy and undeserving sinners so that the wrath due to them for their sin should be taken by him. Not only will we have an insight into the sufferings of the cross, we will also be forced to consider the awfulness of sin that caused such a thing to happen, and it will deepen our gratitude and love for the Saviour who was willing to undergo such barbarity that we should be saved from sin.

### **Questions**

1. Why do you think this psalm cannot fully refer to David?
2. Why is it important to meditate on the sufferings of Christ?
3. How will a personal consideration of sin help us in our Christian lives?

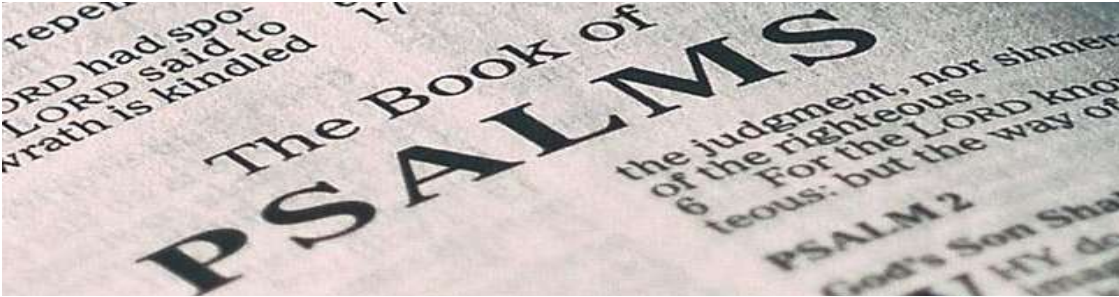
### **Prayer Points**

1. Praise God for sending Jesus into the world
2. Pray for outreach in the community
3. Pray for the sick and infirm
4. Use prayer points from your congregation.
5. Pray for family matters.

### **Memory Verse**

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you. Psalm 22:27

**Praise: Psalm 51B:1-4 - See [www.rpglobalalliance.org](http://www.rpglobalalliance.org) for Psalm tune helps.**



## **Tuesday - Psalm 22:1-5 - The Withdrawing of God**

The opening words of the psalm, 'My God, My God, why have you forsaken me?' are the same words that came from the lips of the Lord Jesus Christ on the cross of Calvary, rendered by Matthew as 'Eli, Eli, lama sabachthani?' Mat. 27:46 and often called 'the cry of dereliction. The question may well be asked, how was it possible for the holy and spotless Son of God to feel abandoned by his father? The answer to the cry of Jesus is the very heart of the gospel, expressed so clearly by the apostle Paul in 2 Corinthians 5:21, 'God made him who had no sin to be sin for us, so that in him we might become the righteousness of God!'

Although Christ went willingly to the cross, there can be no doubt that all that was human in him shrank from the awfulness of it, both physically and spiritually. So we have the agonising cry in verse 1 that pictures the sense of abandonment felt by the Saviour as the weight of his people's sin was placed upon him. It was not that God abandoned his son, but he did withdraw the felt sense of his presence. In a similar way, there are times when the believer loses the sense of the presence of God because of sore trial or prevailing sin, but the reaction of the believer in such circumstances should be that of the opening verses of this psalm.

In distress the psalmist cries earnestly to God because the lack of the presence of the Lord is grievous, but he maintains his trust in God; God is still 'my God'. Not only is God still his God, but even in agony, he continues to think well of God, the one who is holy and deserving of praise. He takes comfort in the fact that God's people in the past have cried to Him and have been heard and delivered and that God is an unchanging and unchangeable God.

### **Questions**

1. Why did the Lord Jesus Christ use Psalm 22:1 on the cross?
2. Why do believers sometimes feel abandoned by God?
3. What in these verses gives comfort and assurance to struggling Christians?

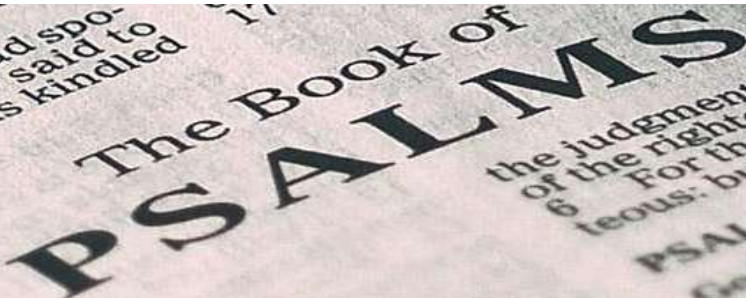
### **Prayer Points**

1. Praise God that he is with us in trial even if we don't feel his presence.
2. Pray for persecuted believers.
3. Pray for the lonely and confused.
4. Use prayer points from your congregation.
5. Pray for family matters.

### **Memory Verse**

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you. Psalm 22:27

**Praise: Psalm 22:1-3 - See [www.rpglobalalliance.org](http://www.rpglobalalliance.org) for Psalm tune helps.**



# The Book of PSALMS

## **Wednesday - Psalm 22:6-11 - The Abuse of Men**

It is never easy nor pleasant to be the subject of mockery and abuse. It was not for David, as king of Israel to be derided and mocked by his opponents. It was certainly not for the Lord Jesus Christ, the king of kings. He was scorned during his life and, on the cross, as his suffering increased, so did the mockery and derision. The one who took upon himself perfect manhood was derided as 'a worm and no man'. The one who did nothing but good is reproached as a bad man, despised as a contemptible man and ridiculed as a foolish man! The shout 'come down from the cross, if you are the son of God' must have been especially hard to take, because it was precisely because he was the son of God that he would not come down from the cross although he had the power so to do.

When his enemies taunt him as foretold by David in vs 7-8, 'all they that see me laugh me to scorn: they shoot out the lip, they shake the head saying: He trusted on the Lord that he would deliver him; let him deliver him, seeing he delighted in him'; they demonstrate how profoundly they misunderstand the purpose of the coming of Christ. It would be true to say that rather than the crucifixion showing that God did not delight in his son, it demonstrated exactly the opposite. Jesus came to do the will of his father (John 6:38) and in doing that, God delighted in him.

In spite of the derision and scoffing of men, David knew that God had been with him since his earliest days and brought him from the humble task of shepherd to be the ruler of God's people. What was understood to some degree by David, was fully understood by the Lord Jesus Christ as he had taken upon him the form of a servant and was made in the likeness of men (Phil. 2:7), in order to secure the salvation of God's elect.

### **Questions**

1. Why do you think Jesus was mocked when all he ever did was good?
2. How does the cross show God's delight in his son?
3. How should we react when we are mocked?

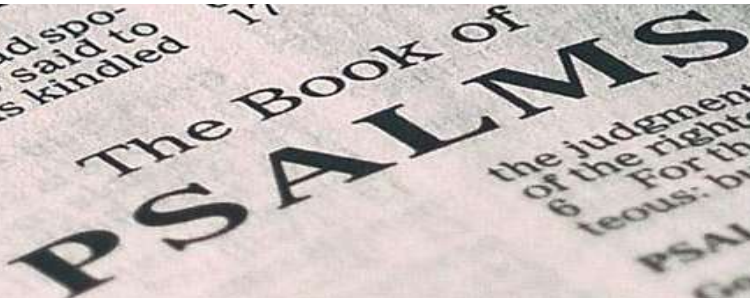
### **Prayer Points**

1. Pray for God's church in the midst of a wicked world.
2. Pray for all who minister the Word.
3. Pray for revival.
4. Use prayer points from your congregation.
5. Pray for family matters.

### **Memory Verse**

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you. Psalm 22:27

**Praise: Psalm 22:4-7 - See [www.rpglobalalliance.org](http://www.rpglobalalliance.org) for Psalm tune helps.**



# The Book of PSALMS

## Thursday - Psalm 22:12-18 - The Suffering of the Cross

In these verses there is a graphic description of the physical suffering of the cross. In the first verse we have that which added immeasurably to the sufferings of Christ - the sense of divine forsakenness as he bore the wrath of God on sin - but death by crucifixion was an unspeakable torment and the psalm gives an insight into the physical and mental anguish the sufferer went through. For any ordinary person crucifixion was a terrible way to die, but this psalm is looking forward to what God's Messiah would endure for his people.

There are a number of things that contributed to the suffering of crucifixion that are highlighted here:

'I am poured out like water'. Christ had been emptied physically - imagine the sweat and blood that came through the flogging and the hanging on the cross.

'All my bones are out of joint'. As he hung on the cross, with the whole weight of the body on his pierced hands, all the bones would be wrenched out of joint.

'My heart is like wax; it is melted in the midst of my bowels'. Not only the extreme bodily anguish, but also the mental anguish, not knowing how long the pain would last.

'My strength is dried up like a potsherd and my tongue sticks to the roof of my mouth'. To be deprived of water creates an extremely strong craving which is unbearably uncomfortable. Such was the craving of the Lord that it caused him to cry out, 'I thirst' John 19:28. The only thing offered him was vinegar!

'Dogs have surrounded me' In his agony, the Saviour had to endure the unending taunts of wicked men who mocked at his distress.

'They have pierced my hands and feet'. This is a remarkable prophecy when it is remembered that crucifixion did not become a practice until hundreds of years after this was written.

'I can count all my bones'. Such was the ill-treatment he suffered, that he was merely a skeletal figure as he hung on the cross.

The final indignity was the dividing his clothing amongst the soldiers. As one commentator puts it, 'Christ gave all to redeem us: He humbled himself entirely, he gave his life, he died a humiliating death, his body hung unclothed in front of the derisive mob.

What a Saviour!

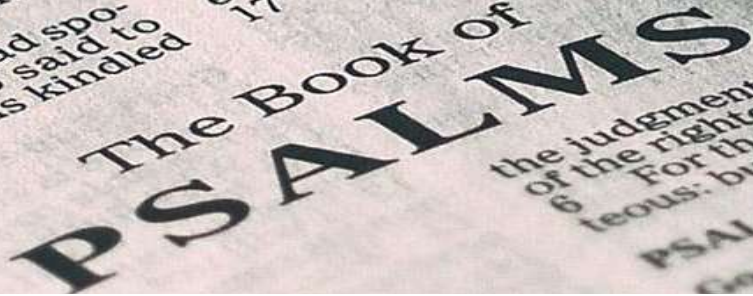
## Prayer Points

1. Pray for a greater understanding of Calvary.
2. Pray for a firmer commitment to Christ.
3. Use prayer points from your congregation.
4. Pray for family matters.

## Memory Verse

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you. Psalm 22:27

**Praise: Psalm 22:13-14 - See [www.rpglobalalliance.org](http://www.rpglobalalliance.org) for Psalm tune helps.**



# The Book of PSALMS

## Friday - Psalm 22:19-21 - The Believing Prayer

In verses 19 - 21 we turn away from the terrible brutality of crucifixion to see that in spite of all that had been suffered, not just the physical pain, but especially the withdrawal of God's felt presence, the Lord Jesus prays. His prayer in such circumstances is a pattern for us in our times of trial and difficulty, and it encourages us when we are weak and in distress. He prays for two things:

He prays for God's presence - vs 19. This is no surprise because he had previously lamented the felt sense of the presence of God. The lesson for us here is that even when we do not have the comfort of God's presence, we can confidently pray for his presence on the foundation of the promise that God has made to his people on many occasions - Heb. 13:5,6. In spite of that terrible cry of dereliction the Lord Jesus knew that God was with him and would be with him to the end.

He prays for God's help - vs 19-21. When all physical strength had gone, he knew that God was his strength, and that he would give all needed strength to complete the task before him. When he prays for deliverance, it is not that he would be delivered from the cross for he had already rejected that; the deliverance for which he prayed, and which was granted, was that the mission upon which he had set out when he left heaven's glory would be brought to a conclusion for the honour and glory of God.

The Christian believer often passes through times of trial, times of confusion, and times of pain and suffering. There are times when the way ahead is not at all clear and we don't know which way to turn. In such time we need to learn from the teaching of this psalm, that our Saviour in the time of his greatest trial, when there was no-one at all to help, prayed to know the presence of God and to be helped by the power of God.

## Questions

1. Why does prayer sometimes seem to be the last thing we turn to in trouble?
2. Why is it important to pray according to the promises in the Word?
3. What sort of deliverance should we pray for ourselves and others?

## Prayer Points

1. Pray for real sense of God's presence.
2. Pray for deliverance from fear and doubt.
3. Pray for strength to glorify God day by day.
4. Use prayer points from your congregation.
5. Pray for family matters.

## Memory Verse

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you. Psalm 22:27

**Praise: Psalm 22:15-16 - See [www.rpglobalalliance.org](http://www.rpglobalalliance.org) for Psalm tune helps.**

# The Book of PSALMS

## **Saturday - Psalm 22:22-31 - The Sure Victory**

A psalm that begins with the dreadful cry of dereliction, ends with a triumphant shout of victory, "the pain of the cross is drowned out by the hope of the resurrection". Christ knows that he will be victorious and states boldly 'I will declare your name...' v.22. Believers are called upon to praise the Lord, to glorify him, and to fear him v. 23, and the reason is given in the next verse 'for he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help' v.24. The evidence that God listened to his cry for help is the resurrection of Christ from the dead which opened the way for sinners to be reconciled to God.

The psalmist urges the people of God to express their praise and thanksgiving as they pay their vows in the presence of their brethren. Not only are we urged to praise God and to give thanks, from v. 26 to the end, we are given numerous reasons to praise the Lord:

There is full satisfaction in Christ that is available no matter whether you are rich or poor, for it is those who seek the Lord who will eat and be satisfied and will thus praise him v. 26.

The gospel message would be spread to the uttermost parts of the world, and that message would bring men and women to faith in Christ v. 27. We praise God today because the message is still being proclaimed to the uttermost parts of the earth.

God is the ruler over the nations, and one day all nations on earth will recognise him as such v. 28 - 29 whether that be in humble submission as Lord and Saviour or whether it is in forced submission as king and judge. What a great reason to bless the Lord!

Vs 30-31 speak of the glorious promise of the continuation of the church of Christ from generation to generation and age to age as parents teach their children about the Lord and see them come to trust the Saviour.

All this marvellous work is certain and sure because 'He has done it'.

### **Questions**

1. Why is the resurrection so important?
2. How can we pay our vows to the Lord?
3. What can we do to make sure that the coming generation will know the Lord?

### **Prayer Points**

1. Praise God for the glorious victory of Christ.
2. Pray for a thankful heart.
3. Pray for the worldwide spread of the gospel.
4. Pray for the preaching and hearing of God's Word tomorrow.
5. Use prayer points from your congregation.
6. Pray for family matters

### **Memory Verse**

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you. Psalm 22:27

**Praise: Psalm 20:6-9 - See [www.rpglobalalliance.org](http://www.rpglobalalliance.org) for Psalm tune helps.**

The goal of Let's Worship God is to encourage and help you in your worship of God each day.

**God tells us that  
Ezra read from  
the book of the Law  
day after day  
and that  
the people of God  
were filled with joy!**

Let's Worship God is produced  
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