

**"My God, My God, why have You forsaken Me?"**

**(A Study of Psalm 22)**

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**Introduction:** Have you ever wonder what was going through the mind of Christ during His crucifixion?

- A. We have this insight from Psalms 22!
  - 1. This is a perfect example of how to focus the mind while suffering. **(Heb 5:7-8)**
  - 2. We see the battle between what Jesus saw and the unseen, what Jesus knew from God's word .
  - 3. Jesus used this very approach when tempted by Satan earlier in life. **(Mt 4:8-11)**
- B. How does God answer prayer in suffering?
  - 1. With Jesus there was a far greater gift than just the relief from pain! **(Heb 5:9)**
  - 2. If we could so prepare our minds to be like Christ in suffering we will be blessed beyond measure!
  - 3. This is an excellent chapter to meditate upon for the Lord's Supper.
- C. This passage was written 1,100 years before the death of Christ!

**I. The mind of Christ at the Cross**

- A. Jesus saw that He was forsaken. **(22:1-2)**
  - 1. Jesus was crying out to God in His pain. **(Mt 27:46)**
  - 2. He cried out both in light and darkness. **(Mt 27:45)**
  - 3. To add pain far beyond the physical side, God poured out the sins of the world upon Him. **(2 Cor 5:21)**
- B. But Jesus knew that God is always true! **(22:3-5)**
  - 1. Because Jesus had so prepared His heart, He could see beyond the physical realm. How could He do this? He knew God's promises. **(1 Pt 2:21-23)**
  - 2. God is "enthroned in the praises of Israel." Why? He is holy!
  - 3. God will always deliver those who trust in Him. There are no exceptions! **(Ps 34:3-5)**
  - 4. Do you know this as a certainty?
- C. Jesus saw that He was despised. **(22:6-8)**
  - 1. After being beaten and nailed to the cross His appearance was that of a worm.
  - 2. His enemies surrounded Him and shouted insults. **(Mt 27:41-44)**
  - 3. Evil men will try to beat the righteous down with their deeds and their tongues.
- D. Jesus knew that God had always loved Him. **(22:9-11)**
  - 1. God provided for Him from conception! He does so to us as well.
  - 2. Because of this He called out for God's help and was comforted that He will answer! He will always help when there is "none to help."
- E. Jesus saw that His body was wounded and dying. **(22:12-18)**
  - 1. Jesus described in detail the physical effects of a death upon the cross.

" How painful was crucifixion? One man describes it like this:

The unnatural position made every movement painful; the lacerated veins and crushed tendons throbbed with incessant anguish; the wounds, inflamed by exposure, gradually gangrened; the arteries-especially at the head and stomach -- became swollen and

oppressed with surcharged blood; and while each variety of misery went on gradually increasing, there was added to them the intolerable pang of a burning and raging thirst; and all these physical complications caused an internal excitement and anxiety, which made the prospect of death itself -- of death, the unknown enemy, at whose approach man usually shudders most -- bear the aspect of a delicious and exquisite release."

2. During His death he heard hatred and scorn from those surrounding Him. The soldiers even gambled for His clothing. (**Mt 27:35-36**)

F. Jesus knew that God would deliver Him. (**22:19-21**)

1. In spite of everything He could see, He knew that God would respond!

2. Abraham had this kind of faith. (**Rom 4:17-18; Heb 11:18-19**)

3. Will you prepare your mind so you too will believe these things in suffering?

## ***II. God's answer to Jesus' prayer***

A. "You have answered Me." (**22:21**)

1. This simple statement overshadows and erases all the pain that went before!

2. If we could only see the answer God has for us. (**2 Cor 4:17-18**)

B. The answer of God produced overwhelming praise. (**22:22-25**)

1. God did what He said, Jesus was heard by the Father and He was delivered.

2. This joy not only caused God to be praised but Jesus wanted all men to join Him in this praise.

3. Did you sing today? What was in your hearts? (**Heb 2:11-12; 13:15**)

4. This joy will overflow into obedience in all things. (**Heb 13:16**)

C. The answer of God to Jesus provides an answer for all of us. (**22:26-31**)

1. Why did Jesus go to the cross? (**Rom 5:6-8**)

2. Are you seeking God? There is good news!

3. Here we plainly see the fulfillment of God's promise to Abraham. (**Gen 12:1-3**)

D. Jesus wants us to proclaim God's answer to all men, from generation to generation.

1. Peter did exactly what Jesus said. (**Acts 2:38-39**)

2. What message do you have to tell?

## ***III. Why we now glory in the cross***

A. Because it has allowed me to die to the world. (**Gal 2:20**)

1. What a relief to let go of the things which do not matter! (**1 Tim 6:10**)

2. When you see the cross you should in turn despise the world. (**Gal 6:14**)

B. Because it makes me know the certainty of God's promises.

1. If God raised Jesus, He will also raise me up! (**2 Cor 4:13-14**)

2. As a consequence, I will not submit to those who would change the gospel. (**Gal 5:11, 6:12**)

C. Because I understand the value of salvation.

1. What price was paid for my sin? Do you see the value?

2. When men see the value they will tell others. (**Acts 8:3-4**)

## ***Conclusion: Why are you here today?***

A. If you are seeking a better way there is good news! (**22:26; Acts 8:38-39**)

B. If you are here to rejoice in God's answer, then you will be satisfied. (**Heb 2:12**)

C. What other reasons might some be here? Will you open your heart?