

“Love Lifted Me Recovery Ministries”

Favorite Psalms Bible Study - Part 1

Psalm 22:1-21

Lesson #4

**INSTRUCTIONS: Read the entire section of Scripture in Psalms before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Most Scriptures are from the New King James Version.

1-2 **My God, My God, why have You forsaken Me?** Why are You so far from helping Me, and from the words of My groaning? O My God, I cry in the daytime, but You do not hear; and in the night season, and am not silent.

•**Matthew 27:45-46** “Now from the sixth hour until the ninth hour, there was _____ over all the land. And about the ninth hour Jesus _____ out with a loud voice, saying, “Eli, Eli, lama sabachthani?” That is, “My God, My God, why have you _____ Me?”

Definition: “My God, My God, why have You forsaken Me?” – Although this psalm was written by David, he was under the influence of the Holy Spirit, and he prophesied about the crucifixion of the future messiah, Jesus. Did David know what he was writing? Maybe, and maybe not. What is important, is that **WE can read about the death and suffering of our Savior Jesus Christ as God prophesied over one thousand years BEFORE Jesus was born** as a human man on this earth. This particular sentence shows how Jesus felt alone and abandoned by God the Father when He was on the cross. Why did the Father abandon Jesus? It was because, at that time, Jesus was taking on Himself the punishment for our sins, and the Bible says **Jesus even BECAME SIN for us at that time, and God cannot look upon sin.** This was only temporary, and God the Father was able to be with Jesus again once He had paid the penalty for our sins.

•**I Peter 2:24-25** “Who Himself bore our _____ in His own _____ on the tree (cross), that we, having died to sins, might _____ for _____ — by whose stripes (wounds) you were healed.”

•**II Corinthians 5:21** “For He made _____ who knew no sin to _____ for _____, that we might become the righteousness of God in Him.”

3-5 But **You are HOLY, who INHABIT the PRAISES of Israel.** Our fathers trusted in You; they trusted, and You delivered them. They cried to You, and were delivered; they trusted in You, and were not ashamed.

•**Psalm 148:14** “And He has exalted the horn of His people, the _____ of all His _____ - of the _____ of _____, a people near to Him. _____ the Lord!”

Definition: “You are HOLY, who INHABIT the PRAISES of Israel” – At the time this was written, the children of Israel were the SAINTS and people of God. Now, under the New Covenant, we as believers in Jesus Christ are God's SAINTS and His people. When we PRAISE God, it is particularly powerful, because it says here that He actually INHABITS our praises.

•**Hebrews 13:15** “Therefore by Him (Jesus Christ) let us continually _____ the _____ of _____ to God, that is the _____ of our _____, giving _____ to His name.”

•**Psalm 34:1** “I will bless the Lord at _____ ; His _____ shall _____ be in my mouth.”

6-8 **But I am a worm, and no man; a reproach of men**, and despised of the people. All those who see Me laugh Me to scorn; they shoot out the lip, they shake the head, saying, **'He trusted in the Lord, let Him rescue Him; let Him deliver Him, since He delights in Him!'**

•**Matthew 27:41-43** "Likewise the chief priests, also _____ with the scribes and elders, said, 'He saved others; Himself He cannot save. If He is the king of Israel, let Him now come _____ from the _____, and we will believe Him. He _____ in _____; let Him _____ Him now if He will have Him; for He said, 'I am the Son of God.'"

Definition: "But I am a WORM, and no MAN; a REPROACH of men" – To say, "I am a worm" was a way of demeaning yourself, of being humble, but not really in a bad way. In some Scriptures, it was just a way to show how small we are in God's sight or compared to God. **When speaking prophetically of Jesus on the cross**, however, it speaks of His shame and reproach, because crucifixion was a horrible and shameful way to execute a person. Jesus suffered **REPROACH for us** - the dictionary defines "reproach" as **"to accuse or blame, to make feel ashamed, or to disgrace"**. Jesus not only SUFFERED physical pain for us, but **He suffered the emotional SHAME and DISGRACE of the crucifixion.**

•**Isaiah 41:14** "Fear not, you _____ Jacob, you _____ of Israel! I will _____ you', says the _____ and your Redeemer, the Holy One of Israel."

•**Job 25:6** "How much less _____, who is a maggot, and a son of _____, who is a _____?"

9-10 But You are He who took Me out of the womb; You made Me trust when I was on My mother's breasts. I was cast upon You from birth. **From My mother's womb You have been My God.**

•**Psalm 71:5-6** "For _____ are my _____, O Lord God; You are my trust from my _____. By You I have been upheld from my _____; You are He who took me out of my mother's _____. My praise shall be continually of You."

Definition: "From My mother's womb You have been My God" – This is still talking about Jesus, although David may have been feeling this same way when he wrote this. In the case of Jesus, He gave up His position and powers as God the Son in heaven, and came to earth to be born as a vulnerable human baby. There is almost nothing as vulnerable and fragile as a newborn baby. Jesus had to trust in God the Father for everything in His life, just as we must do.

11-15 Be not far from Me, for trouble is near; for there is none to help. Many bulls have surrounded Me; **strong bulls of Bashan have encircled Me. They gape at Me with their mouths, as a raging and roaring lion.** I am poured out like water, and all My bones are out of joint; My heart is like wax; it has melted within Me. My strength is dried up like a potsherd, and My tongue clings to My jaws; You have brought Me to the dust of death.

•**Psalm 35:15-21** "But in my adversity they rejoiced and gathered together; attackers gathered against me, and I did not know it; they _____ at me and did not cease; with ungodly mockers at feasts they _____ at me with their _____. Lord, how long will You look on? _____ me from their destructions, my precious life from the _____. I will give You thanks in the great congregation; I will praise You among many people. Let them not rejoice over me who are wrongfully my _____; nor let them wink with the eye who _____ me without a cause. For they do not speak peace, but they devise deceitful matters against those who are quiet in the land. They also _____ their _____ wide against me, and said, 'Aha, aha! Our eyes have seen it.'"

Definition: “Strong BULLS of Bashan have encircled Me. They GAPE at Me with their mouths, as a raging and roaring LION” – This is just a very descriptive way of saying there are enemies all around me. It is David speaking about his own enemies, and again, he is also prophesying of Jesus, when He was surrounded by His enemies at the crucifixion.

16-18 For dogs have surrounded Me; the assembly of the wicked has enclosed Me. **They PIERCED My HANDS and My FEET; I can count all My bones.** They look and stare at Me. **They divide My garments among them, and for My CLOTHING they CAST LOTS.**

•**John 19:34-37** “But one of the soldiers _____ His side with a spear, and immediately blood and water came out. And he who has seen has testified, and his testimony is true; and he knows that he is telling the truth, so that you may believe. For these things were done that the Scripture should be fulfilled, “Not one of His _____ shall be _____.” And again another Scripture says, “They shall look on _____ whom they _____.”

•**John 19:23-24** “Then the _____, when they had crucified Jesus, took His _____ and made four parts, to each soldier a part, and also the tunic. Now the tunic was without seam, woven from the top in one piece. They said therefore among themselves, “Let us not tear it, but _____ for it, whose it shall be,” that the Scripture might be fulfilled which says: “They _____ My _____ among them, and for My _____ they cast lots.” Therefore the soldiers did these things.”

Definition: “They shall look on Him whom they PIERCED” – The word “pierced” refers to the nailing of Jesus to the cross. This is the most hideous part of the crucifixion. The victim was placed on his back with arms outstretched, and was mounted on the cross before it was placed in its upright position. To hold the person in place, the soldiers drove large iron spikes into the feet and wrists. It is reassuring to know that when we suffer, we are understood by a Savior who Himself suffered deeply and severely. For this term to be used in **the prophecy of the Messiah’s death a thousand years before it happened** (Psalm 22:16-17), was amazing, because the common form of capital punishment for the Jews at that time was stoning to death. Crucifixion had not even been invented when David wrote about it in the Psalms. Later, in Zechariah, it says that **the Jews will see their Messiah** when He comes again in the clouds, and they will see that **He is the One they rejected** and who was pierced, because **they will see the nail prints in His hands.**

•**Zechariah 13:6** “And one will say to Him, ‘What are these _____ in Your _____?’ Then He will say, ‘Those with which I was _____ in the house of My friends.’”

•**Zechariah 12:10** “And I will pour out upon the house of _____, and upon the inhabitants of _____, the _____ of _____ and supplications; and they shall look upon _____ whom _____ have _____, and they shall _____ for Him as one mourns for an only son, and they will weep bitterly over him, like the bitter weeping over a first-born.”

•**John 20:24-25** “But Thomas, called Didymus, one of the twelve, was not with them when Jesus came. The other disciples therefore said to him, “We have _____ the _____.” But he said to them, “Unless I see in His _____ the _____ of the _____, and put my finger into the _____ of the _____, and put my hand into His _____, I will not believe.’”

Definition: “Not one of His BONES shall be BROKEN” – Jesus was being sacrificed as the “Lamb of God who takes away the sin of the world” and also as the Passover Lamb, whose blood, when applied

to our hearts, would cause God's wrath to "pass over" us, so that we should not perish for all eternity.

• **Exodus 12:21-22** "Then Moses called for all the elders of Israel, and said to them, 'Go take for yourselves _____ according to your families, and slay the Passover _____. And you shall take a bunch of hyssop and dip it in the _____ that is in the basin to the lintel and the two doorposts; and none of you shall go outside the door of his house until morning.'"

• **Exodus 12:46** "It is to be eaten in a single house; you are not to bring forth any of the _____ outside of the house, nor are you to _____ any _____ of it."

• **I Corinthians 5:7-8** "Therefore purge out the old _____, that you may be a new lump, since you truly are unleavened. For indeed _____, our _____, was _____ for us. Therefore let us keep the feast, not with old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth."

Definition: "For My CLOTHING they CAST LOTS" – To cast lots means **to gamble, as in throwing the dice**. The soldiers didn't want to ruin the tunic by tearing it, so they gambled to see which one of them would keep it. Unknown to them, this was foretold and prophesied by King David in one of the "Messianic Psalms" (a Psalm that prophesies about the coming Messiah or Christ) about one thousand years before it happened. That's what it means by "that the Scripture might be fulfilled which says: 'They divided My garments among them, and for My clothing they cast lots.'" **The soldiers didn't KNOW they were fulfilling Old Testament prophecy**, but God saw it happening a thousand years before, and had it written down so that we might believe.

19-21 But You, O Lord, do not be far from Me; O My Strength, hasten to help Me! **Deliver Me from the sword, My precious life from the power of the dog.** Save Me from the lion's mouth and from the horns of the wild oxen! You have answered Me.

Definition: "Deliver Me from the sword, My precious LIFE from the power of the dog" – Again, this has a double meaning, because David was praying this to be delivered from his own enemies, and also it is foretelling Christ's prayer in the Garden of Gethsemane. In His humanity, Jesus did not want to suffer and die on the cross, but He was willing to do His Father's will, no matter what. Jesus was **TOTALLY OBEDIENT** to the Father, and He was the only human to ever be **completely WITHOUT SIN** and **ALWAYS OBEDIENT to God** the Father in every way. However, as God the Son, He **"learned obedience** through the things which He suffered" (see Hebrews 5:7-9), which was something He could never have learned if He had stayed in heaven and not become a man.

• **Mark 14:32** "Then they came to a place which was named _____; and He said to His disciples, 'Sit here while I _____.'"

• **Matthew 26:39** "He went a little farther and fell on His face, and prayed, saying, 'O My Father, if it is possible, let this cup pass from Me; nevertheless, _____ as I _____, but as You _____.'" (Verse 42) "He went away again a second time and _____, saying, 'O My Father, if this cup cannot pass away from Me unless I drink it (be obedient), Your _____ be done.'"

• **Hebrews 5:7-9** "Who, in the days of His flesh (Jesus' earthly life), when He had offered up _____ and supplications, with vehement (intense, emotional) cries and _____ to Him who was able to save Him from _____, and was heard because of His godly fear, though He was a _____, yet He learned _____ by the things which He _____. And having been perfected, He became the author of _____ to all who obey Him."