



"Find Your Purpose and Reach Your Destiny"

6265 University Avenue, San Diego, CA 92115

(619) 265-2921

Website: www.cityoffaithfwc.org

July 26, 2017

Lesson Two

LONELINESS

How do I cope with abandonment?

Find strength when you feel everyone has forsaken you. Psalm 22:1-31

Overview:

When we face such situations, we should be honest about it; but we should also look to each other and God to find strength. This psalm shows us how to do that.

Introduction:

Indeed, this psalm is an appropriate lectionary reading for Good Friday because the Gospels cite and allude to it at least five times in the crucifixion account. It is important to recognize, however, that Psalm 22 is not important simply because it appears in the New Testament. Rather, the New Testament writers drew from it because of its profound expressions of suffering and faith.

Psalm 22 has "an intensity and comprehensiveness" that is almost unequalled among psalms of this type.¹ The psalm has TWO MAIN PARTS: (1) a prayer for help in verses 1-21a; and (2) a song of praise in verses 21b-31.

PART 1 – A PRAYER FOR HELP - Psalm 22:1-21a

When we feel abandonment or asking God why it is not a sinful thing. To cry, My God, why am I sick? or why am I poor? Is a question that is birthed from discontent and worldliness.

But, "Why hast thou forsaken me?" is the language of a heart binding up its happiness in God's favour. This statement also applies to Christ. In the first words of this complaint, he poured out his soul before God when he was upon the cross, Matthew 27:46. Being truly man, Christ felt a natural unwillingness to pass through such great sorrows, yet his zeal and love prevailed.

HOW SHOULD I HANDLE THE THREATNING EMOTION OF ABANDONMENT?

During your prayer for help, you must focus your attention upon who you are praying to rather than what you are praying about. Then follow these steps...

- ❖ A _____ the abandonment -Ps. 22:1-2.
- ❖ R _____ God – vs. 3-5.
- ❖ C _____ your feelings (*be honest with God about them*) vs. 6-8.
- ❖ R _____ upon God's power– vs. 9.
 - a) Recognize where He brought you from (*look in retrospect*) - vs. 10.
 - b) Remember How He brought you out – vs. 10.
 - c) Realize your surroundings vs. 11-17.

- ❖ S _____ to the will of the LORD - vs. 18-21a.

PART 2 - A SONG OF PRAISE – Psalm 22:21b-31

In PART 1, we learned the significance of praying for help. Our prayer is inclusive of the following... acknowledging the emotion, *showing reverence to God, *confessing our feelings, *reflecting upon God's power, *recognizing where He brought us from, * remembering how He brought us out,* and realizing our surroundings. Now we move from PRAYER to PRAISE.



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...WE WILL PRAISE GOD IN THIS MANNER...

- ❖ We praise Him in _____ – Ps. 21b - *thou hast heard me from the horns of the unicorns.*

❖ We praise Him by our _____ – vs. 22

DECLARATION/DECLARE: is the translation of a variety of Hebrew and Greek words in the Old Testament and New Testament, appearing to bear uniformly the meaning “to make known,” “set forth.”

- ❖ We will _____ to Praise God vs. 23 (See Ps. 34:3).
- ❖ We will _____ His righteousness - vs. 24 (I won't accuse God).
- ❖ We will _____ His Mighty acts among many witnesses

DECREE: In theology, predetermined purpose of God; the purpose or determination of an immutable Being, whose plan of operations is, like himself, unchangeable. (Job 22:28 -*thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways*)

- a) The congregation vs. 25
- b) The meek vs. 26

Congregation (Hebrew = *Kahal*) this word referred to the Hebrew people collectively as a holy community (Numbers 15:15) Every circumcised Hebrew from 20 years old and upward was a member of the congregation. Strangers who held residence in the land were also considered a part of the congregation if they were circumcised or other certain exceptions (Ex. 12:19; Numbers 9:14; Deuteronomy 23:1-3).

- ❖ vs 27-29. A final Act of Worship in Heaven We will _____ to praise God in _____ of His mighty acts (Rev. 14:2-3).
- ❖ vs. 30-31 Praise Him for _____.

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