

## Psalm 22: The Song of the Cross

### 1. A thousand years in advance David wrote a Psalm that foreshadowed Jesus' crucifixion with amazing accuracy.

*Note:* Jesus' suffering, death and resurrection were fulfillments of prophecy.

Then Jesus said to them, "You foolish people! You find it so hard to believe all that the prophets wrote in the Scriptures. Wasn't it clearly predicted that the Messiah would have to suffer all these things before entering his glory?" Then Jesus took them through the writings of Moses and all the prophets, explaining from all the Scriptures the things concerning himself. Luke 24:25-27 (NLT)

"You search the Scriptures because you think they give you eternal life. But the Scriptures point to me!"  
John 5:39 (NLT)

*Life Application:* We can trust the Bible as a reliable guide in all matters of faith and practice.

### 2. David perfectly described Jesus' anguish as he felt deserted by his Father while on the cross.

"My God, my God, why have you abandoned me? Why are you so far away when I groan for help?"  
Psalm 22:1 (NLT)

"At about three o'clock, Jesus called out with a loud voice, 'Eli, Eli, lema sabachthani?' which means 'My God, my God, why have you abandoned me?'" Matthew 27:46 (NLT)

*Life Application:* Jesus understands us when God seems far away.

"This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin." Hebrews 4:15 (NLT)

### 3. David perfectly described how Jesus was mocked and ridiculed while on the cross.

"I am scorned and despised by all! Everyone who sees me mocks me. They sneer and shake their heads, saying, 'Is this the one who relies on the LORD? Then let the LORD save him! If the LORD loves him so much, let the LORD rescue him!'" Psalm 22:6-8 (NLT)

"The people passing by shouted abuse, shaking their heads in mockery. 'Look at you now!' they yelled at him. '...if you are the Son of God, save yourself and come down from the cross!' The leading priests, the teachers of religious law, and the elders also mocked Jesus. 'He saved others,' they scoffed, 'but he can't save himself! So he is the King of Israel, is he? Let him come down from the cross right now, and we will believe in him! He trusted God, so let God rescue him now if he wants him! For he said, 'I am the Son of God.'" Matthew 27:39-43 (NLT)

*Life Application:* Jesus understands being hurt and misunderstood.

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7 (NIV)

### 4. David perfectly described Jesus suffering and death on the cross.

- "My life is poured out like water... My heart is like wax, melting within me." Psalm 22:14 (NLT)  
"...the Jewish leaders didn't want the bodies hanging there the next day, which was ...a very special Sabbath, because it was the Passover. So they asked Pilate to hasten their deaths by ordering that their legs be broken. Then their bodies could be taken down. So the soldiers came and broke the legs of the two men crucified with Jesus. But when they came to Jesus, they saw that he was already dead, so they didn't break his legs. One of the soldiers, however, pierced his side with a spear, and immediately blood and water flowed out." John 19:31-34 (NLT)
- "My strength has dried up like sunbaked clay. My tongue sticks to the roof of my mouth."  
Psalm 22:15 (NLT)

Jesus knew that his mission was now finished, and to fulfill Scripture he said, "I am thirsty." A jar of sour wine was sitting there, so they soaked a sponge in it, put it on a hyssop branch, and held it up to his lips. When Jesus had tasted it, he said, "It is finished!" John 19:28-30 (NLT)

- "My enemies surround me like a pack of dogs; an evil gang closes in on me. They have pierced my hands and feet." Psalm 22:16 (NLT)

“Carrying the cross by himself, he went to the place called Place of the Skull (in Hebrew, *Golgotha*). There they nailed him to the cross. John 19:17-18 (NLT)

- “They divide my garments among themselves and throw dice for my clothing.” Psalm 22:18 (NLT)

“When the soldiers had crucified Jesus, they divided his clothes among the four of them. They also took his robe, but it was seamless, woven in one piece from top to bottom. So they said, “Rather than tearing it apart, let’s throw dice for it. This fulfilled the Scripture that says, “They divided my garments among themselves and threw dice for my clothing.” John 19:23-24 (NLT)

*Life Application:* “Since he himself has gone through suffering and testing, he is able to help us when we are being tested.” Hebrews 2:18 (NLT)

## 5. David perfectly described Jesus’ desire for us to become his brothers and sisters.

“I will proclaim your name to my brothers and sisters. I will praise you among your assembled people.”  
Psalm 22:22 (NLT)

“So now Jesus and the ones he makes holy have the same Father. That is why Jesus is not ashamed to call them his brothers and sisters. For he said to God, “I will proclaim your name to my brothers and sisters. I will praise you among your assembled people.” Hebrews 2:11-12 (NLT)

*Life Application:* We must believe that God has always wanted to adopt us into his family.

“God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. So we praise God for the glorious grace he has poured out on us who belong to his dear Son.” Ephesians 1:5-6 (NLT)

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## Discussion Questions

1. Looking back at your notes from this week’s lesson discussing Jesus’ crucifixion and “Psalm 22” was there anything that particularly caught your attention, challenged or confused you?
2. Compare Psalm 22:1 & Matthew 27:46. How could David, whom the Bible describes as a man after God’s own heart, ever feel like God had forgotten/forsaken him? Why did Jesus feel forsaken by God the Father while he was on the cross? Have you ever felt like God has forgotten you? What happened? How did you deal with it? (Read Romans 8: 35-39 if you need help.)
3. Compare Psalm 22:6-8 & Matthew 27:39-43. Describe a time in your life when you felt hurt and misunderstood. How did your relationship with Christ help you deal with the pain? How does it make you feel to know that Christ was mocked and ridiculed by the very people he came to save?
4. Compare Psalm 22:14-18 & John 19:23-37? List all of the things these two passages have in common. How could David possibly have written Psalm 22 a thousand years before Jesus was crucified?
5. Read John 5:39 & Luke 24:25-27. What did Jesus mean when he said that the Scriptures pointed to him? How do you use the Bible to see Jesus more clearly?
6. Read Psalm 22:22, Hebrews 2:11-12, & Ephesians 1:5-6. How does it make you feel to know that Jesus is not ashamed to call us his brothers and sisters? Why was God willing to die in order to adopt us into his family? Do you view yourself as a child of God? Why? Why not?
7. Discuss the following quotations:  
"Our sins are debts that none can pay but Christ. It is not our tears, but His blood; it is not our sighs, but His sufferings, that can testify for our sins. Christ must pay all, or we are prisoners forever." Thomas Brooks  
"Time is lost when we have not lived a full human life, time unenriched by experience, creative endeavor, enjoyment, and suffering." Dietrich Bonhoeffer  
"When you suffer and lose, that does not mean you are being disobedient to God. In fact, it might mean you're right in the center of His will. The path of obedience is often marked by times of suffering and loss." Chuck Swindoll