

# AUTHENTIC PRAYER: LAMENTING

Psalm 22  
August 16, 2009

Psalm 22 contains prophecies of Jesus death:

Psalm 22	Matthew 27
Psa 22:18 -- They divide my garments among them, and for my clothing they cast lots.	Matt 27:35 -- And when they had crucified him, they <i>divided his garments among them by casting lots.</i>
Psa 22:7 -- All who see me mock me; they make mouths at me; they wag their heads.	Matt 27:39 -- And those who passed by derided him, <i>wagging their heads.</i>
Psa 22:8 -- "He trusts in the Lord; let him deliver him; let him rescue him, for he delights in him!"	Matt 27:43 -- <i>He trusts in God; let God deliver him now, if he desires him. For he said, "I am the Son of God."</i>
Psa 22:1 -- My God, my God, why have you forsaken me?	Matt 27:46 -- And about the ninth hour Jesus cried out with a loud voice, saying, "Eli, Eli, lema sabachthani?" that is, " <i>My God, my God, why have you forsaken me?</i> "

But Psalm 22 is also a lament written and prayed by David to be prayed by godly men and women throughout church history.

**David expresses his feelings to God (vv.1-2)**

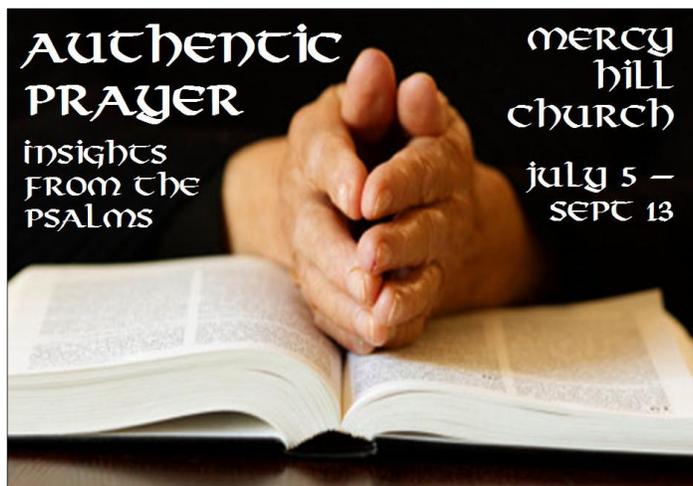
**David talks to God about God's perfect faithfulness to His people (vv.3-5)**

**David explains his problem to God (vv.6-8)**

**David talks to God about God's past faithfulness to him (vv.9-10)**

**David asks for God's help (vv.11-21)**

**David expresses his confidence that God will deliver him and everyone who trusts God (vv.22-31)**



## **HOME GROUP DISCUSSION OF SUNDAY'S TEACHING**

Read Psalm 22.

What was the Holy Spirit saying to you Sunday through this passage?

What questions, ideas, objections, encouragements did you come away with?

How do you tend to respond when you are feeling frustrated, sad, or hopeless?

Pretend before Jesus?

Separate from Jesus?

Lament before Jesus?

Do you agree that it's wrong to be angry with God? Why or why not?

What keeps us from talking to Jesus about how we are feeling?

What makes us want to separate from Jesus when we are feeling lousy?

What feelings do you have in your heart that need to be lamented before Jesus?

How can you tell if you have or have not lamented before Jesus?

What's your take-away from this passage? What are you going to do differently? When?

Share prayer requests that come up in the discussion, jot them down below, and pray for each other.

