

Psalms 22

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Psalms 22

YouTube Prayer Link

Psalm 22

A confession in agony

Psalm 22 is a prayer psalm that cries out to God in the midst of anguish. Verses 1~21 are the psalmist's cries, and verses 22~31 are praises and thanksgiving to God. The whole is about the praise of the psalmist's heart after all the sufferings he endured, and finally because he was saved by God. This is David's prayer poem in which he cries out to God in his agony, and it is also a prophetic poem about the suffering of the Messiah, which can only be compared to the suffering of Jesus Christ on the cross. David was exhausted by the ferocious attacks of his enemies, as if he were seriously ill, and like a dead man without the slightest vitality. It is fitting to describe the final victim of the Lord Jesus in the world with such ferocity as the enemy attacked.

David specifically described it as "they divide my garments and cast lots for my vestments." But it was fulfilled in the Lord Jesus, and the account of the Gospel of John indicates that there were four soldiers there, and they tore the cloak of the Lord into four pieces, and each of them took one piece. The soldiers cast lots for the Lord's garment.

Verse 1: "My God! My God! Why have you forsaken me? But God answered him. God's silence made David feel even more pain because it added more and deeper incomprehension. When people pray in the midst of suffering and God doesn't answer, it's easy to feel that God isn't listening. David believed that if God was going to save him, he would definitely have the power to save him. This is a prayer psalm in which a man cries out to God in great pain. The psalmist, tormented by suffering, felt as if God had forsaken him and ignored him. When Jesus was crucified, He said, "My God, my God!" Why have you

forsaken me? Jesus cried out with a loud voice, and his breath was broken. The curtain of the temple was torn in two from top to bottom. In David's life, there is no nailing, hand and foot or clothing being separated, as this passage says, which is prophesying the victimization of the Messiah, and David was moved by the Holy Spirit to prophesy what would happen when the Lord Jesus was crucified.

When we pray at the low point of our lives, we must first acknowledge that God alone is "holy" and "righteous, loving, and faithful," and that God is leading us forward, not falling into complaining.

David prayed earnestly for God's deliverance, and he turned to God as the only help: "Do not stay away from me, O Lord! Even in the midst of the deepest suffering, we must never stop praying. The psalmist was seized by sickness, pain, and death, and was unable to hold on, but he cried out to Jehovah not to turn away from him, but to help him. In the face of all the attacks of the enemy, all the rejection of man and God, the psalmist still says that he is his God from his mother's womb, and that he has no trust but God. He looked to God alone, and with a breath of air, he cried out to God. Others said that God did not love Him, but He still cried out to God. Job was in great pain, slandered by his friends and friends, but Job did not doubt God. It is the LORD who gives the reward, and the LORD who receives. Blessed be the name of the Lord.

God has always been there to help us and to hear our prayers. Even though we are crushed by pain, our coats and undergarments are gone, all our possessions are gone, and we are left with only one breath left, we still sing this song."

There is no escaping the problems of life, and prayer should prompt us to remember and meditate on God's promises, including those that have been fulfilled in the past and those that we believe will be fulfilled in the future. Remembering God's promises will help us praise Him and face the problems that invade our lives every day with grace and faith.

Jesus' greatest pain on the cross was not the pain of the flesh or the departure of his disciples, but the feeling of being 'turned away' by God the Father (v.19) because he bore the sins of the world. The greatest pain of hell is eternal separation from God, and even the Lord Jesus could not bear this temporary painful experience, how dare we despise God's salvation?

In this world, there are many things that can be restarted; If the business goes bad, it can come back; If you make a mistake in walking, you can also go back to the original point and walk again; But once a person's life has passed, there is no turning back. We remind ourselves to take hold of the precious life God has given us and use it for things that are pleasing to God.

Let's pray:

Thank you, dear Heavenly Father, for being our daily help, and for all the dangers we find ourselves in today, you are our help, our protection, our refuge, and you will answer us when we cry out to you. Give us a brave heart in us, that we may boast before our enemies, for with you help us, who can overcome us?

Pray in the name of Jesus Christ, amen.

Psalm 22

New International Version

Psalm 22[a]

For the director of music. To the tune of “The Doe of the Morning.” A psalm of David.

1 My God, my God, why have you forsaken me?

Why are you so far from saving me,
so far from my cries of anguish?

2 My God, I cry out by day, but you do not answer,
by night, but I find no rest.[b]

3 Yet you are enthroned as the Holy One;
you are the one Israel praises.[c]

4 In you our ancestors put their trust;
they trusted and you delivered them.

5 To you they cried out and were saved;
in you they trusted and were not put to shame.

6 But I am a worm and not a man,
scorned by everyone, despised by the people.

7 All who see me mock me;
they hurl insults, shaking their heads.

8 “He trusts in the Lord,” they say,
“let the Lord rescue him.

Let him deliver him,
since he delights in him.”

9 Yet you brought me out of the womb;
you made me trust in you, even at my mother’s breast.

10 From birth I was cast on you;
from my mother’s womb you have been my God.

11 Do not be far from me,
for trouble is near
and there is no one to help.

12 Many bulls surround me;
strong bulls of Bashan encircle me.

13 Roaring lions that tear their prey
open their mouths wide against me.

14 I am poured out like water,
and all my bones are out of joint.

My heart has turned to wax;
it has melted within me.

15 My mouth[d] is dried up like a potsherd,
and my tongue sticks to the roof of my mouth;
you lay me in the dust of death.

16 Dogs surround me,
a pack of villains encircles me;
they pierce[e] my hands and my feet.

17 All my bones are on display;
people stare and gloat over me.

18 They divide my clothes among them
and cast lots for my garment.

19 But you, Lord, do not be far from me.
You are my strength; come quickly to help me.

20 Deliver me from the sword,

my precious life from the power of the dogs.

21 Rescue me from the mouth of the lions;
save me from the horns of the wild oxen.

22 I will declare your name to my people;
in the assembly I will praise you.

23 You who fear the Lord, praise him!
All you descendants of Jacob, honor him!
Revere him, all you descendants of Israel!

24 For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.

25 From you comes the theme of my praise in the great assembly;
before those who fear you[f] I will fulfill my vows.

26 The poor will eat and be satisfied;
those who seek the Lord will praise him—
may your hearts live forever!

27 All the ends of the earth
will remember and turn to the Lord,
and all the families of the nations
will bow down before him,

28 for dominion belongs to the Lord
and he rules over the nations.

29 All the rich of the earth will feast and worship;

all who go down to the dust will kneel before him—
those who cannot keep themselves alive.

30 Posterity will serve him;

future generations will be told about the Lord.

31 They will proclaim his righteousness,

declaring to a people yet unborn:

He has done it!

Psalm 22: Full Description and Important Verses

Overview:

Psalm 22 is one of the most poignant and emotionally intense psalms in the Bible. It is attributed to King David, though its themes of suffering and deliverance resonate deeply with the later experiences of Jesus Christ, especially His crucifixion. This psalm moves through several distinct phases, from a cry of abandonment and suffering to a declaration of God's faithfulness and a vision of universal praise. It is deeply theological, with a rich exploration of pain, trust, and divine salvation.

While Psalm 22 begins with despair and confusion, it ends in hope and praise, making it not only a lament but also a proclamation of God's ultimate victory.

Psalm 22: Structure

Opening Cry of Desolation (Psalm 22:1-2)

The psalm begins with a desperate cry, reflecting the feeling of abandonment and loneliness:

"My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? My God, I cry out by day, but you do not answer, by night, but I find no rest." (Psalm 22:1-2, NIV)

This cry of abandonment is famously quoted by Jesus on the cross in Matthew 27:46 and Mark 15:34, which links Psalm 22 with the sufferings of Christ.

Affirmation of God's Holiness and Faithfulness (Psalm 22:3-5)

The psalmist turns from despair to remembering God's holiness and faithfulness:

"Yet you are enthroned as the Holy One; you are the one Israel praises. In you our ancestors put their trust; they trusted and you delivered them. To you they cried out and were saved; in you they trusted and were not put to shame." (Psalm 22:3-5, NIV)

Despite the feelings of abandonment, the psalmist reminds himself that God has always been faithful to Israel and has saved His people in the past.

Further Depictions of Suffering (Psalm 22:6-8)

The psalmist describes the humiliation and mockery he faces, comparing himself to a worm, a creature of no value, and expressing the rejection and contempt from others:

"But I am a worm and not a man, scorned by everyone, despised by the people. All who see me mock me; they hurl insults, shaking their heads." (Psalm 22:6-7, NIV)

The enemies mock the psalmist's trust in God, echoing the mocking words of the crowd at the crucifixion: "He trusts in the Lord, let the Lord rescue him." (Psalm 22:8)

Cry to God for Help and Memory of God's Past Care (Psalm 22:9-11)

The psalmist recalls God's care from the moment of birth and calls for God's help:

"Yet you brought me out of the womb; you made me trust in you, even at my mother's breast. From birth I was cast on you; from my mother's womb you have been my God." (Psalm 22:9-10, NIV)

This is a call for God to come near and act in the same way He did in the past.

Deepening Sense of Distress and Desperation (Psalm 22:12-18)

The psalmist vividly describes the intensity of his suffering, likening his enemies to wild animals and describing his physical and emotional pain:

"Many bulls surround me, strong bulls of Bashan encircle me. Roaring lions that tear their prey open their mouths wide against me." (Psalm 22:12-13, NIV)

The imagery of being physically and spiritually overwhelmed grows stronger:

"I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me." (Psalm 22:14, NIV)

There is also a graphic description of the suffering of the body, which is often seen as a prophetic picture of the physical torment of Christ's crucifixion.

Finally, the psalmist describes the soldiers gambling for his clothes:

"They divide my clothes among them and cast lots for my garment." (Psalm 22:18, NIV)

This specific detail is fulfilled in the account of Jesus' crucifixion (Matthew 27:35, Mark 15:24, Luke 23:34, John 19:24).

Call for Deliverance (Psalm 22:19-21)

The psalmist continues to cry out for deliverance, pleading for God to intervene:

"But you, Lord, do not be far from me. You are my strength; come quickly to help me." (Psalm 22:19, NIV)

The psalmist's prayer transitions from desperation to a plea for God's immediate action to save him from the current distress.

Declaration of Trust and Praise for God's Deliverance (Psalm 22:22-24)

After seeking deliverance, the psalmist declares that he will praise God in the assembly:

"I will declare your name to my people; in the assembly I will praise you." (Psalm 22:22, NIV)

The psalmist's confidence in God's salvation returns, and he begins to anticipate God's intervention, promising to give thanks and praise.

Prophetic Vision of Global Praise (Psalm 22:25-31)

In the final verses, the psalmist expresses a vision of future worship and universal recognition of God's power:

"All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him." (Psalm 22:27, NIV)

This eschatological vision extends beyond the individual to the entire world, as all people, from every nation, will recognize the Lord's sovereignty and salvation.

The psalm concludes with a vision of a triumphant future:

"They will proclaim his righteousness, declaring to a people yet unborn: He has done it!" (Psalm 22:31, NIV)

Key Verses and Their Significance:

Psalm 22:1 – "My God, my God, why have you forsaken me?"

This verse is one of the most famous verses in the Bible, as it is quoted by Jesus on the cross (Matthew 27:46, Mark 15:34). It highlights the feeling of utter abandonment that both the psalmist and Jesus experienced. It emphasizes the depth of suffering that comes when one feels cut off from God, yet this cry also reflects a desire for God to intervene.

Psalm 22:16-18 – "They pierce my hands and my feet... They divide my clothes among them and cast lots for my garment."

These verses are remarkably prophetic, describing the physical suffering of the psalmist in terms that seem to align with the crucifixion of Jesus. The piercing of hands and feet and the casting of lots for garments are details that directly correspond to the events at the cross (Matthew 27:35, John 19:24).

Psalm 22:22 – "I will declare your name to my people; in the assembly I will praise you."

This is a turning point in the psalm. After the depths of despair, the psalmist expresses his intention to proclaim God's goodness publicly. This verse shows that even in the midst of intense suffering, there is hope and a return to praise once deliverance is experienced.

Psalm 22:27-28 – "All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him."

These verses express the universal scope of God's kingdom and salvation. They speak of a time when all nations will recognize the Lord's sovereignty and glory, a prophecy that was fulfilled through the work of Christ and continues to unfold as the gospel is spread worldwide.

Psalm 22:31 – "They will proclaim his righteousness, declaring to a people yet unborn: He has done it!"

This final verse is a declaration of God's ultimate victory and righteousness, proclaimed to all future generations. The phrase "He has done it!" echoes Jesus' final words on the cross ("It is finished"), marking the completion of the work of salvation.

Theological Themes:

Suffering and Abandonment: The psalm opens with a deep cry of abandonment, reflecting the intensity of human suffering, particularly the feeling of being forsaken by God. Jesus' use of this verse on the cross shows that suffering can be a path to understanding God's redemptive work.

Faith in God's Faithfulness: Even in the depths of despair, the psalmist recalls God's past acts of salvation and declares faith in His ultimate deliverance. This teaches believers that, despite present circumstances, God's character remains trustworthy.

Messianic Fulfillment: Many see Psalm 22 as a prophetic psalm pointing to the suffering of Christ. The specific details of Jesus' crucifixion, including the mocking, the piercing of His hands and feet, and the gambling for His clothes, all find their fulfillment in the New Testament accounts.

Universal Salvation: The psalm concludes with a vision of all nations and peoples coming to worship the.