

STUDY GUIDE



SOUL CARE 06.06.21

[set up]

Share about a moment when you felt like God was far away, absent, or uncaring about your pain.

[digging deeper]

Read Psalm 22.

What are one or two observations that are strongest for you from this passage?

When you look at the rhythm or flow of this Psalm, what do you notice?

There is no doubt that this Psalm of David expressed deep emotion related to suffering. What are some words or phrases that communicate that?

This Psalm also communicates faith in the midst of suffering. What words or phrases make that clear?

What is the relationship between feelings and faith? Which one do we tend to lead with? Which one should we lead with? How?

Is it ok to complain to God when we are in distress? (If you're not sure, see Psalm 55:17, Psalm 142:2, Jeremiah 12:1, Job 10:1.)

How can we lament and express our pain and disappointment to God without giving up on our faith in Him?

Anyone who is familiar with the Gospel and the crucifixion of Christ account quickly notices the connection between Psalm 22 and the crucifixion of Jesus. This gives evidence that Psalm 22 is a Psalm of prophecy or a "Messianic Psalm." Where do you see Jesus in Psalm 22? (You can read Matthew 27:27-46 for help.)

Here's an optional article you can read to do a deeper dive on Psalm 22 and the connection to Christ. <https://www.ligonier.org/blog/suffering-and-glory-psalm-22/>

How does seeing David's faith and Jesus in this Psalm help you in your suffering and the moments when you feel God is far away or silent?

(over)

[living it out]

On a scale of 1 (very far away) to 10 (very close and intimate), how far do you feel God is from you right now? Elaborate and share to your comfort level as to why and what would need to change for you to feel differently.

Take 3-5 minutes and brainstorm ways that we can let faith drive us more than feelings when going through painful times. Once your list is done, choose one of the ideas that you think would help you the most.

Pray for each other based on the themes and insights from this time. For extra relational depth, share your 1-10 number and as a group, spend extra time praying for those with the lowest number right now. (You'll need them to pray for you if you find yourself in the same place in the future.)