

## Dig Deeper @Home – “Cries of the Heart”

### Complement to lesson on 2/25/24 – “Why Have You Forsaken Me?”

#### ICE BREAKER – Questions to open dialogue and learn more about those gathered

1. What is the worst abandonment or desertion you can recall from a movie, book or real-life story?
2. In Psalm 22:14 we’ll read that David’s heart is “like wax... melted within my breast.” When is the last time you felt sadness and anguish like this? What caused it... and what brought healing?

#### MEMORIZE – Psalm 42:5,11

Why are you downcast, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

#### READ – Psalm 22

##### Questions to ponder/discuss:

1. Re-scan the text and consider...
  - a. What did the Holy Spirit cause to “jump off the page” as you read?
  - b. Is anything repeated? Contrasted? Compared? (If so... why might that be?)
  - c. What are the verses revealing about God? About people?  
In light of these, what needs to change in your life? What are you already doing well?
2. In verse 1, the Psalmist declares that God has “forsaken” him. To forsake is to leave behind or abandon. Based on what you find in the rest of the chapter, what leads him to believe he has been left for dead?
3. This is a another very personal Psalm. The word “me,” “my,” and I are used many times. How many of each do you count in chapter 22? What can we learn and apply to our own crying out to the LORD from this example and its inclusion in God’s Word?  
Me: \_\_\_\_ My: \_\_\_\_ I: \_\_\_\_ (Answer on other side. No cheating!)
4. There are **many** prophecies of Christ and His Kingdom in Psalm 22. How many can you spot?

## **EXPERIENTIAL ACTIVITY – Sympathize with Weakness**

As David pens Psalm 22 under the influence of the Holy Spirit, his own pain and suffering prophetically foretells of Jesus' affliction on the cross. It can be difficult to read some of the graphic language that describes our Savior's suffering.

No matter what we are going through, Jesus knows our pain. He knew sorrow, and His "soul (was) overwhelmed with sorrow to the point of death." (Matthew 26:38) He grew tired (John 4:6), knew poverty (Matthew 8:20) and suffered great physical pain. Hebrews 4:15 tells us that "we do not have a high priest who is unable to sympathize with our weakness, but one who in every respect has been tempted as we are, yet without sin."

Jesus sympathizes with our weakness... do we sympathize with others?

Take a minute to write or draw a note or card to someone who is suffering. It's crazy to think, but doing so is acting as the hands and feet of Jesus and may be just what that person needs to be assured that the LORD has not forsaken them!

**SING** (Suggested songs to sing. Use these, or any favorites of the gathered group, to worship Jesus!)

Forsaken (Psalm 22) - <https://www.youtube.com/watch?v=8vwwpkt7tWg>

Joy to the World – Mennonite Hymnal #122

Seventh Day Slumber / Waymaker - <https://youtu.be/aOWIW9aRsv0?si=P7vCf8YZdeCJ7C3J>

Listen: Skillet / Forsaken - <https://youtu.be/scZATRupshk?si=imRjq-T-DoRncXIO>

Listen: Psalm 22 (Why Have You Forsaken Me?) - [https://www.youtube.com/watch?v=JNpm\\_mCsTKw](https://www.youtube.com/watch?v=JNpm_mCsTKw)

## **PRAY**

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

### **Sending prayer based on the message:**

Heavenly Father, You are the stronghold of my life when I feel like the world is crashing in on me. Be not far from me, for trouble is near, and there is none to help. Kingship belongs to you, LORD, and you rule over the nations. I will put my trust in you and will yet praise you, my Savior and my God.

Answer Key- Me: 17 My: 25 I: 9 (ESV)