

Theme: God desires for our prayers to be filled with reality, including deep the deep anguish arising from living in this fallen world, and the hope that comes from knowing that in Christ we are never alone.

I. Intro – A Messianic Psalm?

- A. This Psalm is one of the more familiar
- B. Jesus quoted the first line on the cross
- C. Five verses are used in Gospel Passion narratives
- D. More than any other passage in Passion narratives!
- E. This can make us forget it is a prayer
- F. It is Messianic - but not like we often think
- G. What does this Psalm teach us about prayer?

II. UnCommon Anguish In Prayer

- A. This Psalm is full of anguish (Quick Overview)
 - 1. Forsaken, far, groaning, cry out day & night (vv1-2)
 - 2. Worm, scorned, despised, mock, insults (vv6-7)
 - 3. Do not be far from me, trouble near, no help (v11)
 - 4. Surrounded by “animals” (vv12-13, 16)
 - 5. Strength of body failing - sickness? (vv14-15, 17)
- B. Psalmist is experiencing real trouble and deep anguish
 - 1. This is a person with real trouble - and real anguish!
 - 2. We may not be poetic - but we understand anguish!
 - 3. We have all felt this way - many times in life

- 4. Psalmist real in prayer - expresses anguish to God
- 5. Jesus uses these words to express His anguish!
- 6. Real faith accepts real anguish & real questions
- 7. Real prayer expresses UnCommon anguish openly
- 8. This freaks Christians out - but not God!

III. The Experience of Anguish

- A. The sources of anguish
 - 1. Forsaken by his own body - vv14-15
 - 2. Forsaken by other human beings - vv6-8, [12-13], 16-18
 - 3. Forsaken - by God??? (vv1-2, 11,19)
 - a. The Psalmist knows theology & history
 - b. But he feels forsaken, abandoned and far from God
 - c. His knowledge of God only makes it worse!
 - d. God is silent - but people keep talking!
- B. The vacillating nature of anguish
 - 1. The Psalm alternates between anguish and hope
 - a. Anguish - vv1-2
 - b. Hope - vv3-5
 - c. Anguish - vv6-8
 - d. Hope - vv9-11
 - 2. This is real human experience - up and down, hope & despair
 - 3. We want quick and permanent relief - this is false hope

- C. Experiencing and expressing real anguish
 1. Christians will experience real anguish
 2. Christianity does not makes us Stoics!
 3. We will sometimes feel as if God is far off
 4. We will sometimes feel forsaken by God
 5. Our hope comes & goes; doubt & anguish return
 6. Needs to be taken to God in UnCommon prayer!
 7. This freaks Christians out - but not God!

IV. UnCommon Praise And Hope In Prayer

- A. Psalm ends with real praise to God
 1. Declare, praise, honor, revere God (vv22-23)
 2. Praise, turn to LORD, bow down (vv25-27)
- B. UnCommon praise and hope
 1. Praise with fellow believers (vv22-23, 25)
 2. Hope for the world to turn to God (vv27-28)
 3. Hope for the future (vv29-31)
 4. This is transcendent hope & praise!
- C. Hope - because God did not forsake - He heard!
 1. He did not despise me; He heard me! (v24)
 2. But this only comes as we honestly wrestle
 3. If we don't go through anguish, no real hope & praise

- 4. If we abort process of anguish, we abort hope

V. Applying the Word

- A. What do we do with our trouble, anguish, and doubt?
 1. We all experience trouble, anguish & doubt
 2. Denying this does not make one spiritual but unspiritual
 3. Christians are NOT Stoics, unaffected by life
 4. What do we do with trouble, anguish, doubt?
 5. Do we honestly express it to God - or hide it?
 6. Do we honestly experience it - or stuff it down?
- B. Do we see Jesus was forsaken in our place?
 1. This is most quoted OT passage for death of Christ
 2. Jesus cried out this Psalm on the cross
 3. He experienced the anguish of abandonment
 4. His was not perceived, but real abandonment
 5. He was abandoned, so we will never be
 6. This is the basis for our hope to endure anguish
- C. Communion - Christ abandoned for us

UnCommon Anguish In Prayer

Psalm 22
 March 3, 2013
 Communion
 Psalm 20:1-5

1 My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from the words of my groaning?
2 O my God, I cry out by day, but you do not answer,
by night, and am not silent.

3 Yet you are enthroned as the Holy One;
you are the praise of Israel.
4 In you our fathers put their trust;
they trusted and you delivered them.
5 They cried to you and were saved;
in you they trusted and were not disappointed.

6 But I am a worm and not a man,
scorned by men and despised by the people.
7 All who see me mock me;
they hurl insults, shaking their heads:
8 "He trusts in the LORD;
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 upon 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 tearing 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 away within me.
15 My strength 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 have surrounded me;
a band of evil men has encircled me,
they have pierced my hands and my feet.
17 I can count all my bones;
people stare and gloat over me.
18 They divide my garments among them
and cast lots for my clothing.

19 But you, O LORD, be not far off;
O my Strength, come quickly to help me.
20 Deliver my life 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 brothers;
in the congregation 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 disdained
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 will I fulfill my vows.
- 26 The poor will eat and be satisfied;
they 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
to a people yet unborn—
for he has done it.

Psalm 22 verse	Quote or allusion in New Testament
v1 - My God, My God, why have you forsaken me?	Matthew 27:46 // Mark 15:34
v7 - All who see me mock me; they hurl insults, shaking their heads:	Matthew 27:39-40 // Mark 15:29
v8 - "He trusts in the Lord; let the Lord rescue him. Let him deliver him, since he delights in him."	Matthew 27:43
v15 - My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.	John 19:28
v18 - They divide my garments among them and cast lots for my clothing.	Matthew 27:35 // Mark 15:24 // Luke 23:34 // John 19:24
v22 - I will declare your name to my brothers; in the congregation I will praise you.	Hebrews 2:11-12