

Psalms: 22 & 23

Key Scriptures:

Psalm 22:1 My God, My God, why have You forsaken Me? Why are You so far from helping Me, And from the words of My groaning? (Matt 27:46)

⁸ "He trusted in the LORD, let Him rescue Him; Let Him deliver Him, since He delights in Him!" (Matt 27:43)

¹⁵ My strength is dried up like a potsherd, And My tongue clings to My jaws; You have brought Me to the dust of death. (John 19:28) ¹⁶ For dogs have surrounded Me; The congregation of the wicked has enclosed Me. They pierced My hands and My feet;

¹⁸ They divide My garments among them, And for My clothing they cast lots. (John 19:24)

³¹ They will come and declare His righteousness to a people who will be born, That He has done this. (John 19:30)

Psalm 23:1-6 The LORD is my shepherd; I shall not want.

² He makes me to lie down in green pastures; He leads me beside the still waters.

³ He restores my soul; He leads me in the paths of righteousness For His name's sake. ⁴Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.

⁵ You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.

⁶ Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

Key Point: The reason we can be comforted by God is because of the pain Jesus went through for us.

TALK IT OVER

Start talking: Pick a conversation starter for your group.

- What is one small or weird talent you have that most people don't know about?

Reflect, Think, & Share: Read through the key scriptures and share any observations or questions with the group.

Read through Psalm chapter 22 as a group, and note any portions that sound like what Jesus experienced upon the cross.

- Why do you think God placed Psalm 22 before Psalm 23? What connection do you see between Christ's suffering and our comfort? What insight does John 10:11 give us?
- What does it mean practically when we say, "Because the Lord is my Shepherd, I lack nothing"?
- How has God "made you lie down" in your life — in a way that restored your soul even though it was hard?
- In Psalm 23, David moves from speaking about God ("He leads me") to speaking to God ("You are with me"). Why do you think that change happens in the valley?
- We often fear valleys (hardships), but Psalm 23 shows God uses them to lead us. How have you seen God grow your faith through a "valley" experience?
- David says God's "goodness and mercy" will pursue him all his life. How does that image shape how you view God's attitude toward you?
- In verse 6, the word for "dwell" in the Hebrew is actually the word "return." The reason most English versions translate it "dwell" is because that is what the Greek manuscripts of the Old Testament say, and it seems to make better sense. So, what could it mean for David to say "Surely goodness and mercy shall follow me all the days of my life; and I will return to the house of the LORD for the length of days."

Start doing: what is one area of your life where you need to stop fearing, start trusting, and let Him lead you — even through a valley?

Prayer Requests. Take some time to pray together. Use the key scriptures as a guide in praying the scriptures back to God.

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