



# SAFEWAY BAPTIST CHURCH WEDNESDAY NIGHT BIBLE STUDY

## TOPIC: WE'RE IN A TIGHT SPOT

Psalm 22: 1-11

- I. David's Complaint (Psalm 22:1-3)
- II. David's Concern (Psalm 22: 4-8)
- III. David's Confidence (Psalm 22: 9-11)

Main Thought: Psalm 22:1

### Study Questions

1. The lesson began with David asking God what?
2. When did David say he cried?
3. Who did David say trusted God?
4. How did David describe himself?
5. When did David say God became his God?

### Research Question

The third section of our lesson points out David's confidence. Why was David confident he could defeat the Philistine giant, Goliath?

### More Research – Sunday School

#### A Plea for Deliverance: We're in a Tight Spot Psalm 22:1-11

<sup>1</sup>My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?

<sup>2</sup>My God, I cry out by day, but you do not answer, by night, but I find no rest. <sup>3</sup>Yet you are enthroned as the Holy One; you are the one Israel praises. <sup>4</sup>In you our ancestors put their trust; they trusted and you delivered them. <sup>5</sup>To you they cried out and were saved; in you they trusted and were not put to shame.

<sup>6</sup>But I am a worm and not a man, scorned by everyone, despised by the people. <sup>7</sup>All who see me mock me; they hurl insults, shaking their heads. <sup>8</sup>"He trusts in the Lord," they say, "let the Lord rescue him. Let him deliver him, since he delights in him." <sup>9</sup>Yet you brought me out of the womb; you made me

trust in you, even at my mother's breast. <sup>10</sup> From birth I was cast on you; from my mother's womb you have been my God. <sup>11</sup> Do not be far from me, for trouble is near and there is no one to help.

## I. Terms to Know

**forsaken** - to abandon, renounce, or reject. It can also mean to leave entirely, desert, or depart from.

**anguish** - Extreme distress of body, mind or spirit; excruciating pain or suffering of soul; excessive grief, remorse, despair.

**enthroned** - to dwell in or inhabit, or to sit, remain, or be settled somewhere.

**ancestors** - a person who was in someone's family in past times. Biblically they are the ones entrusted to pass along the faith through the generations, from one man to another, to instruct the people in the faith.

**despised** - to feel a strong dislike for someone or something because you think that that person or thing is bad or has no value.

**mock** - to laugh at or make fun of (someone or something) especially by copying an action or a way of behaving or speaking.

**insults** - a way of showing disrespect and superiority through words or actions; a rude expression intended to offend or hurt.

**womb** - the place where offspring are conceived and developed, and where God acts in a physical way.

## II. Summary

Psalm 22 is a psalm that expresses the pain of suffering and the glory of God. It is a lament, a way to express grief or sorrow, or a way to express sad feelings to God, and it can be used when someone feels like God is not near. God is able to hear about our deepest sorrows and biggest hurts, and he wants us to tell him everything.

- God helped our ancestors when they trusted in him, and he will do the same for us.
- God's love for us is perfect and will last forever, even when the love of other people is imperfect and can disappoint.
- God can see the future and has a plan, so we don't have to be afraid.

## III. Questions

1. The lesson began with David asking God what? \_\_\_\_\_
2. When did David say he cried? \_\_\_\_\_
3. Who did David say trusted God? \_\_\_\_\_
4. How did David describe himself? \_\_\_\_\_
5. When did David say God became his God? \_\_\_\_\_