

worship, repent,
fast, and pray

a study of

PSALMS

connecting
the heart
of the reader
to the heart
of God

Psalms 1

¹ Blessed is the one

who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers

² but whose delight is in the law of the Lord
and who meditates on his law day and night

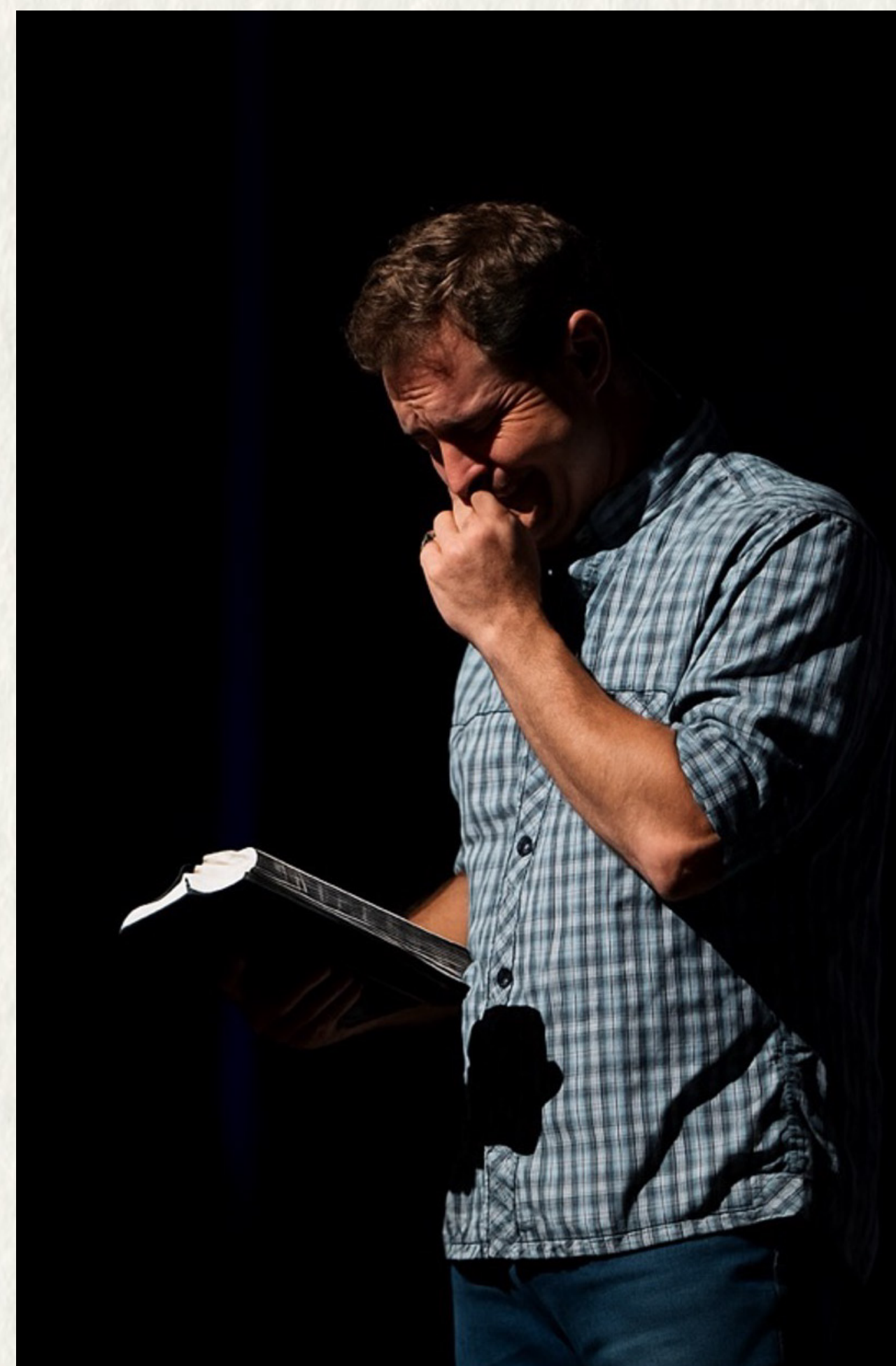
³ That person is like a tree planted by the water
which yields its fruit in season
and whose leaf does not wither

Psalms of

MESSIAH

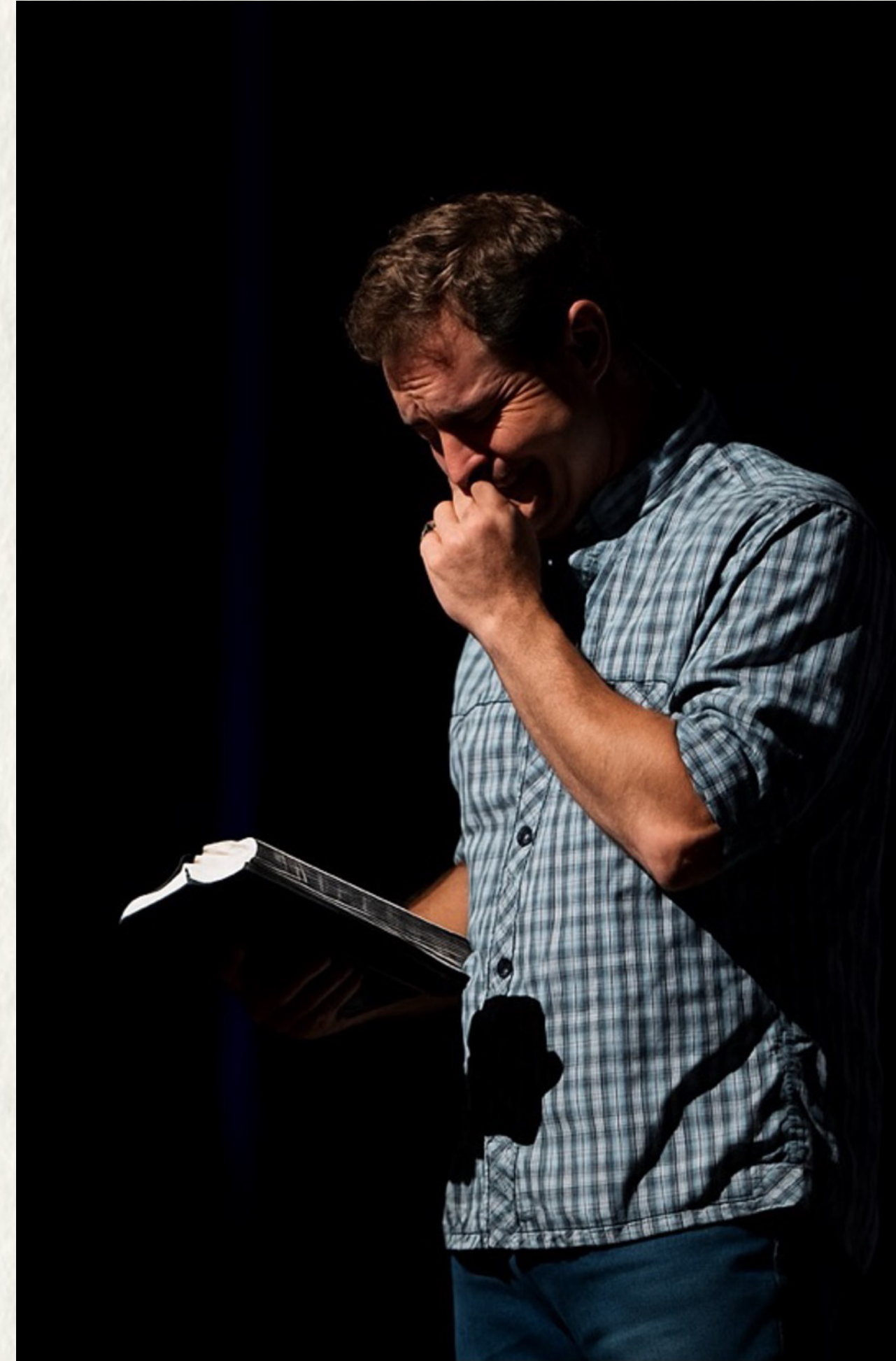
Three Types of Crying

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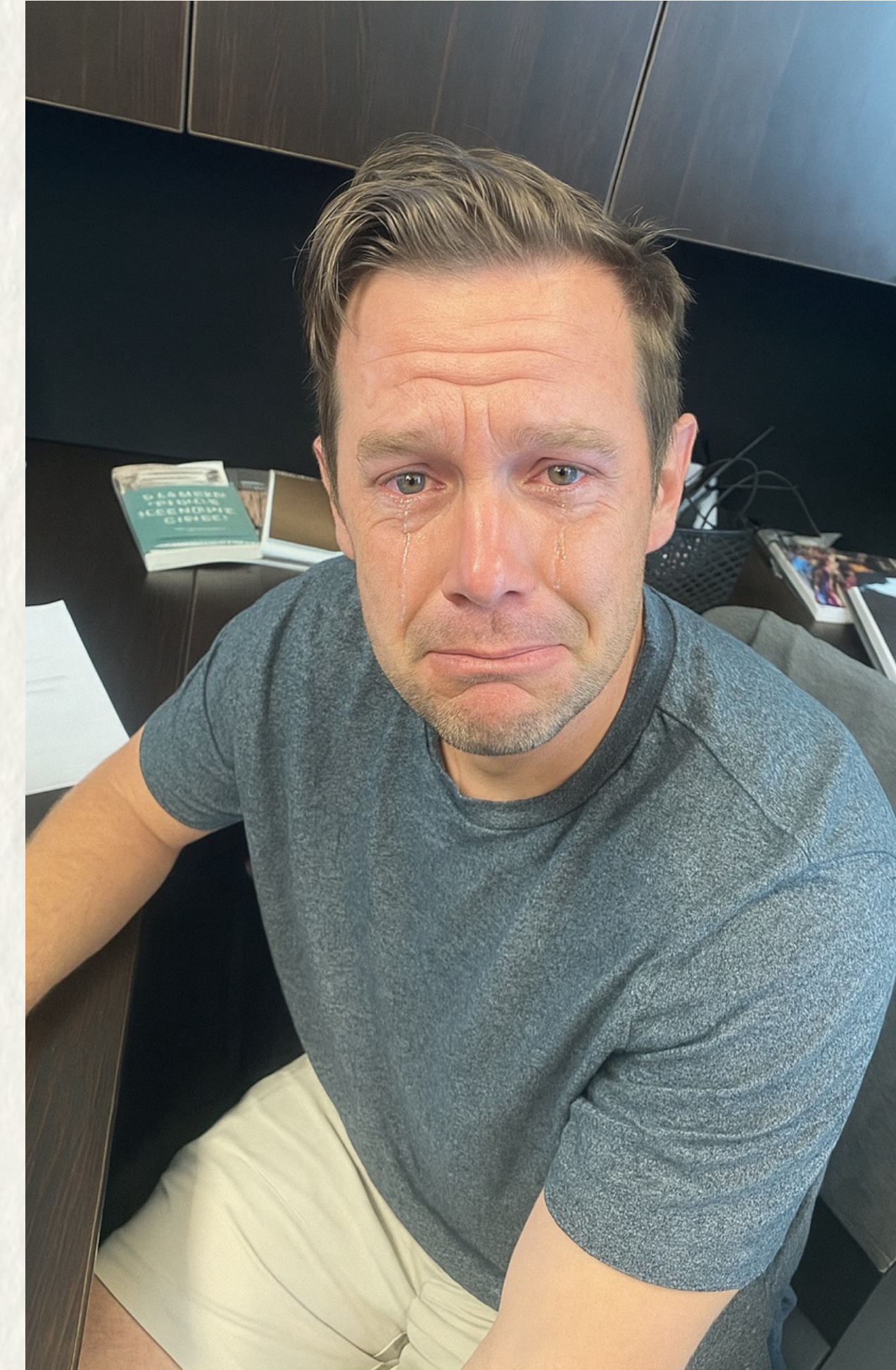


Choke Up

Three Types of Crying

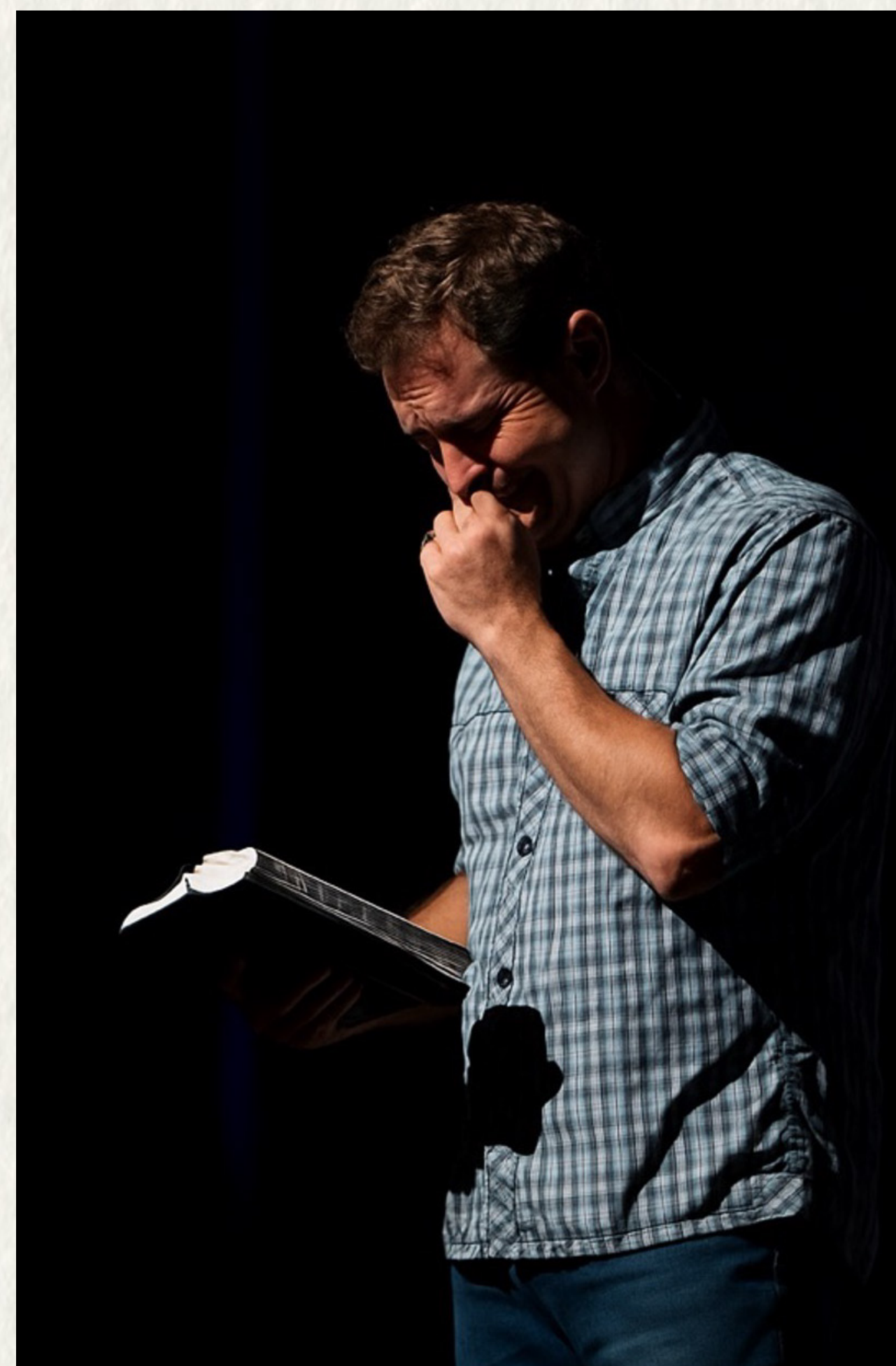


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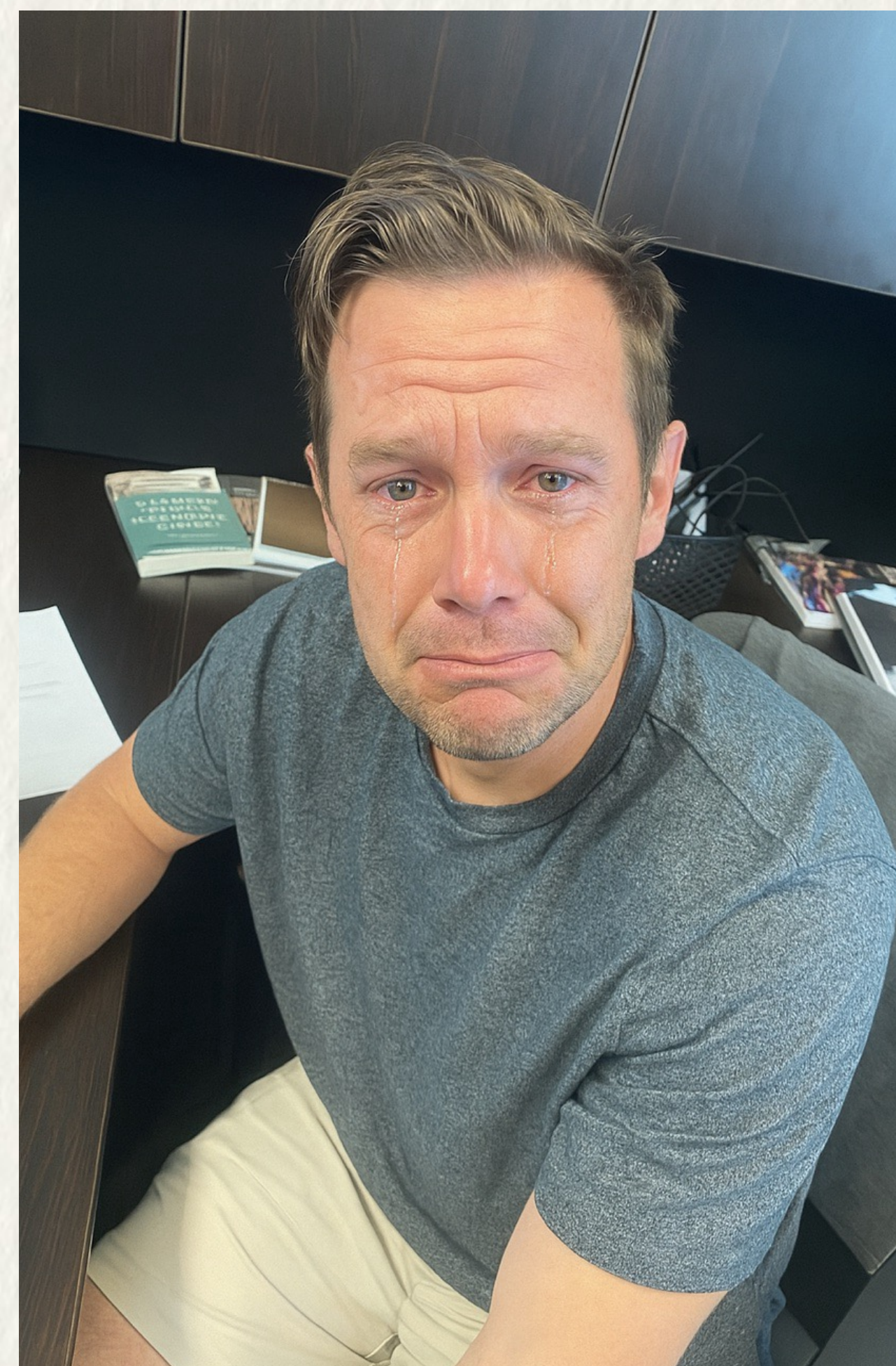


Actual Tears

Three Types of Crying



Choke Up



Actual Tears



Ugly Cry

Did God forsake Jesus in His
greatest time of need?

Psalms 22 is a part of a set of Psalms
including 23 and 24 called the Messianic
Psalms that point us to *Jesus*

Psalms 22:1-2 ESV

My God, my God, why have you forsaken me?

Why are you so far from saving me, from the words
of my groaning?

² O my God, I cry by day, but you do not answer,
and by night, but I find no rest.

Psalms 22:3-5 ESV

Yet you are holy,
enthroned on the praises of Israel.
In you our fathers trusted;
they trusted, and you delivered them.
To you they cried and were rescued;
in you they trusted and were not put to shame.

Pain

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Remembrance

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Pain

Psalms 22:6-8 ESV

But I am a worm and not a man,
scorned by mankind and despised by the people.
⁷ All who see me mock me;
they make mouths at me; they wag their heads;
⁸ "He trusts in the LORD; let him deliver him;
let him rescue him, for he delights in him!"

Pain

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Remembrance

Psalms 22:9-11 ESV

Yet you are he who took me from the womb;
you made me trust you at my mother's breasts.
¹⁰ On you was I cast from my birth,
and from my mother's womb you have been my God.
¹¹ Be not far from me,
for trouble is near,
and there is none to help.

Psalms 22:12-18 ESV

Many bulls encompass me;

strong bulls of Bashan surround me;

¹³ they open wide their mouths at me,
like a ravening and roaring lion.

¹⁴ I am poured out like water,
and all my bones are out of joint;

my heart is like wax;

it is melted within my breast;

¹⁵ my strength is dried up like a potsherd,
and my tongue sticks to my jaws;
you lay me in the dust of death.

¹⁶ For dogs encompass me;

a company of evildoers encircles me;
they have pierced my hands and feet

¹⁷ I can count all my bones—
they stare and gloat over me;

¹⁸ they divide my garments among them,
and for my clothing they cast lots.

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and for my clothing they cast lots.

But...

Psalms 22:19-23 ESV

But you, O LORD, do not be far off!

O you my help, come quickly to my aid!

²⁰ Deliver my soul from the sword,
my precious life from the power of the dog!

²¹ Save me from the mouth of the lion!

You have rescued me from the horns of the wild oxen!

²² I will tell of your name to my brothers;
in the midst of the congregation I will praise you:

²³ You who fear the LORD, praise him!
All you offspring of Jacob, glorify him,
and stand in awe of him, all you offspring of Israel!

Psalms 22:24-26 ^{ESV}

For he has not despised or abhorred
the affliction of the afflicted,
and he has not hidden his face from him,
but has heard, when he cried to him.

²⁵ From you comes my praise in the great congregation;
my vows I will perform before those who fear him.

²⁶ The afflicted shall eat and be satisfied;
those who seek him shall praise the LORD!
May your hearts live forever!

Psalms 22:27-31 ESV

All the ends of the earth shall remember
and turn to the LORD,
and all the families of the nations
shall worship before you.

²⁸ For kingship belongs to the LORD,
and he rules over the nations.

²⁹ All the prosperous of the earth eat and worship;
before him shall bow all who go down to the dust,
even the one who could not keep himself alive.

³⁰ Posterity shall serve him;
it shall be told of the Lord to the coming generation;

³¹ they shall come and proclaim his righteousness to a people yet unborn,
that he has done it.

"Jesus is quoting from Psalm 22 — not as one who has lost faith, but as one who is calling upon the God who saves, even in the darkest hour."

- *Fleming Rutledge*

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Psalms 23:1-6 ^{ESV}

The LORD is my shepherd; I shall not want.

² He makes me lie down in green pastures.

He leads me beside still waters.

³ He restores my soul.

He leads me in paths of righteousness

for his name's sake.

⁴ Even 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 overflows.

⁶ Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the LORD

forever.

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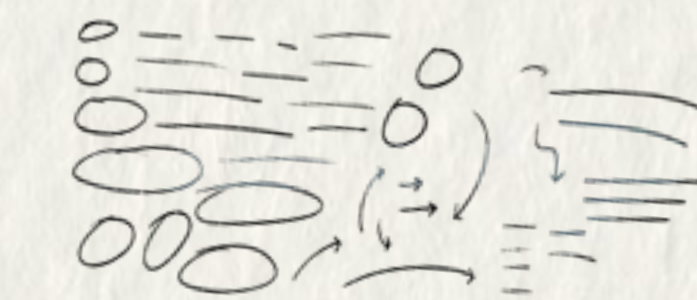
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Psalms 24:3,7-10 ESV

Who shall ascend the hill of the LORD?

And who shall stand in his holy place?

⁷ Lift up your heads, O gates!

And be lifted up, O ancient doors,
that the King of glory may come in.

⁸ Who is this King of glory?

The LORD, strong and mighty,
the LORD, mighty in battle!

⁹ Lift up your heads, O gates!

And lift them up, O ancient doors,
that the King of glory may come in.

¹⁰ Who is this King of glory?

The LORD of hosts,
he is the King of glory! *Selah*

Psalms 22

Sacrifice

What God has done
for us.

Psalms 23

Shepherd

What God does
for us in the *present.*

Psalms 24

King

What God does
for us in the *future.*