



Life Group Study Guide

Psalm 13

Introduction

Have you ever felt that God was distant when you were in a tough place? Did you feel as if everything and everyone was against you? Have you experienced times of pain and sorrow so excruciating that you did not know how to move forward? Are you experiencing anything like this now? Discuss.

Context

Approximately half of the songs in the book of Psalms can fall under the category of Lament Psalms. They express great emotions of sorrow and grief, both personal and on behalf of the nation of Israel and its people. Many ask for God's intervention. Although the Psalms were written with many different structures, many follow a similar pattern:

1. Begin with a first-person plea to God.
2. Lament over a crisis.
3. Remind God of his character of power, faithfulness and trustworthiness.
4. Petition God to intervene in the situation.
5. Describe the response to God's intervention in faithful anticipation.
6. End with praising or blessing God.

These Psalms provide a practical method for how to grieve and approach God during trials, remind the reader of God's characteristics, provide hope for the future, and give God praise in advance for how He will respond.

Reading

Read Psalm 22

Study

1. Who wrote this Psalm? Who is it written to?

2. What is the author's complaint or crisis?

3. Is this an accurate view of God's character or is this just how the author feels at the moment? Why is this important?

4. List the characteristics of God as described by the author in Psalm 22:

v.3 _____

v.4 _____

v.5 _____

v.9 _____

v.21 _____

v.31 _____

others _____

What patterns do you see in the characteristics ascribed to God? Why is this important during times of lament? How is this helpful? Discuss.

5. What are the author's petitions to God?

v.11 _____

v.19 _____

v.20 _____

v.21 _____

What can you learn from this about what is important to people and to God during times of lament and despair? Discuss.

6. What does the author say he will do in response to his anticipated deliverance by God?

v.22a _____

v.22b _____

How can you express your feelings to God during trials? How can you remind yourself of God's character? What do you anticipate to be the outcome of your trials? Can you praise God in anticipation of his intervention? How can this be helpful to you? To others? How does this change how you can respond to suffering and trials in your life? Discuss.

For what does the author praise the Lord?

v.24a _____

v.24b _____

v.24c _____

v.26 _____

v.27a _____

v.27b _____

v.29a _____

v.29b _____

v.29c _____

v.30 _____

v.31 _____

What do these praises reveal about God's plan for all humanity? What should we be praising God for?

Reflection

Psalms 22 was written by David to describe his own circumstances, but is also a Messianic prophecy. It points to the sufferings of Jesus including his trials before unjust judges, flogging by the Romans, and the excruciating pain of crucifixion, as well as the responses of the crowd watching. Jesus quoted this Psalm on the cross as he cried out to God the Father (See Matthew 27:46).

How do the trials that Jesus encountered on behalf of your sin encourage you during trials and temptations? How does this provide you hope during your own personal difficulties? Discuss.

Close in Prayer