

# Resolution

## Psalm 22

What do we do when what we \_\_\_\_\_

is different than what we \_\_\_\_\_?

1. Look \_\_\_\_\_: \_\_\_\_\_ honestly how we feel

2. Look \_\_\_\_\_: \_\_\_\_\_ what God has done

3. Look \_\_\_\_: \_\_\_\_\_ God for help

4. Look \_\_\_\_\_: \_\_\_\_\_ what God will do

## For Further Reflection and Discussion

*Opener: In what extracurricular activities did you participate in school?*

How did God speak to you or work in you at church this Sunday?

Read (or take turns reading) Psalm 22. At a first reading, what stands out to you?

Look at what David says in vv. 1-2, 6-8, and 12-18. What does he feel about God?

- What does he feel about himself?
- What kind of situation is he facing, and how has that affected him?
- In what ways can you identify with what David says in these verses?

How can looking back on the experiences of others (vv. 3-5) help us when we experience the tension between what we feel and what we believe?

What are some ways God has been at work in your life in the past? How have you seen him answer your prayers and meet your needs?

In vv. 11, 19-21, what does David ask of the Lord?

- Why do you think a relatively small amount of this psalm is given to David's request for help?
- If you could make one request of the Lord today, what would it be?

What does David anticipate will happen after his prayer is answered (vv. 22-31)?

- What will be your response when God answers your prayer? What will be the response of those around you?

How can we pray for each other?