

Psalm 22 - Feeling Abandoned

The Emotions of Psalms



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"An astonishing account of an unimaginable ordeal."

-JON KRAKAUER, author of *Jeta Thin Air*

MIRACLE IN THE ANDES



72 Days on the Mountain and
My Long Trek Home

NANDO PARRADO

WITH VINCE RAUSE

The Psalmist's Primary Pathos: ABANDONMENT

Psalm 22 - 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.

3 Yet you are holy, enthroned on the praises of Israel.

4 In you our fathers trusted; they trusted, and you delivered them.

5 To you they cried and were rescued; in you they trusted and were not put to shame.

6 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!"

9 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.

12 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.

19 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!

24 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!

27 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.

The Psalmist's Processing:
LIES & TRUTH

LIES

- God is far away (v1)
- God is not answering me (v2)
- I can find no rest (v2)
- I am a worm – unworthy of God's presence
the mocking of the people is correct (v6-8)
- There is no one to help me as I come under attack,
I'm too weak – eyes fixed on the trial (v11-18)

TRUTH

- God's character: holiness (v3)
- Were trusted in the past and delivered/rescued (v4-5)
- God has always known me and has a plan for me
(v9-10)
- God is not far off and hears us as we call to Him to
save us (v19-21)

What's the weapon against abandonment?

Praise of God &
Affirmation of Truth



- **Glorify God with testimony to others (v22-23, 25)**
 - He sees, understands, and meets the afflicted right where they are (v24)
 - Those who seek the Lord will find Him and be satisfied (v26)
- **Rejoice as others glorify God (v27)**
- **Remember who is the true King (v28-29)**
- **Generations will be blessed (v30-31)**

The Psalmist's Pointing to Jesus

Matthew 27:45-46 “45 Now from the sixth hour there was darkness over all the land until the ninth hour. 46 And about the ninth hour Jesus cried out with a loud voice, saying, “Eli, Eli, lema sabachthani?” that is, “My God, my God, why have you forsaken me?””



Isaiah 59:2 “but your iniquities have made a separation between you and your God, and your sins have hidden his face from you...”
2 Corinthians 5:21 “For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.”

Jesus knew the beginning *and*
end of Psalm 22.



“Father, forgive them; for they know not what they do.” – Luke 23:34

“Truly, I say to you, today you will be with me in Paradise.” – Luke 23:43

“Woman, behold your son!...Behold your mother!” – John 19:26–27

“My God, my God, why have you forsaken me?” – Matthew 27:46 & Mark 15:34

“I thirst.” – John 19:28

“It is finished.” – John 19:30

“Father, into your hands I commit my spirit.” – Luke 23:46

Job 13:15 “Though he slay me, I will hope in him...”

Daniel 3:17-18 “17 ...our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of your hand, O king. 18 But if not, be it known to you, O king, that we will not serve your gods or worship the golden image that you have set up.”

Deuteronomy 31:6 “Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”



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