

Small Group Study Guide, Week of February 16, 2025

Psalm 22: "A Psalm of Suffering"

Q: What is the purpose of suffering for Christians?

Big Idea: Suffering is a purposeful means God uses to grow our trust in God

Ice Breaker: Describe an encounter you have had with a ferocious dog or wild animal. What frightened you most? How did you respond?

Dig:

1. What personal struggles and dangers does David describe in vv1-2, 6-8, 11-18? How do these correlate with struggles and dangers people face today?
2. In vv1-21, describe the ways David responds to his situation as reported in Question #1? What word pictures does he use?
3. In vv22-31, what mood shift do you notice from vv1-21? What do you think might explain the change?
4. No Psalm is quoted more frequently in the New Testament than Psalm 22. Explore some examples to develop a sense of why that might be and share them with your group. (Matt 27; Mark 15; Luke 23; John 19; Hebrews 2:10-13)

Apply:

5. What parts of this Psalm resonate with where you are in your life right now? What help do you find here?
6. When you are stricken with grief or fear or even feel abandoned by God, how do you express that? What lessons do you take from David in this Psalm to prepare you for next time?

Adapted from Serendipity Bible (1988), This Morning with God (1978), Search the Scriptures (1978)