The Prayer of Calvary
Psalm 22
October 18, 2026

Discussion Questions - These are conversation starters and a guide, not a script.

1. What aspects of Christ's suffering in this psalm stood out to you? In what sense is Christ's suffering unique to Him? In what sense do we participate in His suffering?

2. In vv. 3-5, 9-11, and 19-21, how does Christ fortify Himself in the midst of His suffering? Why is it so important that we worship God in our suffering (v. 3)? What does this psalm teach us about how to endure suffering?

3. What will both Israel and the nations do in the future (vv. 23, 27-28)? What will Christ do for the nations (see the end of both vv. 26 and 29)?

4. What is our obligation to the coming generations in vv. 30-31? What are practical ways you can do this?

5. We will proclaim **"He has done it" (v. 31).** What did Christ do? How is this the exact opposite of "I have done it" that is in our hearts?