

My God My God Why Have You Forsaken Me?

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? O my God, I cry by day, but you do not answer, and by night, but I find no rest. Yet you are holy, enthroned on the praises of Israel. In you our fathers trusted; they trusted, and you delivered them. To you they cried and were rescued; in you they trusted and were not put to shame. But I am a worm and not a man, scorned by mankind and despised by the people. All who see me mock me; they make mouths at me; they wag their heads; “He trusts in the Lord; let him deliver him; let him rescue him, for he delights in him!” Yet you are he who took me from the womb; you made me trust you at my mother's breasts.

On you was I cast from my birth, and from my mother's womb you have been not far from me, for trouble is near, and there is none to help.

Many bulls encompass me; strong bulls of Bashan surround me; they open wide their mouths at me, like a ravening and roaring lion. 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; my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet I can count all my bones—they stare and gloat over me; they divide my garments among them, and for my clothing they cast lots. But you, O Lord, do not be far off! O you my help, come quickly to my aid!

Deliver my soul from the sword, my precious life from the power of the dog! Save me from the mouth of the lion! You have rescued me from the horns of the wild oxen! I will tell of your name to my brothers; in the midst of the congregation I will praise you: 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! 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. From you comes my praise in the great congregation; my vows I will perform before those who fear him. The afflicted shall eat and be satisfied; those who seek him shall praise the Lord! May your hearts live forever!

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you. For kingship belongs to the Lord, and he rules over the nations. 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. Posterity shall serve him; it shall be told of the Lord to the coming generation; they shall come and proclaim his righteousness to a people yet unborn, that he has done it.”



1. The Cry of Desperation

Psalm 22 begins with a heart-wrenching cry: "My God, my God, why have You forsaken me?"

These verses remind us that even in our darkest moments, we can turn to God with our deepest fears and questions. It's a powerful lesson in honesty and vulnerability before our Creator, who understands our struggles and invites us to pour out our hearts to Him.

Psalm 139:7-16 "Where shall I go from your Spirit?

Or where shall I flee from your presence?

8 If I ascend to heaven, you are there!

If I make my bed in Sheol, you are there!

9 If I take the wings of the morning

and dwell in the uttermost parts of the sea,

10 even there your hand shall lead me,

and your right hand shall hold me.

11 If I say, "Surely the darkness shall cover me,

and the light about me be night,"

12 even the darkness is not dark to you;

the night is bright as the day,

for darkness is as light with you.

13 For you formed my inward parts;

you knitted me together in my mother's womb.

14 I praise you, for I am fearfully and wonderfully made.

Wonderful are your works;

my soul knows it very well.

15 My frame was not hidden from you,

when I was being made in secret,

intricately woven in the depths of the earth.

16 Your eyes saw my unformed substance;

in your book were written, every one of them,

the days that were formed for me,

when as yet there was none of them."

2. The Prophetic Picture of the Cross

Psalm 22:1 "My God, my God, why have You forsaken me?"



Matthew 27:46 "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?"

Jesus is essentially declaring from the cross, this is Me whom the prophet David declared!

Psalm 22:6-8 "But I am a worm and not a man, scorned by mankind and despised by the people. All who see me mock me; they make mouths at me; they wag their heads; "He trusts in the Lord; let him deliver him; let him rescue him, for he delights in him!"

Matthew 27:43 "He trusts in God; let God deliver him now, if he desires him. For he said, 'I am the Son of God.'"

Psalm 22:16 "They have pierced my hands and feet."

Luke 23:33 "And when they had come to the place called Calvary, there they crucified Him."

John 20:27-28 "Then He said to Thomas, "Reach here with your finger, and see My hands; and reach here your hand and put it into My side; and do not be unbelieving, but believing." Thomas answered and said to Him, "My Lord and my God!"

Zechariah 12:10 "And I will pour out on the house of David and the inhabitants of Jerusalem a spirit of grace and pleas for mercy, so that, when they look on me, on him whom they have pierced, they shall mourn for him, as one mourns for an only child, and weep bitterly over him, as one weeps over a firstborn."

Psalm 22:18 "They divide my garments among them, and for my clothing they cast lots."

Mark 15:24-25 "And they crucified him and divided his garments among them, casting lots for them, to decide what each should take. And it was the third hour when they crucified him."

3. Trust in God's Faithfulness

Despite the initial cry of despair, the psalmist quickly shifts to a declaration of trust: "In You our fathers trusted; they trusted and You delivered them" (**Psalm 22:4**). This teaches us to remember God's past faithfulness as a source of hope and encouragement in our present trials.



4. The Power of Praise

Even in the midst of suffering, David declares, "I will proclaim Your name to my brothers; I will praise You in the assembly" (**Psalm 22:22**). Praise is a powerful tool that shifts our focus from our problems to God's greatness, lifting our spirits and strengthening our faith.

Psalm 22:3 "Yet you are holy, enthroned on the praises of Israel."

5. God's Nearness in Suffering

The psalmist acknowledges, "For He has not despised or detested the torment of the afflicted. He has not hidden His face from him, but has attended to his cry for help" (**Psalm 22:24**). This assures us that God is not distant in our suffering; He is present and attentive, ready to comfort and deliver.

Hebrews 2:14-18 "Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery. For surely it is not angels that he helps, but he helps the offspring of Abraham. Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. For because he himself has suffered when tempted, he is able to help those who are being tempted."

Hebrews 4:14-16 "Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."

6. The Global Impact of God's Salvation

Psalm 22 looks forward to a time when "all the ends of the earth will remember and turn to the LORD" (**Psalm 22:27**). This highlights the universal scope of God's salvation plan, encouraging us to share the good news of Jesus with all nations, knowing that His love extends to every corner of the globe.

Matthew 24:14 "And this gospel of the kingdom will be proclaimed throughout the whole world as a testimony to all nations, and then the end will come."

7. The Humility of Dependence

The psalmist's reliance on God is evident: "For You brought me out of the womb; You secured me at my mother's breast" (**Psalm 22:9**). This teaches us the importance of humility and dependence on God from the very beginning of our lives, recognizing that He is our ultimate source of strength and provision.

Philippians 2:8 "And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross."

8. The Victory of the Righteous

Despite the suffering described, the psalm concludes with a note of triumph: "For dominion belongs to the LORD and He rules over the nations" (**Psalm 22:28**). This reassures us that no matter how dire our circumstances may seem, God's ultimate victory is assured, and His righteous rule will prevail.

Revelation 19:19-21 "And I saw the beast and the kings of the earth with their armies gathered to make war against him who was sitting on the horse and against his army. And the beast was captured, and with it the false prophet who in its presence had done the signs by which he deceived those who had received the mark of the beast and those who worshiped its image. These two were thrown alive into the lake of fire that burns with sulfur. And the rest were slain by the sword that came from the mouth of him who was sitting on the horse."

9. The Legacy of Faith

The psalmist declares, "Posterity will serve Him; they will declare the Lord to a new generation" (**Psalm 22:30**). This emphasizes the importance of passing on our faith to future generations, ensuring that the message of God's love and salvation continues to impact lives long after we are gone.

Leviticus 26:3-13 "If you walk in my statutes and observe my commandments and do them, then I will give you your rains in their season, and the land shall yield its increase, and the trees of the field shall yield their fruit. Your threshing shall last to the time of the grape harvest, and the grape harvest shall last to the time for sowing. And you shall eat your bread to the full and dwell in your land securely. I will give peace in the land, and you shall lie down, and none shall make you afraid. And I will remove harmful beasts from the land, and the sword shall not go through your land. You shall chase your enemies, and they shall fall before you by the sword."



Five of you shall chase a hundred, and a hundred of you shall chase ten thousand, and your enemies shall fall before you by the sword. I will turn to you and make you fruitful and multiply you and will confirm my covenant with you. You shall eat old store long kept, and you shall clear out the old to make way for the new. I will make my dwelling among you, and my soul shall not abhor you. And I will walk among you and will be your God, and you shall be my people. I am the Lord your God, who brought you out of the land of Egypt, that you should not be their slaves. And I have broken the bars of your yoke and made you walk erect."

10. The Fulfillment of God's Promises

The final verse proclaims, "They will come and proclaim His righteousness to a people yet unborn—all that He has done" (**Psalm 22:31**). This is a powerful reminder that God is faithful to fulfill His promises, and His works will be declared throughout all generations, inspiring us to trust in His perfect plan.

Deuteronomy 7:9 "Know therefore that the Lord your God, He is God, the faithful God, **who keeps His covenant and His lovingkindness** to a thousandth generation with those who love Him and keep His commandments."

Psalm 103:17–18 "But the lovingkindness of the Lord is from everlasting to everlasting on those who fear Him, And His righteousness to children's children, To those who keep His covenant And remember His precepts to do them."

