



PSALM

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My God, my God,  
why have you forsaken me?

(PSALM 22:1)



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## STRUCTURE

- v. 1-2** Opening lament.
- v. 3-5** God's historic saving work.
- v. 6-8** The derision David received for believing in God.
- v. 9-18** David's suffering at the hand of assailants and evildoers.
- v. 19-21** Confidence in the Lord and a plea for rescue.
- v. 22-31** Praise of God, before both the faithful and the unfaithful. The Lord's Kingdom will continue.

## AT A GLANCE

- AUTHOR** A Psalm of David, the son of Jesse and ancestor of our Lord, who wrote at least 75 psalms.
- "BULLS OF BASHAN"** Bashan was a place where God's people defeated the enemy in the conquest of Canaan (**DEUT. 3**). With its giant people, trees and walls, Bashan is a symbol of strength.
- "POTSDHERD"** Literally a "shard of a pot." A broken piece of an earthenware vessel.



## CHRIST IS HERE

We should understand this whole psalm to be telling us about Christ's Passion, during which He was "scorned," "mocked" and "despised" (v. 6-7). He is the Passover Lamb. His bones were put out of joint but not broken (**PSALM 34:20; EX. 12:46**). His hands and feet were pierced for us (v. 16).



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**While David sings this psalm poetically, Christ sings it literally.** David was mocked by his brothers for going to fight Goliath (1SAM. 17:28-30). He was constantly on the run from the mad king Saul and then from Absalom during his coup. The memory of his sin with Bathsheba still haunted him. David was the prototype of a man acquainted with sorrows. While we do not know the circumstances in which he wrote this psalm, the circumstances of Christ's fulfillment of David's words are clear. On the cross, Christ suffered and was forsaken by God (MATT. 27:46) so that we are not. Because of that, when we suffer, Christ who suffered for us also suffers with us. David teaches that in the midst of our suffering, God remains our King (v. 28). Our duty until He returns is to pass on His Gospel to the next generation and proclaim the righteousness of the crucified Son of David, even to a people yet unborn.



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## USE IN THE CHURCH

**Antiphon:** v. 19

**In the Daily Office:** Sundays at Midday (Prime); Good Friday at Matins

**At the Divine Service:**

Psalm for Good Friday (ant: v. 1)

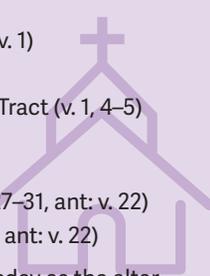
**One-Year:**

Introit (ant: v. 19, 21) and Tract (v. 1, 4-5) for Palm Sunday

**Three-Year:**

Introit for Epiphany 3A (27-31, ant: v. 22)  
Psalm for Lent 2B (23-31, ant: v. 22)

**Other:** Holy (Maundy) Thursday as the altar is stripped (ant: v. 18)



## SPIRITUAL CARE

- For meditation on Christ's Passion.
- In times of distress, anxiety and loneliness.
- During times of temptation and fear.
- In preparation for confession.
- When we feel the weight of our sin.



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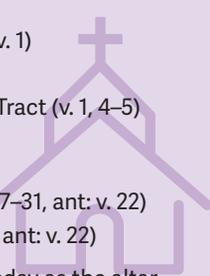
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## PSALM PRAYER

O Christ, fountainhead of all mercy, for our sakes You were born of a virgin, You were nailed to the cross, Your garments were divided by lot and You rose triumphant from the grave. We implore You, forget not this ransom, through which You are the deliverer of all who hope in You; for You live and reign with the Father and the Holy Spirit, one God, now and forever. **Amen.**

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