

Praying with Christ at the Cross (Psalm 22)

Bill Gaultiere ~ [Lectio Divina Guides](#) ~ [SoulShepherding.org](#)

Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: One thousand years beforehand, David's lament prophesied that Jesus Christ would die for our sins so we could be forgiven and come alive with divine life forever! Look at how our Lord Jesus and Heavenly Father love us! Jesus quoted Psalm 22:1 on the cross, invoking the whole Psalm. But often we stop at verse one. Here is most of the rest of the psalm. As you pray with Jesus at the cross, considering his suffering and yours, don't miss verse 24: "For [God] has *not* despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help."

Opening Prayer: "Father... Into your hands I commit my spirit" (Psalm 31:5; Luke 23:46).

Read Scripture: Psalm 22 (NIV84)

1 My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning? 2 O my God, I cry out by day, but you do not answer, by night, and am not silent. 3 Yet you are enthroned as the Holy One; you are the praise of Israel. 4 In you our fathers put their trust; they trusted and you delivered them...

6 But I am a worm and not a man, scorned by men and despised by the people. 7 All who see me mock me: they hurl insults, shaking their heads: 8 "He trusts in the Lord; let the Lord rescue him. Let [the Lord] deliver him, since he delights in him."

9 Yet you brought me out of the womb; you made me trust in you, even at my mother's breast. 10 From birth I was cast upon you; from my mother's womb you have been my God. Do not be far from me, for trouble is near and there is no one to help...

13 Roaring lions tearing their prey open their mouths wide against me. I am poured out like water, and all my bones are out of joint... 15... my tongue sticks to the roof of my mouth... 18 They divide my garments among them and cast lots for my clothing.

19 But you, O Lord, be not far off; O my Strength; come quickly to help me. 20 Deliver my life from the sword...

22 I will declare your name to my brothers [and sisters]; in the congregation I will praise you. 23 You who fear the Lord, praise him!... 24 For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help...

27 All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations...

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.