

MY GOD, MY GOD!



"My God, my God, why have You forsaken me?"

A guided reflection on the problem, the pain, the petition, the pivot, and the praise

Read Psalm 22 in full before you begin. As you work through each movement below, listen for how the psalm speaks both to David's experience and to Jesus' suffering from the cross and His victory over death and sin.



I. The Problem

Read: Psalm 22:1 | Mark 15:34

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

A. Psalm 22 opens with David voicing what feels like abandonment. The question invites us to consider whether David is describing a perceived problem born out of anguish or whether God has actually abandoned him.

At the cross, as we see in both Mark 15:34 and Matthew 27:46 Jesus repeats these same words. Pastor Hooper reminded us that Jesus may not have been expressing absolute abandonment, but instead directing those within earshot to what we now call Psalm 22. In a moment of suffering, Jesus may have been pointing listeners to the whole psalm - from anguish to vindication.

Reflection: Was David truly abandoned, or was he honestly naming what abandonment felt like in that moment? What are your thoughts on Jesus quoting Psalm 22:1 at the cross?

II. The Pain

Psalm 22:17 | Matthew 27:50

“Jesus cried out again ...”

A. Most problems, including perceived problems, produce some form of pain. Pain left unaddressed can become even more painful over time. It may show up physically, mentally, emotionally, or spiritually.

Psalm 22 gives language to suffering, and the crucifixion reveals that Jesus entered fully into human pain. He did not avoid it; He endured it.

Reflection: Is there any pain within you that needs to be acknowledged and addressed before God?



III. The Petition

Psalm 22:11, 19 | Luke 22:42

“Father, if you are willing, remove this cup from me; ...”

A. Both David and Jesus model prayer in the middle of distress. Petition is not weakness; it is dependence. When pain is real, prayer becomes honest, urgent, and personal.

Calling out to God is not reserved only for the trouble already in front of us. We can also ask for His help, strength, and covering for what may still be ahead.

Take a moment and call out to God. Petition Him not only because of your present problem or pain, but also for whatever may come your way.

Reflection: How do you handle pain? Do you talk to God?

IV. The Pivot

Psalm 22:21 | John 19:27

“Here is your mother.”

A. A pivot happens when the soul turns from despair toward trust. In Psalm 22 the tone shifts: the cry for help becomes the confession that God has answered.

Even while suffering on the cross, Jesus turned toward the care of others. Pastor Hooper shared that one way to protect your joy is to pivot toward helping someone else find theirs even while you main in the valley.

Reflection: Discuss ways you have done this in the past. How can you turn toward helping someone else now - and how might that become part of your life going forward?



V. The Praise

Psalm 22:31

A. Psalm 22 does not end in despair; it ends in declaration. The final line celebrates God’s completed work and enduring faithfulness.

This raises a powerful question: when Jesus cried, “My God, My God,” was He leading His hearers beyond the opening anguish of the psalm to its closing victory? In Jesus’ day there were no chapter and verse numbers, so quoting the opening line could call the whole psalm to mind - including the triumphant witness that “He has done it.”

Reflection: Was Jesus pointing those at the cross to the whole movement of Psalm 22 - from suffering to praise? What does “He has done it” stir in your faith today?

Prayer Practice for This Week

- Read Psalm 22 and compare it to Jesus's crucifixion journey as reflected in the gospels.
- Journal where you see the movement from problem to praise in your own life.
- Offer God one honest petition and one sincere praise each day.

*May the God who hears every cry lead you from anguish to assurance,
from suffering to trust, and from sorrow into praise.*