

Psalm 22:23-28 (NIV)

²³ You who fear the LORD, praise him!
All you descendants of Jacob, honor him!
Revere him, all you descendants of
Israel!

²⁴ For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.

²⁵ From you comes the theme of my praise
in the great assembly;
before those who fear you I will fulfill my
vows.

²⁶ The poor will eat and be satisfied;

those who seek the LORD will praise
him—

may your hearts live forever!

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,

²⁸ for dominion belongs to the LORD
and he rules over the nations.

Sermon for February 25, 2024: www.collegechurch.org/college-church-online

KNOW ... *God and his Word.*

Psalm 22 is a lament — grief or sorrow that is passionately expressed. In the typical fashion of a biblical lament, the psalmist begins by crying out for God to hear and listen, then alternates between complaint, petition and confessions of trust in God, and ultimately lands the lament firmly in praise, adoration and celebrating God himself. Today's lectionary reading has us living in the final stages of this lament. However, let's explore the entire movement of lament in Psalm 22. Begin by reading Psalm 22 together and keep your Bibles open to answer the questions below.

- Verses 1-2 begin our lament. Why is the psalmist crying out to God? Have you ever experienced what the psalmist is talking about? Did you cry out to God like the psalmist? Why or why not?
- Verses 3-5 jump to confessions of trust. Are they the psalmist's personal experiences of God's faithfulness? If no, who experienced God's faithfulness? Describe these confessions.
- Verses 6-21 show the gamut of the psalmist's emotions. Walk through these verses and identify whether it is a complaint, petition or confession of trust. Which complaint(s) or petition(s) have you ever uttered? Do you identify with the confessions of trust in this section? Why or why not?
- Praise, adoration and celebration of God arrive in verses 22-31. What do we learn about God and his attributes in this section? How might these verses encourage us to bring our sorrows and pain to God in lament like the psalmist does?
- What stood out to you in this passage or from Pastor Mark's sermon? Discuss any additional insights, thoughts, or questions you may have.

ACT ... *responding to & applying what we know.*

- There is a difference between general lamenting and the practice of biblical lament. Discuss how they differ. Have you ever practiced biblical lament? Why or why not?

- Pastor Mark said, “Sometimes, our faith is best expressed in our going to a God we don't believe is there.” Think back to a day or even a season in your life when you struggled or believed God was not there for you. What led to this struggle? When and how did you recognize God really was there and cared for you? How might expressing faith through lament help in times like this?

BE ... *living in light of what we've heard, becoming more like Christ.*

In our culture, complaining is a regular, daily habit for many people. Anything that rubs us the wrong way or inconveniences us, our response is to complain.

During this next week of Lent, let's ***fast*** complaining and ***intentionally practice*** an act of worship in its place — sing a song, pray, give, or serve someone else — or if appropriate, practice biblical lament instead.

ASK God to help you intentionally worship him instead of complaining this week. REFLECT on biblical lament as part of your quiet time with God by re-reading Psalm 22. COMMIT the parts of lament to memory so you may know how to express your faith in this way. GIVE THANKS to God for being faithful and hearing you when you pray.

KEEP becoming more like Jesus!

Grace and peace,
Pastor Angela

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