

Hill Cliffe Study Guide Sunday 30 January 2022

4 Psalms for Life – Psalm 22: A Song of Lament

A lament can be described as 'a passionate expression of sorrow or grief or disappointment or regret' – but that only tells part of the story of a biblical lament.

1. What's the difference between a biblical lament and a vent or a complaint to God?
2. Why is Psalm 95.7-9 wise counsel to those who have reason to lament?
3. What are you lamenting right now?

Please read Psalm 22

Part 1 – Calling Out to the God in Heaven (the beginning of the journey of Lament)

4. Referring to verses 1-2, and Matt 27.45-46, why should we call out to God in this kind of open, honest, and raw way? And why is God ok with this?
5. Referring to verses 3-5, it can be disappointing when God doesn't act for me in the way he has for others. Why is it important for our spiritual growth that we learn to process this with God?
6. Referring to verses 6-8, and Matt 27.39-43, sometimes being a Christian can add to our burdens. Do you relate to this – and do you call out to God about this?
7. Referring to verses 9-11, what do you tend to do when God seems distant, and Heaven seems silent?
8. Referring to verses 12-18 and Matt 27.35, how can these verses give us lyrics to sing a song of lament for others around us, or Christians elsewhere in the world?

Part 2 – Crying Out to God for Help (the next stage in the journey of Lament)

9. Referring to verses 19-21, what has changed in David's conversation with God? And why is this an important transition stage in the journey of lamenting?

Part 3 – Confidence in God (the next stage in the journey of Lament)

10. Referring to Matt 27.45-46 & Luke 23.46-47, what does this say about Jesus' relationship with his Father?
11. Referring to verses 22-31 of Psalm 22, and John 19.28-30, what is the ultimate perspective we gain from pursuing the whole journey of lament?

The Song of Lament is not the song we will sing around the Throne of God. A lament is a song for the Journey Home - when things are tough and unresolved. The lament song may be in a minor key now, but one day it will resolve in a major chord. When every tear is wiped away, when death is swallowed up in victory, when heaven and earth are made new, when the saints rise with glorious bodies...then we will sing at last a great, "Hallelujah, Worthy is the Lamb who was slain – He has done it!

For now, we lift our lament to God as we wait with hope. Even so, come, Lord Jesus.