



## PRAYER SERVICE WEDNESDAY, February 10<sup>th</sup>, 2021

Join us at 7pm in the Sanctuary or on [Facebook](#) and use this guide to pray along with us.

### • INTRO

Welcome to Prayer Service! Tonight we begin Psalm 22, which we're going to break into two parts: we'll finish it on Ash Wednesday next week. This is the perfect Scripture to prepare us for the season of Lent, because while it was a Psalm of David and can relate with many instances of human suffering, it applies so powerfully to the suffering of Christ that Jesus himself quoted it as he took some of his final breaths hanging on the Cross. The Psalms have a strong prophetic element that point the Messiah. In fact, not only is the book of Psalms the most quoted Old Testament book in the New Testament—but *Psalm 22 is the most frequently quoted Psalm in the New Testament*. Think about that as you read it! This prayer is not just about suffering, though; as we'll see next week, it ends on a powerful note of hope and praise. If you know what it's like to cry out to God in anguish, or your heart is heavy for the pain of others, this Psalm will minister to you. Even more, it will bring us in touch with the passion of Christ at Calvary as we get ready for the journey of Lent. So, let's pray.

### • PAUSE

"As I enter prayer now, I pause to be still; to breathe slowly; to re-center my scattered senses upon the presence of God." (Lectio365) *Pause and pray.*

As we read the first half **Psalm 22** together, be open with the parts that confuse or challenge you; meditate on the parts that stand out to you:

***<sup>1</sup> My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? <sup>2</sup> My God, I cry out by day, but you do not answer, by night, but I find no rest. <sup>3</sup> Yet you are enthroned as the Holy One; you are the one Israel praises. <sup>4</sup> In you our ancestors put their trust; they trusted and you delivered them. <sup>5</sup> To you they cried out and were saved; in you they trusted and were not put to shame. <sup>6</sup> But I am a worm and not a man, scorned by everyone, despised by the people. <sup>7</sup> All who see me mock me; they hurl insults, shaking their heads. <sup>8</sup> 'He trusts in the LORD,' they say, 'let the LORD rescue him. Let him deliver him, since he delights in him.' <sup>9</sup> Yet you brought me out of the womb; you made me trust in you, even at my mother's breast. <sup>10</sup> From birth I was cast on you; from my mother's womb you have been my God. <sup>11</sup> Do not be far from me, for trouble is near and there is no one to help. <sup>12</sup> Many bulls surround me; strong bulls of Bashan encircle me. <sup>13</sup> Roaring lions that tear their prey open their mouths wide against me. <sup>14</sup> I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me. <sup>15</sup> My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death. <sup>16</sup> Dogs surround me, a pack of villains encircles me; they pierce my hands and my feet. <sup>17</sup> All my bones are on display; people stare and gloat over me. <sup>18</sup> They divide my clothes among them and cast lots for my garment.***

- **SONGS**

“The Wonderful Cross” Click Here - <https://youtu.be/oaO3XOI8P6w>

**VERSE 1**

When I survey the wondrous cross  
On which the Prince of Glory died  
My richest gain I count but loss  
And pour contempt on all my pride

**VERSE 2**

See from His head His hands His feet  
Sorrow and love flow mingled down  
Did e'er such love and sorrow meet  
Or thorns compose so rich a crown

**CHORUS**

O the wonderful cross  
O the wonderful cross  
Bids me come and die and find  
That I may truly live  
O the wonderful cross  
O the wonderful cross  
All who gather here by grace  
Draw near and bless Your name

**VERSE 3**

Were the whole realm of nature mine  
That were an offering far too small  
Love so amazing so divine  
Demands my soul my life my all

CCLI Song # 3148435 Chris Tomlin | Isaac Watts | J. D. Walt | Jesse Reeves | Lowell Mason © 2000 sixsteps Music CCLI License # 870332

- **PSALM 22:**

We're going to reread this first half of the Psalm three times and focus on a different aspect each time. This first time, read the passage and think about the elements of suffering that you hear described. Do any of these painful depictions describe feelings or experiences you've been through or are going through right now? Do they describe the experience of someone you know? *Read and Pray.*

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Read it again, and this time, focus on the elements of hope—especially verses 3-5 and 8-9. Although this prayer comes from a dark place, where do you see hope shining through? *Read and Pray.*

One last time, read through this passage and this time focus specifically on the suffering of Christ. Picture Jesus in the events of Calvary as you read these words. *Read and Pray.*

Place yourself at the foot of the Cross. What do you see? Hear? Feel? As you look at Jesus, what is He doing, and what does He say to you?

In the *Bible in One Year* program our church is doing, Nicky Gumbel says this about Psalm 22: *“Psalm 22 lays out a prophetic background to the cross and resurrection, which we see fulfilled in Jesus. He was ‘scorned by everyone, and despised by the people’ (v.6); mocked and insulted (v.7). They hurled insults at him, shaking their heads (v.7b). ‘He trust in the Lord; let the Lord rescue him’ (v.8a). This accurately describes the suffering of Jesus (see Matthew 27:31-46) and yet it ends in victory. The message of the psalm is about the importance of trust at our very low points (Psalm 22:4-5, 9). Jesus, at the very lowest point of his life—crucified and God forsaken—trusted in God to deliver him. The apparent defeat of the cross turned out to be the greatest victory of all time. If you are at a low point, remember that suffering does not have the last word. In Jesus, the resurrection and the victory of God have the last word. Keep trusting him.”*<sup>1</sup>

- **SONG**

“Knowing You” Click Here - <https://youtu.be/7qZIPOe3bFw>

**VERSE 1**

All I once held dear built my life upon  
All this world reveres and wars to own  
All I once thought gain I have counted loss  
Spent and worthless now compared to this

**CHORUS**

Knowing You Jesus knowing You  
There is no greater thing  
You're my all You're the best  
You're my joy my righteousness  
And I love You Lord

**VERSE 2**

Now my heart's desire is to know You more  
To be found in You and known as Yours  
To possess by faith what I could not earn  
All surpassing gift of righteousness

**VERSE 3**

Oh to know the pow'r of Your risen life  
And to know You in Your sufferings  
To become like You in Your death my Lord  
So with You to live and never die

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- **Closing**

***“Father, help me to live this day to the full, being true to you in every way. Jesus, help me to give myself away to others, being kind to everyone I meet. Spirit, help me to love the lost, proclaiming Christ in all I do and say. Amen.” (Lectio365)***

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<sup>1</sup> Nicky Gumbel, *The Bible in One Year Commentary*, © 2019 Hodder & Stoughton Publishing