

PSALM 22

This psalm consists of two parts: the former, from verse one to twenty-one, treats of the passion or suffering of Christ; the latter, from verse twenty-two to thirty-two, treats of his resurrection and of the propagation of the Gospel. Whatever reference David may have had to his own sufferings or to his own condition, yet he was carried forward by the spirit of prophecy beyond himself to Christ, whose words and whose sufferings are here shown forth with an exactness as great as if the psalm had been written subsequent to, instead of a thousand years previous to, the coming of Christ in the flesh. God was pleased that all these things should be foretold by David, to the end that when they came to pass we might have the clearest proof of Christ's being the true Messiah. The contemplation, therefore, of this psalm ought, on the one hand, to strengthen our faith in Jesus, the Saviour of the world; and, on the other hand, to quicken our hopes in him while it sets before us the glory to which God exalted him after his sufferings. The importance of this psalm calls for additional observations on each verse, which should be attentively studied in private.

For the choir director; upon Aijeleth Hashshahar. A Psalm of David.

- 1 My God, my God, why have you forsaken me?
Why are you so far from saving me, from the words of my groaning?
- 2 O my God, I cry by day, but you do not answer, and by night, but I find no rest.
- 3 Yet you are holy, enthroned on the praises of Israel.
- 4 In you our fathers trusted; they trusted, and you delivered them.
- 5 To you they cried and were rescued; in you they trusted and were not put to shame.
- 6 But I am a worm and not a man, scorned by mankind and despised by the people.
- 7 All who see me mock me; they make mouths at me; they wag their heads;
- 8 "He trusts in YAHWEH; let him deliver him; let him rescue him, for he delights in him!"
- 9 Yet you are he who took me from the womb;
you made me trust you at my mother's breasts.
- 10 On you was I cast from my birth, and from my mother's womb you have been my God.
- 11 Be not far from me, for trouble is near, and there is none to help.
- 12 Many bulls encompass me; strong bulls of Bashan surround me;
- 13 they open wide their mouths at me, like a ravening and roaring lion.
- 14 I am poured out like water, and all my bones are out of joint;
my heart is like wax; it is melted within my breast;
- 15 my strength is dried up like a potsherd, and my tongue sticks to my jaws;
you lay me in the dust of death.

- 16 For dogs encompass me; a company of evildoers encircles me;
they have pierced my hands and feet—
17 I can count all my bones--they stare and gloat over me;
18 they divide my garments among them, and for my clothing they cast lots.
- 19 But you, O YAHWEH, do not be far off! O you my help, come quickly to my aid!
20 Deliver my soul from the sword, my precious life from the power of the dog!
21 Save me from the mouth of the lion!
You have rescued me from the horns of the wild oxen!
- 22 I will tell of your name to my brothers;
in the midst of the congregation I will praise you:
23 You who fear YAHWEH, praise him! All you offspring of Jacob, glorify him,
and stand in awe of him, all you offspring of Israel!
24 For he has not despised or abhorred the affliction of the afflicted,
and he has not hidden his face from him, but has heard, when he cried to him.
25 From you comes my praise in the great congregation;
my vows I will perform before those who fear him.
26 The afflicted shall eat and be satisfied; those who seek him shall praise YAHWEH!
May your hearts live forever!
- 27 All the ends of the earth shall remember and turn to YAHWEH,
and all the families of the nations shall worship before you.
28 For kingship belongs to YAHWEH,
and he rules over the nations.
29 All the prosperous of the earth eat and worship;
before him shall bow all who go down to the dust,
even the one who could not keep himself alive.
30 Posterity shall serve him; it shall be told of the Lord to the coming generation;
31 they shall come and proclaim his righteousness to a people yet unborn,
that he has done it.

PRAYER

O blessed Jesus, for our sakes you suffered yourself to be betrayed and crucified in order to purchase remission of our sins.. Deliver our souls, we pray, from the power and enticements of the devil. Let not sin reign in our mortal bodies, but create us anew in your likeness that we may bring forth the fruits of the Spirit in meekness and righteousness. Grant that your victories over Satan, hell, and the grave may bring us to God; that through the instrumentality of your good Spirit every evil propensity of our nature may be subdued; that we may live as always dying, being more and more conformed to your image and made daily more and more fit for the enjoyment of your

presence. To you, with the Father and Holy Spirit, be all honor and glory henceforth and forever. Amen.