

## Psalms 22, 23, & 24 The Gospel in Three Psalms

- Psalm 22: “My God, My God, Why have you forsaken me?”
- Psalm 23: “You prepare a table before me”
- Psalm 24: “Lift up your heads O gates that the King of Glory may come in”



1

## The Cycle of Lament

Psalms of lament may contain the following elements in varying order:

- ✓ **Address:** an invocation of God's name
- ✓ **Complaint:** a description of the problem often in the form of a question
- ✓ **Request:** an urgent request for God to do something
- ✓ **Motivation:** a rationale for why God should answer the psalmist's prayer
- ✓ **Confidence:** a statement of trust in God's goodness and sovereignty



2

### I AM ALONE!

**5 Elements of Lament:**  
Address  
Complaint  
Request  
Motivation  
Confidence

- Address/Complaint (1-2)**
- <sup>1</sup> My God, my God, why have you forsaken me? [Matthew 27:46; Mark 15:34]  
Why are you so far from saving me, from the words of my groaning?  
<sup>2</sup> O my God, I cry by day, but you do not answer, and by night, but I find no rest.
- Remembering the past (3-5)**
- <sup>3</sup> Yet you are holy, enthroned on the praises of Israel. [or dwelling in the praises]  
<sup>4</sup> In you our fathers trusted; they trusted, and you delivered them.  
<sup>5</sup> To you they cried and were rescued; in you they trusted and were not put to shame.
- Complaint (6-8)**
- <sup>6</sup> But I am a worm and not a man, scorned by mankind and despised by the people.  
<sup>7</sup> All who see me mock me; they make mouths at me; they wag their heads;  
<sup>8</sup> "He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!" [Matthew 27:43]
- Remembering the past (9-10)**
- <sup>9</sup> Yet you are he who took me from the womb; you made me trust you at my mother's breasts.  
<sup>10</sup> On you was I cast from my birth, and from my mother's womb you have been my God.
- Request (11)**
- <sup>11</sup> Be not far from me, for trouble is near, and there is none to help.

3

### I AM SURROUNDED!

**5 Elements of Lament:**  
Address  
Complaint  
Request  
Motivation  
Confidence

- <sup>12</sup> Many bulls encompass me; strong bulls of Bashan surround me;  
<sup>13</sup> they open wide their mouths at me, like a ravening and roaring lion.  
<sup>14</sup> 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;  
<sup>15</sup> my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death.  
<sup>16</sup> For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet<sup>17</sup>—  
<sup>17</sup> I can count all my bones— they stare and gloat over me;  
<sup>18</sup> they divide my garments among them, and for my clothing they cast lots.
- Request (19-21)**
- <sup>19</sup> But you, O LORD, do not be far off! O you my help, come quickly to my aid!  
<sup>20</sup> Deliver my soul from the sword, my precious life from the power of the dog!  
<sup>21</sup> Save me from the mouth of the lion!

4

**5 Elements of Lament:**  
 Address  
 Complaint  
 Request  
 Motivation  
 Confidence  
 [or The meek]

<sup>22</sup> I will tell of your name to my brothers;  
 in the midst of the congregation I will praise you: [Hebrews 2:12]

**I WILL WORSHIP!**

<sup>23</sup> You who fear the LORD, praise him!  
 All you offspring of Jacob, glorify him,  
 and stand in awe of him, all you offspring of Israel!

<sup>24</sup> 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.

<sup>25</sup> From you comes my praise in the great congregation;  
 my vows I will perform before those who fear him.

<sup>26</sup> The afflicted shall eat and be satisfied;  
 those who seek him shall praise the LORD!  
 May your hearts live forever!

<sup>27</sup> All the ends of the earth shall remember  
 and turn to the LORD,  
 and all the families of the nations  
 shall worship before you.

<sup>28</sup> For kingship belongs to the LORD,  
 and he rules over the nations.

<sup>29</sup> 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.

<sup>30</sup> Posterity shall serve him;  
 it shall be told of the Lord to the coming generation;  
<sup>31</sup> they shall come and proclaim his righteousness to a people yet unborn,  
 that he has done it.

5

**For the director of music. To the tune of "The Doe of the Morning." A psalm of David.**

**Abandoned!** <sup>1</sup> My God, my God, why have you forsaken me?  
 Why are you so far from saving me,  
 from the words of my groaning?

**The present** <sup>2</sup> O my God, I cry by day, but you do not answer,  
 and by night, but I find no rest.

**The past** <sup>3</sup> Yet you are holy,  
 enthroned on the praises<sup>[a]</sup> of Israel.

**The community** <sup>4</sup> In you our fathers trusted;  
 they trusted, and you delivered them.  
<sup>5</sup> To you they cried and were rescued;  
 in you they trusted and were not put to shame.

[or dwelling in the praises]

6

**Cut off from humanity** <sup>6</sup> But I am a worm and not a man,  
**Cut off from community** scorned by mankind and despised by the people.

**present** <sup>7</sup> All who see me mock me;  
 they make mouths at me; they wag their heads;  
<sup>8</sup> "He trusts in the LORD; let him deliver him;  
 let him rescue him, for he delights in him!"

**past** <sup>9</sup> Yet you are he who took me from the womb;  
 you made me trust you at my mother's breasts.  
<sup>10</sup> On you was I cast from my birth,  
 and from my mother's womb you have been my God.

**present** <sup>11</sup> Be not far from me,  
**Abandoned!** for trouble is near,  
 and there is none to help.

7

**animal-like enemies** <sup>12</sup> Many bulls encompass me;  
 strong bulls of Bashan surround me;  
<sup>13</sup> they open wide their mouths at me,  
 like a ravening and roaring lion.

**physical suffering (individual)** <sup>14</sup> 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;  
<sup>15</sup> my strength is dried up like a potsherd,  
 and my tongue sticks to my jaws;  
 you lay me in the dust of death.

8

16 For dogs encompass me;  
a company of evildoers encircles me;  
they have pierced my hands and feet<sup>[b]</sup>—  
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 LORD, 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.

human enemies  
psychological suffering  
humiliation  
animal-like enemies

most Hebrew manuscripts like a lion [they are at] my hands and feet

9

I will  
praise  
call to the community  
to worship  
confidence  
expressed  
I will praise

22 I will tell of your name to my brothers;  
in the midst of the congregation I will praise you  
23 You who fear the LORD, 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.

10

They will  
praise  
universal  
worship  
(space)  
future worship  
(time)  
They will  
praise

26 The afflicted shall eat and be satisfied;  
those who seek him shall praise the LORD!  
May your hearts live forever!  
27 All the ends of the earth shall remember  
and turn to the LORD,  
and all the families of the nations  
shall worship before you.  
28 For kingship belongs to the LORD,  
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.

A - who  
B - where  
A - who  
C - when

Everyone, Everywhere, Forever

11

For the director of music. To the tune of "The Doe of the Morning." A psalm of David.

Matthew 27:46  
"He saved others,  
but he cannot  
save himself!"  
Matthew 27:42  
Jesus' mother Mary  
was a witness to the  
crucifixion

1 My God, my God, why have you forsaken me?  
7 All who see me mock me;  
they make mouths at me; they wag their heads;  
8 "He trusts in the LORD; 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.

12

Cause of Jesus' death:  
asphyxiation?  
exsanguination?

"I thirst"

Matthew 27:35

<sup>14</sup> 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;  
<sup>15</sup> my strength is dried up like a potsherd,  
and my tongue sticks to my jaws;  
you lay me in the dust of death.  
<sup>16</sup> For dogs encompass me;  
a company of evildoers encircles me;  
they have pierced my hands and feet—  
<sup>17</sup> I can count all my bones—  
they stare and gloat over me;  
<sup>18</sup> they divide my garments among them,  
and for my clothing they cast lots.

13

Hebrews 2:12

<sup>22</sup> I will tell of your name to my brothers;  
in the midst of the congregation I will praise you:  
<sup>23</sup> You who fear the LORD, praise him!  
All you offspring of Jacob, glorify him,  
and stand in awe of him, all you offspring of Israel!  
<sup>24</sup> 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.  
<sup>25</sup> From you comes my praise in the great congregation;  
my vows I will perform before those who fear him.

14

## Hebrews 2:10-18

<sup>10</sup> For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the founder of their salvation perfect through suffering. <sup>11</sup> For he who sanctifies and those who are sanctified all have one source. That is why he is not ashamed to call them brothers, <sup>12</sup> saying,

"I will tell of your name to my brothers;  
in the midst of the congregation I will sing your praise."

<sup>13</sup> And again, "I will put my trust in him."

And again, "Behold, I and the children God has given me."

<sup>14</sup> Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, <sup>15</sup> and deliver all those who through fear of death were subject to lifelong slavery. <sup>16</sup> For surely it is not angels that he helps, but he helps the offspring of Abraham. <sup>17</sup> Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. <sup>18</sup> For because he himself has suffered when tempted, he is able to help those who are being tempted.

15

<sup>27</sup> All the ends of the earth shall remember  
and turn to the LORD,  
and all the families of the nations  
shall worship before you.  
<sup>28</sup> For kingship belongs to the LORD,  
and he rules over the nations.  
<sup>29</sup> 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.  
<sup>30</sup> Posterity shall serve him;  
it shall be told of the Lord to the coming generation;  
<sup>31</sup> they shall come and proclaim his righteousness to a people yet unborn,  
that he has done it.

"It is finished"

16

## Psalm 22 and the Question of Suffering

How can God be both good and all-powerful?

### 1. God **redeems** suffering

- David's suffering
- Jesus' suffering
- Our suffering
- Suffering precedes glory

17

## Psalm 22 and the Question of Theodicy

### 2. God is **present** in suffering

- A higher order of being means a higher order of suffering
- "Jesus wept"

18

The problem of suffering:  
"I can't believe in a God who allows..."

How other religions and philosophies deal with this question

- Hinduism – recycle it (reincarnation)
- Buddhism – escape from it (Nirvana)
- Islam – accept it (fate)
- Atheism – avoid it (medicate w/pleasure, sex, drugs, utopianism, nihilism)
- Christianity – endure it **with** God, He will **redeem** it

19

## Psalm 23: The LORD is my Shepherd and Host

A psalm of David.

- <sup>1</sup> The LORD is my shepherd, I shall not want.
- <sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters,
- <sup>3</sup> he restores my soul.  
He guides me in paths of righteousness for his name's sake.
- <sup>4</sup> Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

**Hebrews 13:20**

Jesus Christ, the great Shepherd of the sheep

**John 10:11**

"I am the **good shepherd**. The good shepherd lays down his life for the sheep"

**Luke 15:3-7**

Parable of the lost sheep

20

## Psalm 23: The LORD is my Shepherd and Host

- <sup>5</sup> You prepare a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows.
- <sup>6</sup> Surely goodness and mercy shall follow me all the days of my life,  
and I shall dwell in the house of the LORD forever.

**The First Miracle (John 2:1-11)**  
Jesus turns water to wine.

**The Last Supper**  
"He took the bread and blessed it..."

**Another last supper (Luke 24:30,31)**  
"When he was at table with them, he took the bread and blessed and broke it and gave it to them. And their eyes were opened, and they recognized him."

21

## Psalm 24: The Triumphal Entry

Of David. A psalm.

- <sup>1</sup> The earth is the LORD's and the fullness thereof,  
the world and those who dwell therein,
- <sup>2</sup> for he has founded it upon the seas  
and established it upon the rivers.
- <sup>3</sup> Who shall ascend the hill of the LORD?  
And who shall stand in his holy place?
- <sup>4</sup> He who has clean hands and a pure heart,  
who does not lift up his soul to what is false  
and does not swear deceitfully.
- <sup>5</sup> He will receive blessing from the LORD  
and righteousness from the God of his salvation.
- <sup>6</sup> Such is the generation of those who seek him,  
who seek the face of the God of Jacob. *Selah*
- <sup>7</sup> Lift up your heads, O gates!  
And be lifted up, O ancient doors,  
that the King of glory may come in.
- <sup>8</sup> Who is this King of glory?  
The LORD, strong and mighty,  
the LORD, mighty in battle!
- <sup>9</sup> Lift up your heads, O gates!  
And lift them up, O ancient doors,  
that the King of glory may come in.
- <sup>10</sup> Who is this King of glory?  
The LORD of hosts,  
he is the King of glory! *Selah*

Psalm 24 in Jewish custom was  
the psalm for the first day of  
the week (Sunday)

**Mark 11:11**

<sup>11</sup> And he entered Jerusalem and went into the  
temple. And when he had looked around at  
everything, as it was already late, he went out to  
Bethany with the twelve.

22

## Psalm 24: The Resurrection

Of David. A psalm.

- <sup>1</sup> The earth is the LORD's and the fullness thereof,  
the world and those who dwell therein,
- <sup>2</sup> for he has founded it upon the seas  
and established it upon the rivers.
- <sup>3</sup> Who shall ascend the hill of the LORD?  
And who shall stand in his holy place?
- <sup>4</sup> He who has clean hands and a pure heart,  
who does not lift up his soul to what is false  
and does not swear deceitfully.
- <sup>5</sup> He will receive blessing from the LORD  
and righteousness from the God of his salvation.
- <sup>6</sup> Such is the generation of those who seek him,  
who seek the face of the God of Jacob. *Selah*
- <sup>7</sup> Lift up your heads, O gates!  
And be lifted up, O ancient doors,  
that the King of glory may come in.
- <sup>8</sup> Who is this King of glory?  
The LORD, strong and mighty,  
the LORD, mighty in battle!
- <sup>9</sup> Lift up your heads, O gates!  
And lift them up, O ancient doors,  
that the King of glory may come in.
- <sup>10</sup> Who is this King of glory?  
The LORD of hosts,  
he is the King of glory! *Selah*

**Mark 16:1-4**

<sup>1</sup> When the Sabbath was past, Mary  
Magdalene, Mary the mother of James,  
and Salome bought spices, so that they might go  
and anoint him. <sup>2</sup> And very early on the first day of  
the week, when the sun had risen, they went to the  
tomb. <sup>3</sup> And they were saying to one another, "Who  
will roll away the stone for us from the entrance of  
the tomb?" <sup>4</sup> And looking up, they saw that the  
stone had been rolled back—it was very large.

23

## Psalm 24: The Ascension of Jesus

Of David. A psalm.

- <sup>1</sup> The earth is the LORD's and the fullness thereof,  
the world and those who dwell therein,
- <sup>2</sup> for he has founded it upon the seas  
and established it upon the rivers.
- <sup>3</sup> Who shall ascend the hill of the LORD?  
And who shall stand in his holy place?
- <sup>4</sup> He who has clean hands and a pure heart,  
who does not lift up his soul to what is false  
and does not swear deceitfully.
- <sup>5</sup> He will receive blessing from the LORD  
and righteousness from the God of his salvation.
- <sup>6</sup> Such is the generation of those who seek him,  
who seek the face of the God of Jacob. *Selah*
- <sup>7</sup> Lift up your heads, O gates!  
And be lifted up, O ancient doors,  
that the King of glory may come in.
- <sup>8</sup> Who is this King of glory?  
The LORD, strong and mighty,  
the LORD, mighty in battle!
- <sup>9</sup> Lift up your heads, O gates!  
And lift them up, O ancient doors,  
that the King of glory may come in.
- <sup>10</sup> Who is this King of glory?  
The LORD of hosts,  
he is the King of glory! *Selah*

**Acts 7:55-56**

<sup>55</sup> But he [Stephen], full of the Holy Spirit, **gazed into  
heaven and saw the glory of God, and Jesus  
standing at the right hand of God.** <sup>56</sup> And he said,  
"Behold, I see the heavens opened, and the Son of  
Man standing at the right hand of God."

24

## Psalms 22, 23, & 24

### The Gospel in Three Psalms

#### 1 Corinthians 15:3,4

<sup>3</sup> For I delivered to you as of first importance what I also received: that Christ **died** for our sins in accordance with the Scriptures, <sup>4</sup> that he was **buried**, that he **was raised** on the third day in accordance with the Scriptures



Psalm 22: A Psalm for Friday

Psalm 23: A Psalm for Saturday

Psalm 24: A Psalm for Sunday