

# Life Application Notes

## Psalm 22 – the song of the cross

Speaker: John Groves

Scripture: Psalm 22

### Introduction for leaders

This psalm is prophetic. It is about David and his suffering yet it is also foreshadowing Jesus and His suffering. Therefore, it richly communicates the message of the gospel. Be sure to lead people to contemplate what Jesus has achieved and what that means for our lives.

### *Opening up:*

Who's heard of 'Where's Wally?' books? Anyone any good at finding Wally? You might have heard it said that you can see Jesus in the Old Testament. However, trying to see Jesus in the Old Testament often feels like trying to find Wally. It can be a real challenge at times. Yet, on Sunday John Groves helped us spot Him in Psalm 22.

### *Digging in:*

Read Psalm 22 and then read it again. A second reading is often useful because it helps let the text sink in a bit more.

This Psalm is about David and a very real situation that he experienced but it is also about Jesus. John said on Sunday that it is prophetic. What does that mean?

Read Luke 24:44-45. See here how Jesus helps His disciples understand that the Scriptures (the Old Testament), including the Psalms, are fulfilled by Him. This is what it means for Psalm 22 to be prophetic – Jesus fulfils it.

Do any verses in Psalm 22 sound familiar to anyone?

Read Matthew 27:45-46. Here Jesus quotes this psalm as He is dying on the cross.

Jesus says "My God, my God, why have you forsaken me?". What does this mean?

So Jesus was forsaken by God. What are the implications of this for us, for Southampton, and for the world?

### *Practical steps*

Share the gospel with each other. Firstly, no one graduates from the gospel. Secondly, we easily forget it or don't appreciate it. Thirdly, it fuels our worship and pursuit of holiness. And lastly, it is good to practice sharing it in a safe space so that we are ready for the times when we are in front of family, friends, and neighbours who don't know it and need to hear it.

Ask for volunteers to take part in doing this. Set them the challenge of communicating the gospel message to the group in under a minute. If anyone is feeling confident, get them to try it in under 30 seconds.

Lastly, spend some time praying. Focus your prayers on being thankful for the gospel.