

**Sermon Discussion Guide**

**September 7, 2025**

**Refresh**

Read Psalm 22 to get the Scripture passage back in your mind.

**Discuss**

Psalm 22 shows a back-and-forth between feelings of abandonment and statements of faith. Has there been a time when you have felt abandoned by the Lord? What caused you to feel that way? How did your faith in God serve to orient your heart to trust in Him despite your feelings?

Why do our feelings of abandonment often lead us to an unbelief in God’s goodness toward us? How can we actively bolster our belief in God’s goodness and faithfulness to us, so we are equipped to endure amid our suffering?

Jesus’s cry of abandonment on the cross was unique because He truly bore the wrath of God in our place. How does this work of Christ shape our understanding of His love toward His people? How does it serve to give us assurance and hope in our darkest moments?

The Psalm ends with a cry of victory, pointing to resurrection, nations gathered, and a feast at the Lord’s table. How does this vision of the future shape the way we endure our present suffering? What are some ways we can practically remind ourselves of these truths every day of our lives?

The sermon applied Psalm 22 to the way we walk with others in grief—sometimes just listening and encouraging faith rather than offering quick fixes. Why do we often try to offer quick fixes for those who are suffering around us? How does this Psalm help us to better help sufferers who look to us for encouragement?