



SONGS of THE SOUL

DIGGING DEEPER:

Hope Beyond the Cross: When we are teaching at a parenting conference we will often use Psalm 22 as an example of what we like to call a “trigger”. In other words, a phrase that may have some meaning directly, but also points to something with even greater meaning. Jesus’ words as He hung on the cross...

“My God, My God, why have you forsaken Me”

...are just such a phrase. Of course the phrase itself has meaning, but the reference to Psalm 22 for all the Jews who heard him say it, had far greater meaning. The way we use that in parenting is to encourage parents to create “triggers” in their parenting. Phrases that mean something, but trigger even more meaning because of a lesson that has already been taught.

A quick example would be, “Remember who you are” as our kids are running out the door. Remember who you are, is of course a good message for our kids, but they also know the deeper lesson that we’ve taught...to remember in the way you handle yourself, the way you speak to others, the way you make decisions, the way you respond the world...to really remember who you are.

This week’s Psalm can be a good excuse for your family to consider some “triggers”. Maybe some that you already have, that just need a little more explaining. Or maybe you need to just come up with some together as a family.

1. As a family talk about triggers.
2. As Jesus hung on the cross, He wanted us to consider this prophetic Psalm. Go around and share something that is/has caused you to “suffer”. Remember this doesn’t have to be an excruciating example. Then talk about the experience... Did you cry out to God? Did He seem to be silent? Did you learn anything from the experience? Did you grow stronger or bitter? What do you want to say to God today?
3. Go around and pray for each other and the things shared in #2 above.

ACTIVITY:

Read Psalm 22 as a family

Pointing to Jesus: At the time when Jesus was born, Jewish people grew up learning and singing the psalms. Even though some of them were written about 1,000 years before Jesus was born, Jesus was probably very familiar with the book of Psalms and likely had memorized most (or all) of them.

When Jesus was on the cross and he said, “My God, my God, why have you forsaken me?” he wasn’t just crying out to God. He was quoting the first line of Psalm 22. The Jewish people who were present at Jesus’ crucifixion would have known that Jesus’ words were the first line of Psalm 22.

Enter the Psalm: The American Sign Language sign for “Jesus” is made by placing your left middle finger into your right palm, followed by placing the right middle finger into your left palm. Do this sign five times slowly:

- The first time, think about how Jesus felt deserted.
- The second time, remember how Jesus was surrounded by people who didn’t like him.
- The third time, remember that Jesus died for you and me and everyone who believes in him.
- The fourth time, remember that Jesus did this to conquer death.
- The fifth time, remember that because of Jesus we too can say, “He has done it!”

Not Forsaken: God did not forsake David. He did not forsake Jesus on the cross either. And God will not forsake us. We are among those future generations that we read about in verse 30. We will talk about God’s righteousness. Because Jesus died on the cross and rose from the dead for us, we can say, along with David, “He has done it!”

- Talk about a time when you felt all alone or that everything was going wrong.
- Was how you felt accurate? Has your perspective changed? How so?
- Find a verse as a family that reminds you...you are not forsaken.
- Pray for each other.