

Two cheerleaders with blonde hair, wearing green and white checkered outfits with large green bows, are smiling and holding up green and white checkered candy bars. The candy bars have the word "PSALM" written on them in white. The background is a solid green color.

PSALM

PSALM

Psister Psalms



Psalm 22 & Psalm 110

Christ

My God, my God, why have You forsaken me?

Why are You so far from my deliverance and from my words of groaning? My God, I cry by day, but You do not answer, by night, yet I have no rest. But You are holy, enthroned on the praises of Israel. Our fathers trusted in You; they trusted, and You rescued them. They cried to You and were set free;

they trusted in You and were not disgraced.
But I am a worm and not a man, scorned by
men and despised by people. Everyone who
sees me mocks me; they sneer and shake their
heads: "He relies on the LORD; let Him rescue
him; let the LORD deliver him, since He takes
pleasure in him." You took me from the womb,
making me secure while at my mother's

breast. I was given over to You at birth; You have been my God from my mother's womb.

Do not be far from me, because distress is near and there is no one to help. Many bulls surround me; strong ones of Bashan encircle me. They open their mouths against me— lions, mauling and roaring. I am poured out like water, and all my bones are disjointed;

my heart is like wax, melting within me. My strength is dried up like baked clay; my tongue sticks to the roof of my mouth. You put me into the dust of death. For dogs have surrounded me; a gang of evildoers has closed in on me; they pierced my hands and my feet. I can count all my bones; people look and stare at me.

They divided my garments among themselves,
and they cast lots for my clothing. But You,
LORD, don't be far away. My strength, come
quickly to help me. Deliver my life from the
sword, my very life from the power of the dog.
Save me from the mouth of the lion! You have
rescued me from the horns of the wild oxen.

I will proclaim Your name to my brothers; I will praise You in the congregation. You who fear the LORD, praise Him! All you descendants of Jacob, honor Him! All you descendants of Israel, revere Him! For He has not despised or detested the torment of the afflicted. He did not hide His face from him, but listened when he cried to Him for help.

I will give praise in the great congregation
because of You; I will fulfill my vows before
those who fear You. The humble will eat and
be satisfied; those who seek the LORD will
praise Him. May your hearts live forever! All
the ends of the earth will remember and turn
to the LORD. All the families of the nations
will bow down before You,

for kingship belongs to the LORD; He rules over the nations. All who prosper on earth will eat and bow down; all those who go down to the dust will kneel before Him—even the one who cannot preserve his life. Descendants will serve Him; the next generation will be told about the Lord.

They will come and tell a people yet to be
born about His righteousness— what He has
done.

Psalm 22

Circumstances do not dictate our position
(v.1-5)

When wearied by doing good, trust in the
Lord (v.6-21)

When overwhelmed: Praise God! (v.22-31)

The LORD declared to my Lord: “Sit at My right hand until I make Your enemies Your footstool.” The LORD will extend Your mighty scepter from Zion. Rule over Your surrounding enemies. Your people will volunteer on Your day of battle. In holy splendor, from the womb of the dawn, the dew of Your youth belongs to You. The LORD has sworn an oath and will not

take it back: “Forever, You are a priest like Melchizedek.” The Lord is at Your right hand; He will crush kings on the day of His anger. He will judge the nations, heaping up corpses; He will crush leaders over the entire world. He will drink from the brook by the road; therefore, He will lift up His head.

Psalm 110

Jesus has a position of authority & the power to wield it (v.1-2)

Our loyalty is to be unwavering & complete (v.3-4)

Christ will put everything under His own authority (v.5-7)

What About You?

Do you have the mind of Christ?

Do you submit to Christ's authority & power?