

**“MESSIAH SONGS:**  
**JESUS SIGHTINGS IN THE PSALMS” Series**  
The Five Sundays in Lent – Message #2 of 5

**“EMBRACE THE PAIN”**  
*Jesus felt every pain we experience,  
and promises to see us through it.*  
Psalm 22:1-22  
March 1, 2020 / Communion Sunday

**1. IF YOU FEEL ... ABANDONED – (v.1-2)**

***“My God, my God, why have your forsaken me?” – v.1a***

- *“I will never forsake you.” – Deuteronomy 31:6; Hebrews 13:5*
- *“Cast all your anxieties upon him, for he cares for you.” – 1 Peter 5:7*

***“Have you felt ... abandoned? Me too.” – Jesus***

**2. IF YOU FEEL ... RIDICULED – (v.6-8)**

***“I am scorned and despised by the people.” – v.6b***

- *“In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted.” - 2nd Timothy 3:12*
- *“I have told you ... in this world you will have trouble.” - John 16:33a*
- *“If they persecuted me, they will persecute you.” - John 15:20*

***“Have you felt ... ridiculed? Me too.” – Jesus***

**3. IF YOU FEEL ... POWERLESS – (v.14-18)**

***“My heart has turned to wax; it has melted away within me.” – v.14b***

- *“My grace is sufficient for you, for my power is made perfect in weakness.” – 2 Corinthians 12:9*
- *“For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet was without sin.” – Hebrews 4:15*

***“Have you felt ... powerless? Me too.” – Jesus***

**4. IF YOU FEEL ... FAR OFF – (v.19-22)**

***“But you, O Lord, be not far off; O my Strength, come quickly to help me.” – v.19***

- *“Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” – Joshua 1:9*
- *“Where can I go from your Spirit? Where can I flee from your presence? ... You are there, you are there, even there your hand will guide me.” – Psalm 139:7-12*

***“Have you felt ... far off? Me too.” – Jesus***