

Psalms: Expressing Our Emotions

Lesson 10 - Why Me?

Warm up -

1. Have you ever been lost? What happened?
2. Do you think you learn more from winning or from losing?
3. How can you see the pattern of God's faithfulness when you look back at the things that have happened to you?

Lesson -

There's a crude bumper sticker around that says, in effect, "Bad stuff happens." That's a fact - it does. Even to good people. Even to you and me. And when it does, we can't help but ask, "Why? Why is this happening to me? Doesn't God care anymore? We feel all alone in the world, deserted by even our friends. It's a rotten feeling. Especially when we've done nothing to deserve all this.

Take comfort in this: there are tons of people in the Bible who felt just the same as you. Job, for example. Add Naomi and David and Elijah. And Jonah. Even Jesus, as he hung dying on the cross. The list is long and distinguished. Be proud that you belong in such a group. For all of us who feel this way, David wrote Psalm 22. It's the most quoted psalm in the New Testament.

And remember this: "Although David wrote, "My God, My God, why have you forsaken me?" he didn't stop there. The God who formed the world was in charge then, and in David's mind, God's still in charge. We too can look back at our lives and see the pattern of God's faithfulness. If you look back at the pattern of your life, you'll see it too - just like David did. A God who's in charge. A God who hasn't forgotten us. A God who will never forget us.

Read Psalm Psalm 22:1 - 8, 19-24

1. As you read, think of words that describe David's mood when he wrote his psalm.

2. What two things seem to be bothering David in this psalm?
3. Why does David compare himself to a worm ("Here I am, a nothing, an earthworm, something to step on, to squash.")
4. Does David say that if God rescues him from all this calamity he will praise God, or will he do it regardless?
5. Think of a very hard experience you or your family has gone through. Where did you feel God was through it all (and afterward)?
6. How does Psalm 22 help you get through difficult situations you're facing or will face?
7. Is it wrong to get angry with God, since God doesn't make mistakes?
8. "Why do bad things happen to good people?" is a question folks have been struggling with throughout history of Christianity. It's a question that prevents some people from being able to believe in a loving God. How would you answer this question for such a person?