



Discussion Questions for Pastors Message from Psalm 22

1. From Psalm 22, what did David do when he was facing discouragement?
2. Why is it so important for us to be honest with God about our emotions?
3. As a group leader or coach, have you experienced discouragement? If so, share about that time.
4. What steps did you take to work through your discouragement?
5. Why is it so important for us as leaders to avail ourselves to a coach and coaching group?

Psalm 22 (NASB95)

For the choir director; upon Aijeleth Hashshahar. A Psalm of David.

¹My God, my God, why have You forsaken me? Far from my deliverance are the words of my groaning. ²O my God, I cry by day, but You do not answer; And by night, but I have no rest. ³Yet You are holy, O You who are enthroned upon the praises of Israel. ⁴In You our fathers trusted; They trusted and You delivered them. ⁵To You they cried out and were delivered; In You they trusted and were not disappointed. ⁶But I am a worm and not a man, a reproach of men and despised by the people. ⁷All who see me sneer at me; They separate with the lip, they wag the head, saying, ⁸“Commit yourself to the LORD; let Him deliver him; Let Him rescue him, because He delights in him.” ⁹Yet You are He who brought me forth from the womb; You made me trust when upon my mother’s breasts. ¹⁰Upon You I was cast from birth; You have been my God from my mother’s womb. ¹¹Be not far from me, for trouble is near; For there is none to help. ¹²Many bulls have surrounded me; Strong bulls of Bashan have encircled me. ¹³They open wide their mouth at me, as a ravening and a roaring lion. ¹⁴I am poured out like water, And all my bones are out of joint; My heart is like wax; It is melted within me. ¹⁵My strength is dried up like a potsherd, and my tongue cleaves to my jaws; and You lay me in the dust of death. ¹⁶For dogs have surrounded me; a band of evildoers has encompassed me; they pierced my hands and my feet. ¹⁷I can count all my bones. They look, they stare at me; ¹⁸They divide my garments among them, and for my clothing they cast lots. ¹⁹But You, O LORD, be not far off; O You my help, hasten to my assistance. ²⁰Deliver my soul from the sword, my only life from the power of the dog. ²¹Save me from the lion’s mouth; from the horns of the wild oxen You answer me. ²²I will tell of Your name to my brethren; In the midst of the assembly I will praise You. ²³You who fear the LORD, praise Him; All you descendants of Jacob, glorify Him, And stand in awe of Him, all you descendants of Israel. ²⁴For He has not despised nor abhorred the affliction

of the afflicted; nor has He hidden His face from him; But when he cried to Him for help, He heard. ²⁵From You comes my praise in the great assembly; I shall pay my vows before those who fear Him.

²⁶The afflicted will eat and be satisfied; those who seek Him will praise the LORD. Let your heart live forever! ²⁷All the ends of the earth will remember and turn to the LORD, and all the families of the nations will worship before You. ²⁸For the kingdom is the LORD'S And He rules over the nations. ²⁹All the prosperous of the earth will eat and worship, all those who go down to the dust will bow before Him, Even he who cannot keep his soul alive. ³⁰Posterity will serve Him; it will be told of the Lord to the coming generation. ³¹They will come and will declare His righteousness to a people who will be born, that He has performed it.