

## SMALL GROUP/E-GROUP LESSON NO. 7

**Sermon Series : “PONDERING ON THE PSALMS”**

**Message Title : “FROM PAIN TO PRAISE!”**

**Message Text : Psalm 22**

### **Introduction/Background:**

Today, we are going to study a very important psalm or prayer of David. In fact, it is the most quoted psalm and old testament passage in the New Testament. For those who don't know it yet, it is the psalm (v. 1) that our Lord Jesus uttered in one of his most trying moments in his earthly life when he was hanging on the cross.

### **A. PASS YOUR STORY! (WELCOME TIME)**

- 1) Can you share a very painful experience in the past in whatever area like, relationship, health, finance, etc.? (Ask for volunteers)

### **B. PONDER ON THE PSALM! (WORD TIME)**

- 1) Assign a member or two to read Psalm 22!
- 2) Has anyone of us experienced this “feeling of abandonment” that David had verses 1-2? (If no one answers, explain why David felt this – He has become fugitive & separated from loved ones, friends, & people & nowhere to go)
- 3) What strengthen David and sustain his desire to press on with life in spite of his situation in verses 3-5 & 6-8? (a. He reminded himself who the Lord is – He is still ruling & in control of all things including his life & re-affirmed his trust in Him and b. David persistently trusted that the Lord has a good plan for his life, [see Jer. 29:11]).
- 4) How did David describe or what pictures did he use to paint his enemies in verse 11-20? How did you feel about David's enemies by just reading/hearing these descriptions or metaphors? What name did David use to call on God in verse 19? Why is this important? What can we learn from David when he called God his “Strength” in v. 19?
- 5) What did David promise to do if the Lord will rescue him from this present predicament in vv. 21-26?
- 6) What did David predict will happen in the future after this great deliverance in vv. 27-31?

### **C. PRAISE & WORSHIP THE LORD! (PRAYER TIME)**

- 1) Ask each one to pray a prayer of praise and thanksgiving to

God for being the Sovereign Ruler & Lord of all things including every detail (the good & bad) of our life!

- 2) Pray for one another's needs.

### **D. PASS THE STORY TO OTHERS! (WITNESS/VISION TIME)**

- 1) Share the “**3-I VISION**” – Identify, Intercede & Invest!
- 2) Talk and discuss about your evangelistic plans and activities in the future. Talk and discuss how you can invite more guests into your group.