

Week 6 Scripture

Psalm 22:1-10 A Psalm of David (NIV)

My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? My God, I cry out by day, but you do not answer, by night, but I find no rest. Yet you are enthroned as the Holy One; you are the one Israel praises. In you our ancestors put their trust; they trusted and you delivered them. To you they cried out and were saved; in you they trusted and were not put to shame.

But I am a worm and not a man, scorned by everyone, despised by the people. All who see me mock me; they hurl insults, shaking their heads. "He trusts in the Lord," they say, "let the Lord rescue him. Let him deliver him, since he delights in him." Yet you brought me out of the womb; you made me trust in you, even at my mother's breast. From birth I was cast on you; from my mother's womb you have been my God. Do not be far from me, for trouble is near and there is no one to help.

Matthew 26:36-39 (NLT)

Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."



Matthew 27:46 (NIV)

About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" (which means "My God, my God, why have you forsaken me?").



Week 6: Interactive Prayer Activity

Read Psalm 22:1-10. If some of the words to this psalm sound familiar to you, it is because this is the psalm that Jesus quoted when he was near death on the cross. Jesus quoted the Old Testament frequently during his ministry, but he quoted The Book of Psalms most often.

According to author Abby Norman, Jesus "was raised with a template of how to cry out to God. He was raised to talk to God with the full range of human emotion, in anger and desperation and grief. And Jesus did exactly that."

Read Matthew 26:36-39. The evening before Jesus was crucified, he invited some close friends to go to a quiet place and pray with him. Look at your instructions for writing a prayer of lament. Does Jesus' prayer in the garden follow these steps? When Jesus is feeling "crushed with grief to the point of death," he prays! He takes his problem to God, tells God how he is feeling, and then tells God that he trusts God. The next day when he is near death on the cross, instead of writing his own prayer of lament he quotes Psalm 22.

Read Matthew 27:46. Jesus shows us that we can use psalms to help us express what we are feeling in our hearts when we struggle with finding our own words. While on the cross Jesus may have felt like God had abandoned him, but in his last words before returning to heaven, Jesus promises "and surely I am with you always, to the very end of the age" (Matthew 28:20b).

Do: To help us remember that God is with us always, we're making 2 string friendship bracelets. As you are creating your bracelet, consider that one of the strings is you and the other is God. Remember that God longs to be a part of every part of your life and God will never ever leave you! When you have time make a second bracelet to give away. Jesus knew the value of good friends. On his awful night when he went to the garden to pray, he asked his close friends to come and pray with him. As you work on the bracelet to give away, pray for the friend you will give it to. Give God thanks for this friendship and ask God to help you be a good friend. For easy to follow instructions to make your friendship bracelet, go to <https://familyministrytools.org/friendshipbracelets/>



Supplies:
Bracelet String
Scissors
Tape