

Lesson 7 / Psalm 22

New International Version

Psalms 22: A psalm of David.

1 My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning? **2** O my God, I cry out by day, but you do not answer, by night, and am not silent. **3** Yet you are enthroned as the Holy One; you are the praise of Israel. **4** In you our fathers put their trust; they trusted and you delivered them. **5** They cried to you and were saved; in you they trusted and were not disappointed. **6** But I am a worm and not a man, scorned by men and despised by the people. **7** All who see me mock me; they hurl insults, shaking their heads: **8** “He trusts in the LORD; let the LORD rescue him. Let him deliver him, since he delights in him.” **9** Yet you brought me out of the womb; you made me trust in you even at my mother’s breast. **10** From birth I was cast upon you; from my mother’s womb you have been my God. **11** Do not be far from me, for trouble is near and there is no one to help. **12** Many bulls surround me; strong bulls of Bashan encircle me. **13** Roaring lions tearing their prey open their mouths wide against me. **14** I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me. **15** My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death. **16** Dogs have surrounded me; a band of evil men has encircled me, they have pierced my hands and my feet. **17** I can count all my bones; people stare and gloat over me. **18** They divide my garments among them and cast lots for my clothing. **19** But you, O LORD, be not far off; O my Strength, come quickly to help me. **20** Deliver my life from the sword, my precious life from the power of the dogs. **21** Rescue me from the mouth of the lions; save me from the horns of the wild oxen. **22** I will declare your name to my brothers; in the congregation I will praise you. **23** You who fear the LORD, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel! **24** For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help. **25** From you comes the theme of my praise in the great assembly; before those who fear you will I fulfill my vows. **26** The poor will eat and be satisfied; they who seek the LORD will praise him— may your hearts live forever! **27** All the ends of the earth will remember and turn to the LORD, and all the families of the nations will bow down before him, **28** for dominion belongs to the LORD and he rules over the nations. **29** All the rich of the earth will feast and worship; all who go down to the dust will kneel before him— those who cannot keep themselves alive. **30** Posterity will serve him; future generations will be told about the Lord. **31** They will proclaim righteousness to a people yet unborn— for he has done it.

New Living Translation

Psalms 22 A psalm of David

1 My God, my God! Why have you forsaken me? Why do you remain so distant? Why do you ignore my cries for help? **2** Every day I call to you, my God, but you do not answer. Every night you hear my voice, but I find no relief. **3** Yet you are holy. The praises of Israel surround your throne. **4** Our ancestors trusted in you, and you rescued them. **5** You heard their cries for help and saved them. They put their trust in you and were never disappointed. **6** But I am a worm and not a man. I am scorned and despised by all! **7** Everyone who sees me mocks me. They sneer and shake their heads, saying, **8** “Is this the one who relies on the LORD? Then let the LORD save him! If the LORD loves him so much, let the LORD rescue him!” **9** Yet you brought me safely from my mother’s womb and led me to trust you when I was a nursing infant. **10** I was thrust upon you at my birth. You have been my God from the moment I was born. **11** Do not stay so far from me, for trouble is near, and no one else can help me. **12** My enemies surround me like a herd of bulls; fierce bulls of Bashan have hemmed me in! **13** Like roaring lions attacking their prey, they come at me with open mouths. **14** My life is poured out like water, and all my bones are out of joint. My heart is like wax, melting within me. **15** My strength has dried up like sunbaked clay. My tongue sticks to the roof of my mouth. You have laid me in the dust and left me for dead. **16** My enemies surround me like a pack of dogs; an evil gang closes in on me. They have pierced my hands and feet. **17** I can count every bone in my body. My enemies stare at me and gloat. **18** They divide my clothes among themselves and throw dice for my garments. **19** O LORD, do not stay away! You are my strength; come quickly to my aid! **20** Rescue me from a violent death; spare my precious life from these dogs. **21** Snatch me from the lions’ jaws, and from the horns of these wild oxen. **22** Then I will declare the wonder of your name to my brothers and sisters. I will praise you among all your people. **23** Praise the LORD, all you who fear him! Honor him, all you descendants of Jacob! Show him reverence, all you descendants of Israel! **24** For he has not ignored the suffering of the needy. He has not turned and walked away. He has listened to their cries for help. **25** I will praise you among all the people; I will fulfill my vows in the presence of those who worship you. **26** The poor will eat and be satisfied. All who seek the LORD will praise him. Their hearts will rejoice with everlasting joy. **27** The whole earth will acknowledge the LORD and return to him. People from every nation will bow down before him. **28** For the LORD is king! He rules all the nations. **29** Let the rich of the earth feast and worship. Let all mortals— those born to die—bow down in his presence. **30** Future generations will also serve him. Our children will hear about the wonders of the Lord. **31** His righteous acts will be told to those yet unborn. They will hear about everything he has done.

Amplified Bible

Psalms 22: **1** MY GOD, my God, why have You forsaken me? Why are You so far from helping me, and from the words of my groaning? **2** O my God, I cry in the daytime, but You answer not; and by night I am not silent *or* find no rest. **3** But You are holy, O You Who dwell in [the holy place where] the praises of Israel [are offered]. **4** Our fathers trusted in You; they trusted (leaned on, relied on You, and were confident) and You delivered them. **5** They cried to You and were delivered; they trusted in, leaned on, *and* confidently relied on You, and were not ashamed *or* confounded *or* disappointed. **6** But I am a worm, and no man; I am the scorn of men, and despised by the people. **7** All who see me laugh at me *and* mock me; they shoot out the lip, they shake the head, saying, **8** He trusted *and* rolled himself on the Lord, that He would deliver him. Let Him deliver him, seeing that He delights in him! **9** Yet You are He Who took me out of the womb; You made me hope *and* trust when I was on my mother's breasts. **10** I was cast upon You from my very birth; from my mother's womb You have been my God. **11** Be not far from me, for trouble is near and there is none to help. **12** Many [foes like] bulls have surrounded me; strong bulls of Bashan have hedged me in. **13** Against me they opened their mouths wide, like a ravaging and roaring lion. **14** I am poured out like water, and all my bones are out of joint. My heart is like wax; it is softened [with anguish] *and* melted down within me. **15** My strength is dried up like a fragment of clay pottery; [with thirst] my tongue cleaves to my jaws; and You have brought me into the dust of death. **16** For [like a pack of] dogs they have encompassed me; a company of evildoers has encircled me, they pierced my hands and my feet. **17** I can count all my bones; [the evildoers] gaze at me. **18** They part my clothing among them and cast lots for my raiment (a long, shirtlike garment, a seamless undertunic). [John 19:23, 24] **19** But be not far from me, O Lord; O my Help, hasten to aid me! **20** Deliver my life from the sword, my dear life [my only one] from the power of the dog [the agent of execution]. **21** Save me from the lion's mouth; for You have answered me [kindly] from the horns of the wild oxen. **22** I will declare Your name to my brethren; in the midst of the congregation will I praise You. **23** You who fear (revere and worship) the Lord, praise Him! All you offspring of Jacob, glorify Him. Fear (revere and worship) Him, all you offspring of Israel. **24** For He has not despised or abhorred the affliction of the afflicted; neither has He hidden His face from him, but when he cried to Him, He heard. **25** My praise shall be of You in the great congregation. I will pay to Him my vows [made in the time of trouble] before them who fear (revere and worship) Him. **26** The poor *and* afflicted shall eat and be satisfied; they shall praise the Lord—they who [diligently] seek for, inquire of *and* for Him, *and* require Him [as their greatest need]. May your hearts be quickened now *and* forever! **27** All the ends of the earth shall remember and turn to the

Lord, and all the families of the nations shall bow down *and* worship before You, **28** For the kingship *and* the kingdom are the Lord's, and He is the ruler over the nations. **29** All the mighty ones upon earth shall eat [in thanksgiving] and worship; all they that go down to the dust shall bow before Him, even he who cannot keep himself alive. **30** Posterity shall serve Him; they shall tell of the Lord to the next generation. **31** They shall come and shall declare His righteousness to a people yet to be born—that He has done it [that it is finished]!

The Message

Psalms 22: **1** God, God . . . my God! Why did you dump me miles from nowhere? **2** Doubled up with pain, I call to God all the day long. No answer. Nothing. I keep at it all night, tossing and turning. **3** And you! Are you indifferent, above it all, leaning back on the cushions of Israel's praise? **4** We know you were there for our parents: **5** they cried for your help and you gave it; they trusted and lived a good life. **6** And here I am, a nothing—an earthworm, something to step on, to squash. **7** Everyone pokes fun at me; they make faces at me, they shake their heads: **8** "Let's see how GOD handles this one; since God likes him so much, let *him* help him!" **9** And to think you were midwife at my birth, setting me at my mother's breasts! **10** When I left the womb you cradled me; since the moment of birth you've been my God. **11** Then you moved far away and trouble moved in next-door. I need a neighbor. **12** Herds of bulls come at me, the raging bulls stampede, **13** Horns lowered, nostrils flaring, like a herd of buffalo on the move. **14** I'm a bucket kicked over and spilled, every joint in my body has been pulled apart. My heart is a blob of melted wax in my gut. **15** I'm dry as a bone, my tongue black and swollen. They have laid me out for burial in the dirt. **16** Now packs of wild dogs come at me; thugs gang up on me. They pin me down hand and foot, **17** and lock me in a cage—a bag of bones in a cage, stared at by every passerby. **18** They take my wallet and the shirt off my back, and then throw dice for my clothes. **19** You, GOD—don't put off my rescue! Hurry and help me! **20** Don't let them cut my throat; don't let those mongrels devour me. **21** If you don't show up soon, I'm done for—gored by the bulls, meat for the lions. **22** Here's the story I'll tell my friends when they come to worship, and punctuate it with Hallelujahs: **23** Shout Hallelujah, you God-worshippers; give glory, you sons of Jacob; adore him, you daughters of Israel. **24** He has never let you down, never looked the other way when you were being kicked around. He has never wandered off to do his own thing; he has been right there, listening. **25** Here in this great gathering for worship I have discovered this praise-life. And I'll do what I promised right here in front of the God-worshippers. **26** Down-and-outers sit at GOD'S table and eat their fill. Everyone on the hunt for God is here, praising him. "Live it up, from head to toe. Don't ever quit!" **27** From the four corners of the earth people are coming to their senses, are running back to GOD. Long-lost families are falling on their faces before him. **28** GOD has taken charge; from now on he has the last word. **29** All the power-mongers are before him — worshipping! All the poor and powerless, too — worshipping! Along with those who never got it together — worshipping! **30** Our children and their children will get in on this As the word is passed along from parent to child. **31** Babies not yet conceived will hear the good news— that God does what he says.