

### Psalm 22:1-15 (NRSV)

My God, my God, why have you forsaken me?  
Why are you so far from helping me, from the words of my groaning?  
O my God, I cry by day, but you do not answer;  
and by night, but find no rest.

Yet you are holy, enthroned on the praises of Israel.  
In you our ancestors trusted;  
they trusted, and you delivered them.  
To you they cried, and were saved;  
in you they trusted, and were not put to shame.

But I am a worm, and not human;  
scorned by others, and despised by the people.  
All who see me mock at me; they make mouths at me, they shake their heads;  
'Commit your cause to the Lord; let him deliver—  
let him rescue the one in whom he delights!'

Yet it was you who took me from the womb; you kept me safe on my mother's breast.  
On you I was cast from my birth,  
and since my mother bore me you have been my God.  
Do not be far from me, for trouble is near and there is no one to help.

Many bulls encircle me, strong bulls of Bashan surround me;  
they open wide their mouths at me, like a ravening and roaring lion.

I am poured out like water, and all my bones are out of joint;  
my heart is like wax; it is melted within my breast;  
my mouth is dried up like a potsherd,  
and my tongue sticks to my jaws;  
you lay me in the dust of death.

### For Reflection and Prayer:

Was there a word, phrase or image which caught your attention you as you listened to or slowly read the text? Quietly savor this with Christ.

Notice any felt sense that seems to emerge as you linger with this passage. It might come as a bodily feeling, emotion, metaphor, picture, gesture or sound. See if you can describe it and simply be with it with patient curiosity. Be open to whatever more might emerge.

Perhaps you might want to draw, color or journal your conversation.

As the time of prayer comes to a close, share some quiet moments with Christ, simply resting safely in God's presence.