

PSALM 22

TO COMPREHEND AND COUNSEL SUFFERING

Eight helps for sufferers:

1. Acknowledge real pain, v. 1-2, 6-8, 11-21
2. Solicit divine help, v. 1-2, 19-21
3. Remember God's character, v. 3-5
4. Recall faithful examples, v. 4-5
5. Document past mercies, v. 9-10
6. Trace God's hand, v. 11-18
7. Expect favorable answers, v. 19-21
8. Anticipate future glory, v. 22-31

