

## **Psalm 22**

1 My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning?

2 O my God, I cry by day, but you do not answer, and by night, but I find no rest.

3 Yet you are holy, enthroned on the praises of Israel.

4 In you our fathers trusted; they trusted, and you delivered them.

5 To you they cried and were rescued; in you they trusted and were not put to shame.

6 But I am a worm and not a man, scorned by mankind and despised by the people.

7 All who see me mock me; they make mouths at me; they wag their heads;

8 "He trusts in the Lord; let him deliver him; let him rescue him, for he delights in him!"

9 Yet you are he who took me from the womb; you made me trust you at my mother's breasts.

10 On you was I cast from my birth, and 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.

16 For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet—

17 I can count all my bones—they stare and gloat over me;

18 they divide my garments among them, and for my clothing they cast lots.

25 From you comes my praise in the great congregation; my vows I will perform before those who fear him.

26 The afflicted shall eat and be satisfied; those who seek him shall praise the Lord! May your hearts live forever!

## **Sermon Summary/Outline**

- Shame - The feeling or experience that we are flawed and therefore unworthy of love and belonging. (Brene Brown)
- The Lie of Shame - love and belonging are conditional.
- The Truth of Shame - we *are* deeply flawed. (Our disposition is to trust anything other than God)
- Our Freedom from Shame - Jesus took the source of our shame on the cross.
- The way out: We acknowledge our shame - We interrogate our shame - We bring our shame to Jesus

## **Application Questions**

- 1) What does shame feel like? What happens in your body? How do you know you are feeling shame?
- 2) What are some ways you try to avoid the feeling of shame? How has shame controlled you?
- 3) Think of a time where you felt shame\*. If you are comfortable, share this story with the group. Examine the following:
  - The lie you were believing (whether about yourself, or God or both)
  - The idol that your shame exposed (what were your trusting in, other than God, that failed you)
  - What does the Gospel have to say

\*It is best to pick an event that is neither trivial nor traumatic. Examples should be a 4-6 out of 10 on the intensity scale.