

Psalm 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?

When you read today's verse from Psalm 22, you may think that you have heard those words before, and you have, because they are the same words that Jesus cried out from the cross.

† **Matthew 27:46** *And about the ninth hour Jesus cried out with a loud voice, saying, "Eli, Eli, lama sabachthani?" that is, "My God, My God, why have You forsaken Me?"*

And when we read those word "*My God, My God, why have You forsaken Me?*" they are words of the most severe anguish we could ever imagine. But do we really understand how Jesus was feeling on the cross when He said those words, or even when King David penned those words "*My God, My God, why have You forsaken Me?*" in Psalm 22?

As I was listening to a pastor teach on this, I believe the Holy Spirit gave me an example that we can all relate to. Once again, this is just an example, and barely scratches the surface of the anguish Jesus endured on the cross for us all.

Do you remember, maybe years ago when you were younger or even recently for some of you, that guy or girl you were dating and were so much in love with? You did everything together and it seemed that no one or nothing could separate the two of you. You may have been so in love with him or her that you were even planning on getting married. Then, all of a sudden, he or she says that they no longer want to see you, talk to you or have anything to do with you, they even added that saying "But we can still be friends".

Now, do you remember that inner, deep, deep pain you felt, it was so intense that there was nothing anyone could say to make that pain of losing someone you loved so much and being out of your life go away, because it felt like your heart was ripped to shreds and it was all you could do to take each breath or even get out of bed. People have even gotten rich and famous off of these feelings of extreme pain, I am talking musicians and singers, who have also gone through those pains and written songs about what they went through. Those songs we played over and over, because they were words of how we were feeling.

Think of King David, the sweet psalmist, who wrote this song, which we know as Psalm 22. He was pouring out his heart in anguish, because he felt that the Lord had abandoned him. Think of it, King David, the man that God said.

† **Acts 13:22** *And when He had removed him, He raised up for them David as king, to whom also He gave testimony and said, 'I have found David the son of Jesse, a man after My own heart, who will do all My will.'*

Quoting from:

† **1 Samuel 13:14** *But now your kingdom shall not continue. The LORD has sought for Himself a man after His own heart, and the LORD has commanded him to be commander over His people, because you have not kept what the LORD commanded you."*

Some of you reading this are sad because those old memories have come back, and you still feel that pain, and for others, maybe you are feeling this pain because it has happened to you not to long ago.

Now take that pain that you remember and multiply it by hundreds of thousands of times. It would be a pain we could not fathom, yet it is the pain Jesus went through on the cross for us all, because for the first time, God and Jesus were separated. The God that Jesus would spend hours with each night in prayer while He walked this earth. The God, who along with Jesus, together created all things that we see and enjoy.

† **John 1:3** *All things were made through Him, and without Him nothing was made that was made.*

Are now they are separated for three hours as darkness covered the earth during that separation.

† **Luke 23:44** *Now it was about the sixth hour, and there was darkness over all the earth until the ninth hour.*

It was dark, like how we felt when we were separated from the one we loved, but this was real darkness because of that separation, unlike anything we will ever have to go through, yet Jesus did it for us, because He loved us, and He was willing to endure that pain so that we could spend eternity with Him in heaven!!!

So, let's spend the weekend, NO, the rest of our lives thanking Jesus and God what they both endured so that we could spend eternity with them!

† **Hebrews 12:2** *looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*

† **John 17:26** *And I have declared to them Your name, and will declare it, that the love with which You loved Me may be in them, and I in them.*

† **Romans 5:8** *But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.*