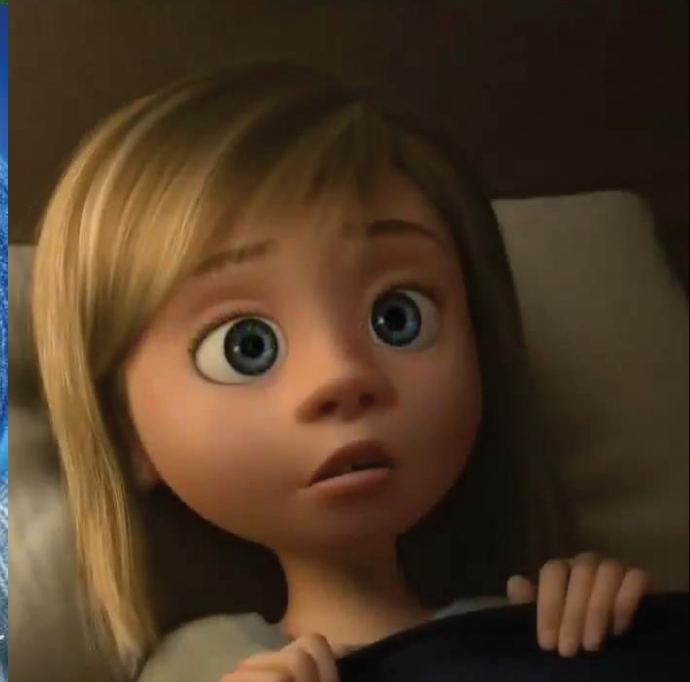
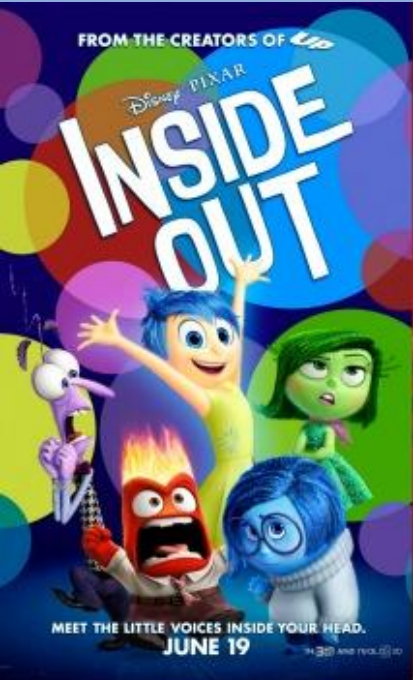


“Those who sow in tears  
will reap with songs of joy.”

*Psalm 126:5*







“We cannot selectively numb emotions,  
when we numb the painful emotions, we  
also numb the positive emotions.”

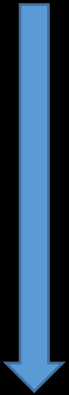
*Brene Brown*

## James 4:8

<sup>8</sup> Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. <sup>9</sup> Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. <sup>10</sup> Humble yourselves before the Lord, and he will lift you up.

## Psalm 22:1-2

Human situation

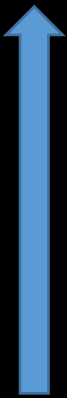


<sup>1</sup> My God, my God, why have you forsaken me?  
Why are you so far from saving me,  
so far from my cries of anguish?

<sup>2</sup> My God, I cry out by day, but you do not answer,  
by night, but I find no rest.

## Psalm 22:3-5

Revealed truth



<sup>3</sup> Yet you are enthroned as the Holy One;  
you are the one Israel praises.

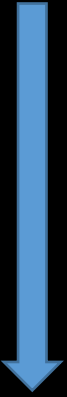
<sup>4</sup> In you our ancestors put their trust;  
they trusted and you delivered them.

<sup>5</sup> To you they cried out and were saved;  
in you they trusted and were not put to shame.

## Psalm 22:6-8

<sup>6</sup> But I am a worm and not a man,  
scorned by everyone, despised by the people.  
<sup>7</sup> All who see me mock me;  
they hurl insults, shaking their heads.  
<sup>8</sup> “He trusts in the Lord,” they say,  
“let the Lord rescue him.  
Let him deliver him, since he delights in him.”

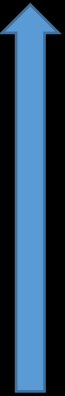
Human situation





## Psalm 22:9-10

Revealed truth



<sup>9</sup> Yet you brought me out of the womb;  
you made me trust in you,  
even at my mother's breast.

<sup>10</sup> From birth I was cast on you;  
from my mother's womb  
you have been my God.

## Psalm 22:11

Supplication



<sup>11</sup> Do not be far from me,  
for trouble is near  
and there is no one to help.

## Psalm 22:12-18

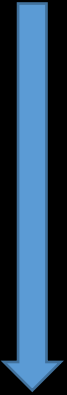
<sup>12</sup> Many bulls surround me;  
strong bulls of Bashan encircle me.

<sup>13</sup> Roaring lions that tear their prey  
open their mouths wide against me.

<sup>14</sup> I am poured out like water,  
and all my bones are out of joint.

My heart has turned to wax;  
it has melted within me.

Human situation



## Psalm 22:12-18

15 My mouth 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 surround me,  
a pack of villains encircles me;  
they pierce <sup>g</sup> my hands and my feet.

17 All my bones are on display;  
people stare and gloat over me.

18 They divide my clothes among them  
and cast lots for my garment.

Human situation



## Psalm 22:19-21

<sup>19</sup> But you, Lord, do not be far from me.  
You are my strength; come quickly to help me.  
<sup>20</sup> Deliver me from the sword,  
my precious life from the power of the dogs.  
<sup>21</sup> Rescue me from the mouth of the lions;  
save me from the horns of the wild oxen.

Supplication





## Psalm 22:22-31

<sup>22</sup> I will declare your name to my people;  
in the assembly I will praise you.

<sup>23</sup> You who fear the Lord, praise him!

All you descendants of Jacob, honor him!  
Revere him, all you descendants of Israel!

<sup>24</sup> For he has not despised or scorned  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help.

## Psalm 22:22-31

<sup>25</sup> From you comes the theme of my praise  
in the great assembly;  
before those who fear you I will fulfill my vows.

<sup>26</sup> The poor will eat and be satisfied;  
those who seek the Lord will praise him—  
may your hearts live forever!

<sup>27</sup> 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,

## Psalm 22:22-31

<sup>28</sup> for dominion belongs to the Lord  
and he rules over the nations.

<sup>29</sup> 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.

<sup>30</sup> Posterity will serve him;  
future generations will be told about the Lord.

<sup>31</sup> They will proclaim his righteousness,  
declaring to a people yet unborn:  
He has done it!

## Romans 8:22-23

<sup>22</sup> We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. <sup>23</sup> Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies.