

Psalm 69

- 1) In Psalm 69, the writer describes his own internal suffering as well as the external threats to his well-being – some verses are focused inward, others outward. As you read the psalm, identify its verses as inward (I), outward (O), or both (B) in the table below:

<u>verses</u>		<u>verses</u>		<u>verses</u>		<u>verses</u>		<u>verses</u>	
1 – 3		6 – 9		16 – 18		26 – 28		32 – 33	
4		10 – 12		19 – 21		29		34 – 36	
5		13 – 15		22 – 25		30 – 31			

- 2) In your opinion, which inward-looking verses best express the psalmist's suffering? Which outward-looking verses best capture his anger?

- 3) Are the writer's enemies the cause of his suffering? What is the relationship between personal suffering and external circumstances?

- 4) It's easy from our post-Passion perspective to see the suffering of Christ in the words of Psalm 69. (In fact, according to the NIV Study Bible, it is quoted by New Testament authors more frequently than any other psalm except Psalm 22.) And it wouldn't be too great a stretch to believe that Jesus Himself recognized the psalm as prophetic. Just for fun, imagine that, as the disciples were sleeping at Gethsemene, Jesus prayed Psalm 69 during the height of His spiritual anguish. What new insights about the Psalm, or about Jesus, can we gain from such this exercise?

Psalm 22

- 5) Psalm 22:1 is well-known among Christians because Jesus quoted it while He was dying on the cross (ref.: Matthew 27:46 and Mark 15:34). We tend to see it as a cry of despair, but is it? Does the writer believe he has been forsaken? What are the themes of this psalm?
- 6) Psalm 22, like Psalm 69, is also fulfilled in the life and suffering of Christ. What events are foretold in the following verses:
- a) v. 1

 - b) vv. 6-7

 - c) v. 8

 - d) vv. 9-10

 - e) vv. 14-15

 - f) vv. 16-17

 - g) v. 18

 - h) v. 24

 - i) vv. 25-31
- 7) How would you answer the argument, put forth by some non-Christians, that our belief in these two psalms as Messianic prophecies is circular, requiring a pre-existing belief that Jesus is the Messiah?