

Sunday AM Sermon – April 12, 2026

Why Have You Forsaken Me?

Psalm 22:1-8

Emotions and Feelings



We may know that we shouldn't fully trust our feelings because sometimes they are based on bad information. But feelings can be so strong. And our need to escape them be so urgent. So what do we do with such feelings, especially when it's feeling forsaken?



1. Mark the number of times you hear these words:

Forsake(n) –

Jesus –

Cross or crucifixion –

2. Where did the writer of Hebrews say to keep looking and why?
3. What is ghosting?
4. What is Psalm 22 really foretelling?
5. Question #1: What's it like to _____ _____?
6. What are some reasons why Jesus would have felt forsaken?
7. What did the psalmist conclude about himself (Psalm 22:6)?
8. What is depression like?
9. What is the essence of hell?
10. For what surprising reason might you suffer?
11. Question #2: _____ do you _____ when you _____ _____?
12. Why might we not turn to those around us when we feel alone?
13. What surprising choice does the psalmist make when he felt forsaken, and why?
14. Question #3: How do you _____ when you _____ you're not _____?
15. How did the psalmist go from feeling completely broken to being full of praise?
16. What is the story David is really telling through this psalm?



Faith Talk, Faith Walk

Spend time with family or friends (maybe over a meal or during a family devotional) discussing the following related to the sermon

Faith Talk: When is a time that your feelings overwhelmed you, what did you do, and why?

Faith Walk: When feelings seem overwhelming and distort life, do what the psalmist did, clutch harder.

If you are here and have been touched or convicted by something said or done today we would love to study the Bible with you and introduce you more fully to our Savior, Jesus Christ. Just call the church office at 795-4377 and we will set something up. God bless you!

Next Sunday AM Sermon – I Nearly Lost It (Psalm 73:1, 37:1-2, 73:2-3, 16-17, 37:39-40)