



FIRST BAPTIST CHURCH  
R O C H E S T E R

**Sermon Discussion Guide**  
**March 17, 2024**

**Refresh**

Read Psalm 22:1-21 to get the Scripture passage back in your mind.

**Discuss**

Has there ever been a time when you felt “forsaken” by God? What caused you to feel that way?

In what ways does David’s prayer convey a “wrestling” within David’s heart as he cries out to God? What was causing David to wrestle with the circumstances he was facing? Have you ever felt similarly to David in your own life?

In this Psalm, David cries out to God in his time of trouble. How is this an example of how we ought to respond when we find ourselves in a time of trouble?

Has there been a time when you ran to other people or things before you ran to God in your suffering? Why do you think we are tempted to run elsewhere before we run to God? In your experience, how has running to other people or things worked out for you?

How does David’s suffering directly point to the suffering of Jesus on our behalf? In what ways was Jesus’ suffering different from David’s? In what ways was it similar?

How does Jesus’ suffering bring hope to sufferers like us? What are some ways we can remind ourselves of the suffering of Christ on our behalf so that we would be hope-filled in our suffering?