

**THE WEEK OF  
May 31<sup>st</sup>, 2010**



**Summer Psalms**

**Psalm 22**

**"My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest. Yet you are holy, enthroned on the praises of Israel. In you our fathers trusted; they trusted, and you delivered them. To you they cried and were rescued; in you they trusted and were not put to shame." Psalm 22:1-5**

As we continue in our summertime study of the Book of Psalms, our focus moves to the most important event in history for the Christian- the crucifixion and resurrection of Jesus Christ. Psalm 22 prophetically speaks of this very event hundreds of years before it took place. God, in His infinite wisdom and knowledge, reveals to us what is to take place. Every detail is foretold, even the words of Jesus on the cross.

For the Christian man, reading this passage should bring a sense of hope. If God, knowing the future, the cares of his people and the worries of this world, revealed in detail the sacrifice He would make for us; then why should we not trust Him with our cares and worries today? We find comfort in knowing that He knows and sees all. He is never surprised. He is never wrong.

This week, meditate on the psalms and ask the Lord to reveal His will for your life. Maybe you've done this years ago and are already certain of what He wants you to do in service of Him. Perhaps you've never done it and this will be the first time. Either way, ask God what his will for your life is.

Men, we're praying for you here at Challenge Men's Ministry. We love you, and we know God has big plans for you, your family, friends and co-workers.

God bless you men!

**Read the Proverb and the section of Psalm 119 that corresponds with the calendar day *example:*  
*If it's the 1<sup>st</sup> day of the month, read Proverbs 1 and Psalm 119:1-8 (Aleph)***

**Mon:** Psalm 22; Proverb 31

**Tue:** Psalm 1; Proverb 1

**Wed:** Psalm 2; Proverb 2

**Thu:** Psalm 3; Proverb 3

**Fri:** Psalm 4; Proverb 4

### **Discussion Questions for Bible Café:**

1. Compare your "fire" for the Lord when you were first saved to now. What's changed? Is it still burning? Do you need more wood? Share with your group so they can know how to pray for you.

2. Consider writing your own Psalm of praise to the Lord this week and sharing it with your group.

**Prayer Requests of your Bible Café brothers (on back):**