

**Small Group Bible Study Questions. Sermon by Pastor Brendan. March 1'26:
“Why Have You forsaken Me?!” Matthew 27:45-46; Psalm 22.**

From Brendan: “These questions are a guide. You do not have to use every question. Knowing your group, go over these questions and ask God what questions you should focus on. May God bless and guide your discussions!”

- Welcome everyone and open with prayer. **Optional:** take communion together!

Icebreaker Question:

- When you're under pressure or in a season of difficulty, what tends to come out of you first — frustration, silence, prayer, or problem-solving?

Follow-up from last week:

- Last week there was a challenge to live with greater honesty. How did that go?

Read Matthew 27:45-46. Psalm 22:1-2; 7-8; 16-18; 23-24

- When Jesus cries, “My God, my God, why have you forsaken me?” what do you think He is revealing about both His suffering and His trust—particularly as it relates to Psalm 22?

LAMENT Psalms (Brendan referenced Psalm 6 & 88):

- Lament Psalms make up roughly 1/3 of the 150 psalms: Why do you think God included so many?
- How does this inform us of how we can approach God when in a difficult season? Has this changed for you in light of this teaching?
- Generally lament psalms follow the pattern: Complaint - Request - Trust - Praise.
 - Which movement is most difficult for you?

Where Is God in Suffering? (What do you think and why?):

“God’s abandonment lies not in going away, but in being present and yet not intervening.” *John Goldingay*

- Have you ever experienced a season where God felt silent?
- What’s the difference between “God is absent” and “God is present but not intervening yet”?
- Psalm 22 moves from agony to confidence before circumstances change.
 - Why might that be important?

Gospel Hope:

Read:

- Ephesians 1:4
- 1 Peter 1:20
- Revelation 21:3–5

Discuss:

- How does knowing the cross was God's plan before creation shape your trust?
- What future hope anchors you most when life feels dark?

Key truth:

Jesus was forsaken by us so that we would never be forsaken by God.

Life Application—Choose one:

- Is there a lament you need to pray honestly this week?
- Is there someone you can sit with in their suffering instead of trying to “fix” it?
- How might you anchor yourself in Scripture so that, like Jesus, it comes out when pressure hits?

Encourage:

Read Psalm 22 slowly sometime this week as your own prayer.