

## Psalm 22

**Read Psalm 22:1-2:** Jesus uttered the words in verse 1 of this Psalm on the cross. It is one of two of the most quoted psalms of the suffering messiah.

Crucifixion was an awful way for a person to die. Crucifixion was not only one of the most painful and disgraceful forms of death but also one of the most dreaded methods of execution in the ancient world. The term *crucifixion* means "to put up posts," "bind to a cross," and "hang." In general, this form of capital punishment involved torture and execution by fixing a person to a wooden post or tree. Using ropes or nails, the victim's hands and feet were bound and often nailed to either a vertical stake or a stake with a crossbeam. Often the victim was subjected to various forms of public torture before the actual crucifixion.

Once hanging from the cross, the victim suffered a long, excruciatingly painful death, sometimes lasting up to three days. Originating in Persia. Under the Romans, who most likely adopted crucifixion from the Carthaginians, the practice increased in both extent and severity. During the Roman Empire, crucifixion was primarily reserved for traitors, deserters, foreigners, despised enemies, captive armies, slaves, the most violent offenders, and those guilty of high treason.

Roman crucifixion methods: a contorted position: arms nailed to the crossbeam; legs bent, twisted to one side, and held in place by a single nail that passed through a wooden plaque, through both left and right heel bones, and then into the upright of the cross. Hanging from the cross resulted in a painful process of asphyxiation, in which the two sets of muscles used for breathing, the intercostal [chest] muscles and the diaphragm, became progressively weakened. In time, the condemned man expired, due to the inability to continue breathing properly."

David was the actual writer who recorded these words (without knowing that they applied to anyone except himself). Most prophecy was not intended to be prophecy (by the writer). It was a mere reflection on what was before them...or in their current experience.

*For truly I tell you, many prophets and righteous people longed to see what you see but did not see it, and to hear what you hear but did not hear it. (Matthew 13:17)*

David was not even talking about crucifixion; and he had obviously never heard of Jesus. David was lamenting his own pending doom. It seemed like there was no way of surviving many of David's impossible experiences. David was a hero; who was treated like a villain. David was mischaracterized to cover King Saul's faults. Jesus was mischaracterized everywhere he went.

There is typically an immediate fulfillment in the life of the writer. These words ultimately point to Jesus, many years later. The cross was not the only thing that was on Jesus' mind. We tend to just focus on the physical torture. Death is one part of the penalty of sin. God is holy; and can have nothing to do with sin. Jesus was left alone and rejected by his father.

*You are of purer eyes than to behold evil, And cannot look on wickedness.*  
(Habakkuk 1:13)

Jesus did not have the consolation of a misunderstood rescuer who is making a huge public service. It got uglier than that. He actually had to become guilty; to receive the full treatment prescribed under the Law. Jesus became our sin; and we took on his righteousness. Isaiah 53 tells us that we assumed that was just between him and his father. Jesus had to become guilty of rape and murder and theft and child molestation, etc... (without ever actually doing these things). Think about how you would feel if you accidentally killed your own child. You would be haunted by that forever. Now multiply that times the world population. Nobody else could handle that much condemnation and sense of failure.

*And according to the law almost all things are [h]purified with blood, and without shedding of blood there is no [i]remission.* (Hebrews 9:22)

We live in a fallen world. We do not know what it would be like to move to heaven; and then get taken back out...brought to earth...as a public *nobody*...and be severely hated by the people in power. Perhaps even worse was the breaking fellowship with his father for once in eternity. This surely was very painful and draining to Jesus. The unspeakable physical pain and damage may not have been the worst part of the Passion.

*Therefore He says: “When He ascended on high, He led captivity captive, And gave gifts to men.” 9 (Now this, “He ascended”—what does it mean but that He also [d]first descended into the lower parts of the earth? 10 He who descended is also the One who ascended far above all the heavens, that He might fill all things.) (Ephesians 4:8-10)*

*“Men of Israel, hear these words: Jesus of Nazareth, a Man attested by God to you by miracles, wonders, and signs which God did through Him in your midst, as you yourselves also know— 23 Him, being delivered by the determined purpose and foreknowledge of God, you [f]have taken by lawless hands, have crucified, and put to death; 24 whom God raised up, having [g]loosed the [h]pains of death, because it was not possible that He should be held by it. 25 For David says concerning Him: ‘I foresaw the Lord always before my face, For He is at my right hand, that I may not be shaken. 26 Therefore my heart rejoiced, and my tongue was glad; Moreover my flesh also will rest in hope. 27 For You will not leave my soul in Hades, Nor will You allow Your Holy One to see corruption. 28 You have made known to me the ways of life; You will make me full of joy in Your presence.’ (Acts 2:22-28)*

*How does this affect us going forward? When we get to heaven, we will clearly see the whole picture. A day will come when we receive our crown(s) and rewards. It will be like we are standing on the podium for a gold medal that Jesus won. We will be happy to be there; but we will also see that it is all just a gracious gift from the only worthy one.*

*the twenty-four elders fall down before him who sits on the throne and worship him who lives for ever and ever. They lay their crowns before the throne and say: 11 “You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being.” (Revelation 4:10-11)*

The correlation between David and Jesus is all laid out for our learning. Similarly, our daily attitude and focus should be on the heavenly reality; that is backing up our earthly experiences. We are highly favored. We are not the best or the brightest; though we may be given honors for his favor and blessings.

*For [k]you see your calling, brethren, that not many wise according to the flesh, not many mighty, not many [l]noble, are called. 27 But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty; 28 and the [m]base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are, 29 that no flesh should glory in His presence. 30 But of Him you are in Christ Jesus, who became for us wisdom from God—and righteousness and sanctification and redemption— 31 that, as it is written, “He who glories, let him glory in the Lord.” (1 Corinthians 1:26-31)*

**Read Psalm 22:3-8:** *What happens when we are getting beat up by life? How do we regard God's protection when we cannot seem to catch a break? We always need to begin with the truths as they are outlined in the Bible...and then try to fit the pieces together. I can remember a season of life when I only expected evil tidings; but I knew that God was actually helping me. After David speaks his mind, in frustration and fear, he comes back to what he believes. He believes that God is good; and that many people who have gone before him have attested to that. Our pain and fears tend to shut down our logical thoughts.*

There is a dual truth in our life. God does not rub our nose in it; but our sin must be quite a bit worse than we think it is. We are almost like an imposter (hypocrite) receiving a reward that belongs to another. The rules seem bendable for us, in our mind. We are too used to the *lower life*. We give ourselves permission to cross moral boundaries because of our *compelling situations*, than we are willing to allow from others.

*(Indeed, when Gentiles, who do not have the law, do by nature things required by the law, they are a law for themselves, even though they do not have the law. 15 They show that the requirements of the law are written on their hearts, their consciences also bearing witness, and their thoughts sometimes accusing them and at other times even defending them.) (Romans 2:14-15)*

We do not know how much sin offends a perfect and holy mind.

*Do not quench the Spirit. 20 Do not treat prophecies with contempt 21 but test them all; hold on to what is good, 22 reject every kind of evil. (1 Thessalonians 5:19-20)*

It was a miracle that Jesus sat still for these beatings and embarrassments. He is the name above all names. He is the King of Angels and our creator. On the other hand, he is also the one who disguised himself as a common and unattractive man. He saw through people; but still willingly subjected himself to protocols of backwards protocols of envious men in authority,. He was severely beaten for our unbelief and self-serving actions. He did not sidestep our penalty in his quest to save us. The ultimate trade in status cost Jesus the highest physical pain, embarrassment, humiliation, mischaracterization and rejection by his loving father. It is the only formula that gets us to heaven. He had to buy into the plan 100%. We also have to buy into it 100%.

*Then Jesus said to them, “Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. (John 6:53)*

*Now it came to pass, when the time had come for Him to be received up, that He steadfastly set His face to go to Jerusalem (Luke 9:51)*

*17 “Therefore My Father loves Me, because I lay down My life that I may take it again. 18 No one takes it from Me, but I lay it down of Myself. I have power to lay it down, and I have power to take it again. This command I have received from My Father.” (John 10:17-18)*

*But He was wounded[k] for our transgressions, He was [l] bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes[m] we are healed. He was oppressed and He was afflicted, Yet He opened not His mouth;.....He was led as a lamb to the slaughter, And as a sheep before its shearers is silent, So He opened not His mouth. (Isaiah 53:5&7)*

**Read Psalm 22:12-21:** This Psalm is famous for its documentary of a man dying. Normally a man who is dying will never be able to subsequently record his thoughts and share them with us. This is unique among all writings. Jesus is

observing his body falling apart. He describes his organs progressively shutting down. His dehydration has become too dry to even swallow. His tongue is actually glued to the side of his mouth. His chest trauma and forced abnormal crucifixion-related breathing is creating an internal cardio issue.

Pericardial effusion is the buildup of extra fluid in the space around the heart. If too much fluid builds up, it can put pressure on the heart. This can prevent it from pumping normally. A fibrous sac called the pericardium surrounds the heart. Pericardial effusion can result from inflammation of the pericardium (pericarditis) in response to an injury. Pericardial effusion can also occur when the flow of pericardial fluid is blocked or when blood collects within the pericardium, such as from a chest trauma. Jesus heart sac was filled with fluid from his chest injuries; creating intense pain and pressure. His heart sac was over-inflated and creating intense back pressure.

His energy was already gone. Even so; he was now forced to do ongoing squats, and push off of the nail in his foot for each breath. The entire day leading up to the cross was exhausting and depleting. He also is emotionally struck by the sheer brutality of unfeeling and cruel men, who show no mercy. His abusive guards are trained to make public examples of anyone who considers a rebellion against the authorities.

**What is really happening here, is that the temple priests and sanhedrin and Pilate and Herod and citizens of Jerusalem are all being judged.** Jesus came as an innocent man to test the court system, religious policies, and public conscience. The only way that Jesus could put these evil men on trial was to pose as a helpless man, who had no recourse against them. Let's see how they treat the inconvenience of truth? Jesus was not on trial. The Jews and Romans and religious and governments of the world were all on trial. Jesus had to let it play out to the end; to prove it to us. People are not basically good. Governments of men are not basically good. Religious institutions are not basically good. Some of us have learned that we may have to answer for their actions. Only Jesus is good. Here is his agenda to judge the system:

**Thursday Schedule:**

-noon: preparations for Passover  
-6:00 PM: Last Supper with disciples  
-8:00 PM: Jesus brings disciples to Gethsemane and prays fervently  
-9:00 PM: Jesus is betrayed by Judas and is arrested by soldiers  
9:00 PM-5:30 AM Jesus placed in the dungeon

**Friday Schedule:**

6:00 AM: Taken to the Sanhedrin for an inquisition and then to Pilate for sentencing  
7:00 AM: Jesus stands for trial in front of Pilate  
8:00 AM: Jesus stands trial before Herod  
8:30 AM: Jesus is brought back to Pilate and Pilate tries to release him on public sympathy for his innocence and visual evidence of his beatings he had already endured along the way  
9:00-10:00 AM: Jesus is scourged and starts his journey to Calvary  
12:00-3:00 PM: Jesus hangs on the cross and is insulted as his severely-wounded body hangs without his clothing  
3:00 PM Jesus gives up his spirit to his father

It is a spectacle to see how violent men who have the upper hand can be towards the innocent. It's unbelievable. There is no sympathy or empathy; just brutality and hatred. Jesus did not rape or kill anyone. He did not even break the Law. These men knew it; and they relished the chance to put as much pain upon him as possible. They were numb, and lacked a conscience. They had been trained to physically subdue anyone who resisted them. Not only did these brutal men try to nearly beat him to death; they also tried to find entertainment and humor in it. Jesus describes them like wild oxen. They were like infuriated bulls who were given full shots at a man being tied up and unable to deflect their blows. It is interesting that originally, David was writing about himself in some situations. He had to run for his life; and lived in the desert; while men filled with hatred hunted him down. The hatred for God's people by those controlled by demonic forces is the worst.

**Read Psalm 22:22-26:** Both Jesus and David are being quoted after their experiences of coming back from the dead (so to speak). Once you go through something horrific like that; you have little left to fear. You are a free man. We know that salvation requires being born again. We talk less about dying to self. That comes after being born again. That is what baptism speaks of. Being held under water symbolically is a drowning of

the old self life; so that something better can spring up. My walk with the Holy Spirit can be so much better if I can just get out of the way; and keep my fingerprints off of things.

This is also a testimony of what we will think after we pass from death to the after-life. The Bible does say that we will congregate with old acquaintances.

*Ishmael lived a hundred and thirty-seven years. He breathed his last and died, and he was gathered to his people. (Gen 25:17)*

*Therefore I will gather you to your ancestors, and you will be buried in peace. Your eyes will not see all the disaster I am going to bring on this place." (2 Kings 22:20)*

We will reflect on how God's path for us was precise and perfect and good. There will be no hurt feelings over what we experienced. We will go a step further to rally others to get up and really recognize what just happened. Right now; we just bounce from one obligation to the next in a partial stupor. May God open our eyes right now. Live above your circumstances...get your head above these clouds and see where this is all leading. It's very good.

**Read Psalm 22:27-31:** Jesus will be honored by all believers and unbelievers. On the earth, the millennium is all of this outwardly. Afterwards, the Great White Throne Judgement is a recall on all in hell to bow the knee and embrace God's plan as good...and that Jesus is righteous. During the millennium King Jesus will require that all people pay homage to him in Jerusalem. He will fix everything; and enforce justice and freedom. He will reverse all of the curses on the earth; and restore the productivity of the earth. The crime and economic problems and drugs and wars are just by-products of not honoring God. They cannot be permanently be fixed in isolation.

*And it shall come to pass that everyone who is left of all the nations which came against Jerusalem shall go up from year to year to worship the King, the Lord of hosts, and to keep the Feast of Tabernacles. 17 And it shall be that whichever of the families of the earth do not come up to Jerusalem to worship the King, the Lord of hosts, on them there will be no rain. (Zechariah 14:16-17)*

*The wilderness and the [a]wasteland shall be glad for them, And the desert[b] shall rejoice and blossom as the rose; 2 It shall blossom abundantly and rejoice,*

*Even with joy and singing. The glory of Lebanon shall be given to it, The excellence of Carmel and Sharon. They shall see the glory of the Lord, The excellency of our God. 3 Strengthen the [c]weak hands, And make firm the [d]feeble knees. 4 Say to those who are fearful-hearted, “Be strong, do not fear! Behold, your God will come with vengeance, With the recompense of God; He will come and save you.” 5 Then the eyes of the blind shall be opened, And the ears of the deaf shall be unstopped. 6 Then the lame shall leap like a deer, And the tongue of the dumb sing. For waters shall burst forth in the wilderness, And streams in the desert. 7 The parched ground shall become a pool, And the thirsty land springs of water; In the habitation of jackals, where each lay, There shall be grass with reeds and rushes. 8 A highway shall be there, and a road, And it shall be called the Highway of Holiness. The unclean shall not pass over it, But it shall be for others. Whoever walks the road, although a fool, Shall not go astray. 9 No lion shall be there, Nor shall any ravenous beast go up on it; It shall not be found there. But the redeemed shall walk there, 10 And the ransomed of the Lord shall return, And come to Zion with singing, With everlasting joy on their heads. They shall obtain joy and gladness, And sorrow and sighing shall flee away. (Isaiah 35)*

*Therefore God also has highly exalted Him and given Him the name which is above every name, 10 that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, 11 and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. (Philippians 2:9-11)*