



Friday, April 1, 2021  
Good Friday  
Psalm 22

### **READ**

Psalm 22:1-22

### **LISTEN**

Psalm 22 from The Psalms Project: Volume 1 by Steven Faux  
<https://www.youtube.com/watch?v=h0gffK-8nzk>

### **REFLECTION FOR CHILDREN**

Maybe you've had times in your life when God felt very far away from you...someone got very sick, you found out someone you loved died, or you saw something bad happen on the news. When Jesus was dying on the cross, he recited a Bible verse from Psalm 22 he had learned as a child. At the worst moment of his life, Jesus prayed, "My God, my God, why have you abandoned me?" He didn't really believe that God had left him. He was just being honest about his feelings. When we are feeling like God is far away, it is OK to say that to God. The psalms remind us we should be honest when we pray, even if it means telling God we are sad and upset.

### **DISCUSSION WITH CHILDREN**

- Can you think of a time when you thought God was very far away? How did it make you feel?
- What kind of prayer could you say when you feel lonely or sad?

### **GOING DEEPER**

- When have you ever felt abandoned by God?
- Does it feel strange to be as honest in your prayers as the psalmist is in Psalm 22?