



My God, my God, why have You forsaken me? (Matthew 27:45-54; Psalm 22)

Life Group Questions – April 13.2025

Connect

1. If you (or your group) is fasting during Lent, share with each other how that is going and if you are learning anything.

Learn and Apply

1. Read Psalm 22.
2. What stood out to you from the message or from reading this Scripture again?
3. What stands out to you about Psalms of Lament/Complaint? Did you learn anything new about these psalms?
4. Have you ever practiced praying Psalms of Lament? What was that experience like? Or have you not felt permission to pray this way?
5. Jesus quoted Psalm 22 while on the cross. What stands out to you about Jesus quoting this Psalm?
6. Brian discussed the theological idea that God did not forsake or abandon Jesus on the cross (God did not turn His face away)? Is this contrary to what you have been taught? Is this a new idea for you? What thoughts do you have about this theology?
7. Have you ever felt like God has abandoned you or left you alone? Have you ever felt like God's silence equaled God's absence? Explain
8. If you have experienced feelings of God abandoning you, what helped you remember that God is always with you?
9. What is one thing you will take away from this week?

Care:

We ask our groups to focus on three simple practices: to **care**, **learn** and **pray** together. Is there anything in your life that you would like to ask your group to pray for?