



SERVING BLESSINGS: RESTORED BEYOND MEASURE

# PSALMS 22

CHALLENGE: DAY 22

NEW  
INTERNATIONAL  
VERSION

PSALM OF THE DAY:

**It is time to put God first!!! Are you ready for the challenge?**

***FOR THE DIRECTOR OF MUSIC. TO THE TUNE OF "THE DOE OF THE MORNING." A PSALM OF DAVID.***

My God, my God, why have you forsaken me?

Why are you so far from saving me,  
so far from my cries of anguish?

My God, I cry out by day, but you do not answer,  
by night, but I find no rest.

Yet you are enthroned as the Holy One;  
you are the one Israel praises.

In you our ancestors put their trust;  
they trusted and you delivered them.

To you they cried out and were saved;  
in you they trusted and were not put to shame.



But I am a worm and not a man,  
scorned by everyone, despised by the  
people.

All who see me mock me;  
they hurl insults, shaking their heads.

“He trusts in the Lord,” they say,  
“let the Lord rescue him.

Let him deliver him,  
since he delights in him.”

Yet you brought me out of the womb;  
you made me trust in you, even at my  
mother’s breast.

From birth I was cast on you;  
from my mother’s womb you have been  
my God.

Do not be far from me,  
for trouble is near  
and there is no one to help.

Many bulls surround me;  
strong bulls of Bashan encircle me.  
Roaring lions that tear their prey  
open their mouths wide against me.

I am poured out like water,  
and all my bones are out of joint.

My heart has turned to wax;  
it has melted within me.

My mouth is dried up like a potsherd,  
and my tongue sticks to the roof of my  
mouth;  
you lay me in the dust of death.



Dogs surround me,  
a pack of villains encircles me;  
they pierce my hands and my feet.  
All my bones are on display;  
people stare and gloat over me.  
They divide my clothes among them  
and cast lots for my garment.  
But you, Lord, do not be far from me.  
You are my strength; come quickly to  
help me.  
Deliver me from the sword,  
my precious life from the power of the  
dogs.  
Rescue me from the mouth of the lions;  
save me from the horns of the wild  
oxen.

I will declare your name to my people;  
in the assembly I will praise you.  
You who fear the Lord, praise him!  
All you descendants of Jacob, honor  
him!  
Revere him, all you descendants of  
Israel!  
For he has not despised or scorned  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help.  
From you comes the theme of my praise in  
the great assembly;  
before those who fear you I will fulfill  
my vows.



The poor will eat and be satisfied;  
those who seek the Lord will praise him—  
may your hearts live forever!

All the ends of the earth  
will remember and turn to the Lord,  
and all the families of the nations  
will bow down before him,  
for dominion belongs to the Lord  
and he rules over the nations.

All the rich of the earth will feast and  
worship;

all who go down to the dust will kneel  
before him—

those who cannot keep themselves alive.  
Posterity will serve him;  
future generations will be told about the  
Lord.

They will proclaim his righteousness,  
declaring to a people yet unborn:  
He has done it!

*Website: [www.servingblessings.com](http://www.servingblessings.com)*

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