



Spend a little time studying the picture then, if you would like to, colour it in making it as muted or vibrant as you wish.

Moving from left to right, there are three elements to this picture, relevant to the bible passage and commentary. What do you think they are? And how do you respond to them?

Adapted from PSALM 22: 1-8 & 25-30 A Psalm of David.

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

Why are you so far from helping me, from the words of my groaning? O my God, I cry by day, but you do not answer;

Yet you are holy, enthroned on the praises of Israel.

In you our ancestors trusted;

they trusted, and you delivered them.

To you they cried, and were saved;

But I am scorned by others, and despised by the people.

All who see me mock at me; they shake their heads;

'Commit your cause to the Lord; let him deliver—

let him rescue the one in whom he delights!

..... From you comes my praise in the great congregation;

my vows I will pay before those who fear him.

The poor shall eat and be satisfied;

those who seek him shall praise the Lord.

May your hearts live for ever!

All the ends of the earth shall remember and turn to the Lord;

and all the families of the nations shall worship before him.

For dominion belongs to the Lord, and he rules over the nations.

Posterity will serve him; future generations will be told about the Lord, and proclaim his deliverance to a people yet unborn, saying that he has done it.

Jesus will have learned the psalms as a child and they helped him as he hung on the cross. In his agony, and carrying the crushing load of all our wrongdoing he lost sight of God's presence crying out the first line of psalm 22. David, knowing God had listened in the past, wrote the psalm pleading to be delivered from his current suffering. The psalm ends proclaiming that eventually all the world will praise God.

Jesus and David both felt and expressed their sense of abandonment. There are times in all our lives when we can feel surrounded by darkness. We hurt, we grieve, we doubt, we feel lost as in the depth of a winter. But, even if hidden by clouds, the sun is still there. Like Jesus and David we need to call out: 'My God, my God, why...? Jesus has been through it, he understands our pain, and will lead us through our distress into the warmth of summer. Then, like David in his psalm, we will once again recognise God's presence and be able to turn back from protest to praise.

PRAYER:

Heavenly Father, help me always remember that when I travel through times of darkness in my life, when I call on you, you will always answer. In Jesus' name, Amen

Bible in Pictures is produced by the Revd. Janet Parker, in the Diocese of Ely, to help by being a Ministerial Presence in challenging times. A news picture should go up every two weeks and can be found at:

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