

**Psalm 22**

|                                       |                |  |
|---------------------------------------|----------------|--|
| V2 – forsaken                         | (verb)         | abandoned; not looked after                                      |
| V1 – groaning                         | (verb)         | making a long, low sound because you are in pain or sad or upset |
| V2 – silent                           | (adjective)    | not making any sound   |
| V3 – enthroned                        | (adjective)    | assigned with authority  |
| V3 – Holy                             | (adjective)    | perfect; set apart   |
| V3 – praise                           | (noun)         | expression of respect, honour and thanks to God                  |
| V3 – Israel                           | (proper noun)  | a nation. In the Old Testament, Israel was God’s chosen people.  |
| V3 - praise of Israel                 | (phrase)       | the one that Israel praises                                      |
| V4 – delivered                        | (verb)         | rescued  |
| V6 – scorned                          | (adjective)    | disliked and hated because they are not good enough              |
| V6 – despised                         | (adjective)    | hated  |
| V7 – mock                             | (verb)         | make fun of someone in an unkind way; ridicule                   |
| V7 – hurl                             | (verb)         | throw something violently or with force.                         |
| V7 – insults                          | (noun)         | rude comments  |
| V7 - hurl insults                     | (phrase)       | to shout insults at people aggressively                          |
| V8 – delights in                      | (phrasal verb) | get lots of pleasure from  |
| V10 – cast upon you                   | (phrase)       | given over to you  |
| V10 – womb                            | (noun)         | the part of the female body where a baby grows before it is born |
| V12 – bulls                           | (noun)         | a male cow   |
| V12 – Bashan                          | (proper noun)  | a country to the north-west of Israel.                           |
| V12 – encircle                        | (verb)         | surround; go around something                                    |
| V13 – roaring                         | (adjective)    | making the noise a lion typically makes                          |
| V13 – tearing                         | (verb)         | ripping apart  |
| V13 – prey                            | (noun)         | an animal that is being hunted by another for food               |
| V14 – poured out                      | (phrasal verb) | make a liquid flow out from a container                          |
| V14 – bones are out of joint (phrase) |                | bones are not connected to each other (and so cannot move)       |
| V14 – wax                             | (noun)         | the substance that candles are made from                         |
| V14 – melted away                     | (phrasal verb) | change from a solid to a liquid due to heat                      |
| V15 – potsherd                        | (noun)         | a broken fragment of pottery                                     |



|                        |                |   |
|------------------------|----------------|---|
| V15 – roof of my mouth | (phrase)       | the upper surface of the inside of the mouth  |
| V16 – surrounded       | (verb)         | positioned all around something so that thing is trapped  |
| V16 – band             | (noun)         | a group of people joined together for a common cause  |
| V16 – pierced          | (verb)         | made a hole using something sharp   |
| V17 – stare            | (verb)         | look at something for a long time   |
| V17 – gloat            | (verb)         | show pleasure at their own success and other people’s failure   |
| V18 – garments         | (noun)         | clothes   |
| V18 – cast lots        | (phrasal verb) | to choose someone randomly by having everyone in the group pick an item from a container; the person who picks the marked item is chosen. |
| V20 – precious         | (adjective)    | high valued   |
| V21 – horns            | (noun)         |   |



|                    |                |   |
|--------------------|----------------|---|
| V21 – wild         | (adjective)    | grow in natural surroundings and are not looked after by people |
| V21 – oxen         | (noun)         | bulls that have been castrated (singular = ox)                  |
| V22 – declare      | (verb)         | say something in a firm and deliberate way                      |
| V22 – congregation | (noun)         | gathering of people   |
| V23 – descendants  | (noun)         | people in later generations who are related to you              |
| V23 – Jacob        | (proper noun)  | the man from whom the nation of Israel is descended             |
| V23 – honour       | (verb)         | give public praise  |
| V23 – revere       | (verb)         | respect and admire  |
| V24 – disdained    | (verb)         | disliked something because it was thought to be inferior        |
| V24 – suffering    | (noun)         | serious pain that someone feels                                 |
| V24 – afflicted    | (adjective)    | affected by something bad                                       |
| V25 – theme        | (noun)         | an important topic that is present through a song, poem etc     |
| V25 – assembly     | (noun)         | a gathering of people   |
| V25 – fulfil       | (verb)         | do something that was promised previously                       |
| V25 – vows         | (noun)         | promises  |
| V27 – bow down     | (phrasal verb) | bend down in front of someone to show respect                   |
| V28 – dominion     | (noun)         | control, authority  |
| V29 – feast        | (verb)         | a large and special meal  |

|                                    |             |   |
|------------------------------------|-------------|---|
| V29 – worship                      | (verb)      | respect and praise  |
| V29 – go down to the dust (phrase) |             | die and be buried   |
| V29 – kneel                        | (verb)      | bend your legs so your knees are touching the ground          |
| V30 – posterity                    | (noun)      | anyone who will live in the future                            |
| V30 – generations                  | (noun)      | all the people in a group or country who are of a similar age |
| V31 – proclaim                     | (verb)      | announce publicly and officially                              |
| V31 – righteousness                | (noun)      | the quality of always doing what is right and fair            |
| V31 – unborn                       | (adjective) | not yet born  |

**Psalm 22 (New International Reader's Version)**

*For the director of music. A psalm of David to the tune of "The Doe of the Morning."*

<sup>1</sup>My God, my God, why have you deserted me?  
Why do you seem so far away when I need you to save me?  
Why do you seem so far away that you can't hear my groans?

<sup>2</sup>My God, I cry out in the daytime. But you don't answer.  
I cry out at night. But you don't let me sleep.

<sup>3</sup>But you rule from your throne as the Holy One.  
You are the God Israel praises.

<sup>4</sup>Our people of long ago put their trust in you.  
They trusted in you, and you saved them.

<sup>5</sup>They cried out to you and were saved.  
They trusted in you, and you didn't let them down.

<sup>6</sup>Everyone treats me like a worm and not a man.  
They hate me and look down on me.

<sup>7</sup>All those who see me laugh at me.  
They shout at me and make fun of me.  
They shake their heads at me.

<sup>8</sup>They say, "He trusts in the LORD.  
Let the LORD help him.  
If the LORD is pleased with him,  
let him save him."

<sup>9</sup>But you brought me out of my mother's body.  
You made me trust in you  
even when I was at my mother's breast.

<sup>10</sup>From the time I was born, you took good care of me.  
Ever since I came out of my mother's body, you have been my God.

<sup>11</sup>Don't be far away from me.  
Trouble is near,  
and there is no one to help me.

<sup>12</sup>Many enemies are all around me.  
They are like strong bulls from the land of Bashan.

<sup>13</sup>They are like roaring lions that tear to pieces what they kill.  
They open their mouths wide to attack me.

<sup>14</sup>My strength is like water that is poured out on the ground.  
I feel as if my bones aren't connected.  
My heart has turned to wax.  
It has melted away inside me.

<sup>15</sup>My mouth is dried up like a piece of broken pottery.  
My tongue sticks to the roof of my mouth.  
You bring me down to the edge of the grave.

<sup>16</sup>A group of sinful people has closed in on me.  
They are all around me like a pack of dogs.  
They have pierced my hands and my feet.

<sup>17</sup>Everyone can see all my bones right through my skin.  
People stare at me. They laugh when I suffer.

<sup>18</sup>They divide up my clothes among them.  
They cast lots for what I am wearing.

<sup>19</sup>LORD, don't be so far away from me.  
You give me strength. Come quickly to help me.

<sup>20</sup>Save me from being killed by the sword.  
Save the only life I have. Save me from the power of those dogs.

<sup>21</sup>Save me from the mouths of those lions.  
Save me from the horns of those wild oxen.

<sup>22</sup>I will announce your name to my people.  
I will praise you among those who are gathered to worship you.

<sup>23</sup>You who have respect for the LORD, praise him!  
All you people of Jacob, honor him!  
All you people of Israel, worship him!

<sup>24</sup>He has not forgotten the one who is hurting.  
He has not turned away from his suffering.  
He has not turned his face away from him.  
He has listened to his cry for help.

<sup>25</sup>Because of what you have done,  
I will praise you in the whole community of those who worship you.  
In front of those who respect you,  
I will keep my promises.

<sup>26</sup>Those who are poor will eat and be satisfied.  
Those who seek the LORD will praise him.  
May their hearts be filled with new hope!

<sup>27</sup>People from one end of the earth to the other  
will remember and turn to the LORD.  
The people of all the nations  
will bow down in front of him.

<sup>28</sup>The LORD is King.  
He rules over the nations.

<sup>29</sup>All rich people of the earth will feast and worship God.  
All who go down to the grave will kneel in front of him.  
Those who cannot keep themselves alive will kneel.

<sup>30</sup>Those who are not yet born will serve him.  
Those who are born later will be told about the Lord.

<sup>31</sup>And they will tell people who have not yet been born,  
"The Lord has done what is right!"