

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."

¹My 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?

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

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

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

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

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

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

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

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

¹⁰From 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.

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

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

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

¹⁴My 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.

¹⁵My 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.

¹⁶A 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.

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

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

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

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

²¹Save me from the mouths of those lions.
Save me from the horns of those wild oxen.

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

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

²⁴He 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.

²⁵Because 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.

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

²⁷People 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.

²⁸The LORD is King.
He rules over the nations.

²⁹All 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.

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

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