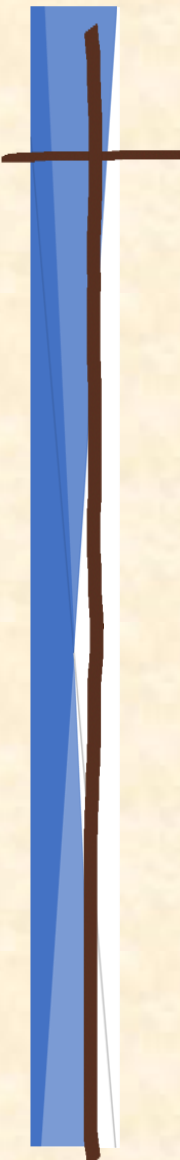


Reflections for Lent

Week 1 - Mark 15: 33-40 & Psalm 22



In our reflection this week we will focus on some the last recorded words of Jesus on the cross “My God, My God, why have you forsaken me?” To the Jews present these words would have immediately brought to mind Psalm 22. Jesus never wasted words, so why did he refer them to this?

Before you begin your reflection

- Take a few slow deep breaths to help quieten your mind and leave the business of today to one side.
- Invite The Holy Spirit to help refresh and deepen your understanding of these familiar scriptures.
- Read Mark 15: 33-40 and engage with the scene, the personalities, the noise, the differing reactions of those present.
- Now read Psalm 22 written by King David 1000 years before Jesus was born and several hundred years before crucifixion was introduced as a method of execution by the Persians (and later further developed by the Romans).

Some questions to consider

- Was there anything in these scriptures that surprised, puzzled, challenged, comforted or excited you?
- How do you think the different individuals present at the crucifixion might have reacted to the words of the Psalm?
- Have you taken anything specific from these scriptures?
- Why do you think Jesus drew attention to Psalm 22?

For further insight into Psalm 22 go to Biblethinker.org and listen to Mike Winger. There's a lot in his teaching, look out for his comments on the tola worm - interesting.