

My God, My God, Why Have You Forsaken Me?

From Forsaken to Faithful

Primary Scripture: Psalm 22; Matthew 27:46 (KJV)

"What feels like abandonment is not proof of God's absence. Even when we cannot see what God is doing, He has not stopped being faithful."

Introduction - A Cry We Understand

There are moments in life when the question rises before we can stop it: "God, where are You?" We pray, we wait, and sometimes heaven seems quiet. We know what Scripture says about God's faithfulness, yet our circumstances can make His presence difficult to see. Psalm 22 begins in exactly that place: "My God, my God, why hast thou forsaken me?"

Those same words were spoken by Jesus from the cross: "My God, my God, why hast thou forsaken me?" His cry takes us directly into Psalm 22. And when we follow the whole Psalm, we discover something important: the cry of anguish is real, but it is not the end of the story.

1. The Cry - When God Seems Silent

David does not hide his pain. Psalm 22:1-2 speaks of crying by day and by night and receiving no immediate answer. This is not polished religious language. It is the prayer of someone who feels alone.

Scripture gives us permission to be truthful before God. Faith does not mean pretending that grief does not hurt, that sickness does not frighten us, or that unanswered prayer does not confuse us. We can bring those questions to God. The remarkable thing about David's cry is that even while asking "Why?" he still says, "My God." Pain has shaken him, but relationship remains.

2. The Cross - Jesus Entered the Depth of Human Suffering

At Calvary, Jesus did not observe human suffering from a safe distance. He entered it. He knew rejection, humiliation, physical agony, and the darkness of the cross. When He spoke the opening words of Psalm 22, He gave voice to anguish that generations had known.

This means that when we suffer, we do not pray to a Savior who is unfamiliar with sorrow. Hebrews tells us that we have a High Priest who can be touched with the feeling of our infirmities. Christ understands the cry of the broken heart. The cross tells us that God is not indifferent to suffering; in Jesus Christ, God stepped into the suffering of this world to redeem us.

3. The Psalm - The Cry Does Not Get the Last Word

If we stop at the first verse of Psalm 22, we hear only abandonment. But David keeps praying. He remembers that God was trusted by generations before him. He remembers that God has been his God from the beginning. Then the tone begins to change.

Psalm 22:24 declares that God "hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard." The Psalm that began with the feeling that God had turned away eventually testifies that God heard the cry.

That is an important distinction for us. What we feel in a painful moment is real, but our feeling is not always the whole truth about what God is doing. Silence is not the same thing as absence. Waiting is not the same thing as abandonment.

4. The Victory - From Suffering to Praise

By the end of Psalm 22, the focus has widened far beyond one suffering man. The poor will eat and be satisfied. Those who seek the Lord will praise Him. The nations will remember and turn unto the Lord. Future generations will hear what God has done.

Psalm 22 begins with "Why?" but it does not end with "Why?" It ends with what God has done. And at the cross, what appeared to be defeat became the place of redemption. The grave would not have the final word. Jesus Christ would rise.

When We Are the Ones Asking Why

Most of us will eventually stand in a place we never expected to be. A diagnosis comes. Someone we love is gone. A relationship changes. A prayer seems unanswered. A door closes. And we may find ourselves asking the same ancient question: "My God, why?"

The lesson of Psalm 22 is not that Christians should never ask that question. The lesson is that we should keep talking to God after we ask it. Keep remembering His faithfulness. Keep returning to His Word. Keep trusting His character when His plan is still hidden from us.

Faith is not having every question answered. Faith is knowing whom we will trust when the answers do not come. Sometimes the greatest act of faith is simply saying, "I do not understand this, Lord, but You are still my God."

Conclusion - He Is Still God

Perhaps today you are somewhere between the first verse and the last verse of Psalm 22. You know the cry, but you have not yet seen the resolution. Do not mistake the middle of the story for the end of the story.

At Calvary, darkness covered the land. The disciples could not yet see resurrection morning. But God was still working. The cross reminds us that God can be accomplishing His greatest work in a moment that looks to us like everything has been lost.

So bring Him the question. Bring Him the grief. Bring Him the fear. But do not walk away from Him because you cannot yet see the answer. The God of Psalm 22 is still faithful, and the Christ who cried from the cross is the risen Lord.

The cry may be part of your story, but because of Jesus Christ, the cry does not have to be the end of your story.

Closing Prayer

Heavenly Father, there are times when we do not understand what You are doing. There are moments when our prayers seem unanswered and our hearts wonder where You are. Thank You for giving us Scripture that does not hide those questions. Thank You for Jesus, who entered our suffering and carried our sin to the cross. When we cannot see Your hand, help us trust Your heart. When we are waiting, remind us that silence is not absence. When we are hurting, keep us close to You. Teach us to say, even through tears, "You are still my God." And let our lives ultimately declare what You have done. We place our questions, our pain, our future, and our faith in the hands of Jesus Christ. In His name we pray. Amen.