



Week 1, Day 3: The God Who Understands

Psalm 22:1 NLT

“My God, my God, why have you abandoned me? Why are you so far away when I groan for help?”

Many questions surface in difficult times. Does God know about my suffering? Does God care about my suffering? Does God hear my prayer? It can be confusing when we feel like God is silent, and nothing about our situation is changing. God’s silence does not equate to His absence. There are many people in the New Testament that suffered greatly and we know Jesus loved them. You are not the first to suffer your kind of pain. You are not alone in your pain. Jesus quoted Psalm 22 on the cross. He was no stranger to suffering, and we know that God loved Him.

In his book *Making Sense Out of Suffering*, Peter Kreeft writes: “[God] didn’t give us a placebo or a pill or good advice. He gave us himself. He came. He entered space and time and suffering.”

At the center of the bible is a God who actually enters into suffering for us. The New Testament of the Bible teaches that Jesus Christ was God in human form. He was born, lived, died, and rose again from the dead to defeat evil and reconcile to God those who trust in him. When Jesus hung on the cross, he suffered one of the worst deaths imaginable, because he took on all the sins of humanity. Despite his innocence, he died for our transgressions.

Of course, the suffering of Christ does not immediately take away our own pain. But the suffering of Christ gives hope during tough times because it imparts something that is even stronger than suffering: the love of God, which the Apostle Paul called a “love that surpasses knowledge.” As Tim Keller explains:

If we again ask the question, “Why does God allow evil and suffering to continue?” and we look at the cross of Jesus, we still do not know what the answer is. However, now we know what the answer isn’t. It can’t be that he doesn’t love us. It can’t be that he is

indifferent or detached from our condition. God takes our misery and suffering so seriously that he was willing to take it on himself.

Remind yourself today that God loves you. Tell yourself these three sentences:

- I can be happy again.
- Something good can come from this.
- God loves me.

For further study: Read all of [Psalm 22](#).

Jesus said the first lines of this Psalm while He was on the cross. In His day, when someone quoted the first lines of a Psalm they did so knowing that those around were keenly aware that the person actually knew the entire Psalm. It was as if Jesus quoted the whole Psalm.

What is significant about the journey of emotion you see from the beginning of the Psalm to the end of the Psalm?