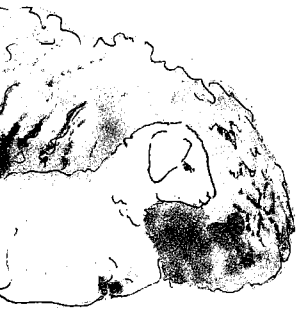


words out of a songbook.
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Some of the psalms were written by people when they were feeling hurt, or angry, or lonesome or afraid. Here is a psalm that Jesus remembered when he was hurting.

Psalm 22 (selected verses)

My God, my God,
Why have you gone away from me?
Why are you so far away –
So far you can't hear me crying?

Right now I feel like a worm,
And my friends are mean to me.
People make fun of me.
They say bad things and make faces at me
Because they know I believe in you.

Oh God, you helped me when I was born.
I learned to trust you
When my mother was feeding me milk from her breast.
As soon as I came out of my mother's body
And she held me in her arms
I learned to trust you.
Please God,
Don't be far away from me
Now when I am in trouble.

I know I can count on you, God,
Because you have always helped people
When they were hurting,
When others were angry at them,
When they were afraid.

So I will keep telling others about you, God,
Because even though you feel far away,
I know you are here with me.
Always.

