



John 19:30

"It is finished."

A close-up photograph of a willow branch with several catkins. The catkins are covered in soft, white, fuzzy hairs. The branch is brown and has some small, reddish-brown buds. The background is a soft, out-of-focus reddish-brown.

the

An Easter Holy Season Reflection

Resurrection
devo

Resurrection Devo Series

RESURRECTION DEVO SERIES ||

The Penitential Psalms, Psalm 22 & Seven Sayings of Jesus from the Cross

INTRODUCTION:

Welcome to Equip Church's Holy Week Sacred time of devotion and reflection.

We have prepared this devotional for your use as you journey to the cross of Resurrection in remembrance and great expectancy for the celebration of our Lord Jesus Christ's Resurrection Sunday.

What is a Penitential Psalm? These are psalms that are characterized by the confession of sin. The psalmist is writing about repentance for the sin committed against God. Many times we read about the effect that this sin has in body, soul and spirit of the psalmist. In these psalms, the psalmist is turning to God for mercy and forgiveness. We can read these psalms and appreciate how the psalmist has dealt with sin by coming to God humbly with a contrite heart, patiently waiting for answer to prayer, and trusting in the Lord for restoration.

May God richly bless and keep you as you love and lead in Him.

Equip Church | Academy | Care

Resurrection Devo Series

RESURRECTION DEVO SERIES || Psalm 6

A PRAYER OF FAITH—A Psalm of David

OUR PERSONAL REFLECTION as we journey with God: God is love—and His concern for us is first for our spiritual condition. If we are led away from Him by our sin or by falling prey to the iniquity of others, He will chasten His sons and daughters so we will return to Him. Here David relates his physical illness to his spiritual condition stating, “my soul is greatly troubled.”

Be humble in this extreme distress. With faith and humility admit and repent. Leave occasions of sin behind. Regain peace, knowing that God hears our prayers and receives them. We must keep our eyes on Him and He will bring us victory in the battles/enemies we face. He is our Salvation and we are forgiven. Let us give praise and thanks to The Lord while we live, for He is good and faithful.

[BIBLE READING: PSALM 6]

O LORD, do not rebuke me in Your anger, Nor chasten me in Your hot displeasure. 2 Have mercy on me, O LORD, for I am weak; O LORD, heal me, for my bones are troubled. 3 My soul also is greatly troubled; But You, O LORD—how long? 4 Return, O LORD, deliver me! Oh, save me for Your mercies' sake! 5 For in death there is no remembrance of You; In the grave who will give You thanks? 6 I am weary with my groaning; All night I make my bed swim; I drench my couch with my tears. 7 My eye wastes away because of grief; It grows old because of all my enemies. 8 Depart from me, all you workers of iniquity; For the LORD has heard the voice of my weeping. 9 The LORD has heard my supplication; The LORD will receive my prayer. 10 Let all my enemies be ashamed and greatly troubled; Let them turn back and be ashamed suddenly.

Psalm 6 . . .

In v.1-3 David cries out to the Lord for mercy for he is greatly distressed. In His distress, David turns to his faith in the Lord and David humbly acknowledges his weakness before the Lord. He admits here to being troubled in body and soul, he is grief stricken by the sin he has committed, and by his physical illness. He is greatly troubled, and asks The Lord how long will He allow David to continue without mercy in this sorry state. David prays for mercy and for healing by the Lord, looking for an end to his sorrow and illness.

In v. 4-5 David continues to cry out for deliverance. He begs for mercy acknowledging the goodness of our forgiving God. So David asks passionately for mercy: “for Your mercies’ sake.” David laments that in death he cannot remember the goodness of God and he will be unable to give Him praise and thanks. David is overcome that his voice of praise will be silenced in death.

In v. 6-7 David is consumed with grief and pain. He is pouring it out in groaning and crying to The Lord. David is depleted and feels he is wasting away in grief and pain. David suffers from the lack of compassion of others, stating that the pain grows “old because of all my enemies.”

In v. 8-10 David is strengthened by the response of the Lord, who has healed him and has heard his prayers. Although his enemies have taken pleasure in his suffering, the Lord has given mercy to him. David admonishes his enemies to leave him and feel ashamed for their lack of compassion and meanness.

Let us pray . . .

Resurrection Devo Series

RESURRECTION DEVO SERIES || Psalm 32

A PRAYER OF THE JOY OF FORGIVENESS—A Psalm of David

OUR PERSONAL REFLECTION: Joy and blessing is found in the forgiveness we receive from the Lord. Trust in the Lord, repentance of sin and a contrite heart will bring this forgiveness and blessing. The righteous and godly believers will receive many blessings from God. They will receive: mercy, peace, protection and answered prayer. This is the joy received from salvation and walking with the Lord.

Both this Psalm 32 and 51 speak to transgressions, repentance and forgiveness and the blessings that come to the one who trusts in the Lord. In Psalm 51 we have the prayer of repentance and in Psalm 32 we have the joy found in forgiveness of the repented heart.

[BIBLE READING: PSALM 32]

Blessed is he whose transgression is forgiven, Whose sin is covered. ² Blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit. ³ When I kept silent, my bones grew old Through my groaning all the day long. ⁴ For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah ⁵ I acknowledged my sin to You, And my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," And You forgave the iniquity of my sin. Selah ⁶ For this cause everyone who is godly shall pray to You In a time when You may be found; Surely in a flood of great waters They shall not come near him. ⁷ You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. Selah ⁸ I will instruct you and teach you in the way You should go; I will guide you with My eye. ⁹ Do not be like the horse or like the mule, Which have no understanding, ¹⁰ Many sorrows shall be to the wicked; But he who trusts in the LORD, mercy shall surround him. ¹¹ Be glad in the LORD and rejoice, you righteous; And shout for joy, all you upright in heart!

Psalm 32 . . .

In v.1-2 David speaks to the blessing that he received from the forgiveness for his sins. The key is that the blessings come from the Lord, once the repentance is given. David describes the effect of repentance which is “in whose spirit there is no deceit”.

In v. 3-5 David speaks of his pain and guilt while living in unrepentant sin. He felt the strain constantly resulting in his lost vitality. He feels empty, dried up as it were. David knew that he had offended God and he knew that God’s righteousness demands repentance with acknowledgement of the sin. Therefore, David states that he complies and repents. He confesses his transgression and The Lord forgives the iniquity of his sin.

In v. 6-7 David (and the godly) find their safety in the Lord who has forgiven them their trespasses. It is for this reason we approach God, and call out to him in our sin and distress. With repentance, David’s relationship with the Lord is restored. God will preserve His people in times of hardship, and He will answer the prayers of the godly. David is delivered by the forgiveness he is given.

In v. 8-9 David speaks of the guidance and teaching we receive from the Lord. We are cautioned not to be stubborn, which is a show of having no understanding.

In v. 10-11 David warns that the wicked will have many sorrows. The righteous who believe in The Lord will receive His mercy. David tells us that this is a cause for great joy. The joy we receive in forgiveness and salvation from the Lord, and we are warned of the sorrows that will remain for the unrepented/wicked.

Let us pray . . .

Resurrection Devo Series

RESURRECTION DEVO SERIES || Psalm 51 A PRAYER OF REPENTANCE—A Psalm of David

OUR PERSONAL REFLECTION: David recognizes that his transgression is against God. He is crying out to the Lord for forgiveness and restoration. This prayer is written for repentance in the time of his adultery with Bathsheba. David prays for mercy and loving kindness from God, admitting his sinful nature and fault. His prayer is to be cleansed from sin and to have deliverance from the guilt of the blood he shed. Throughout it all, David recognizes that it is only in God that he will receive forgiveness and his salvation. Therefore, David asks that God's presence and Spirit remain with Him. David finds joy when his transgression is forgiven. He finds joy in serving the Lord, by teaching other sinners of the joy of salvation that awaits them Through God. David finds joy in the goodness that God will show to Jerusalem by His protection. God will find pleasure in the repentance of the broken heart and spirit. Restoration of the humble human heart will bring pleasure to the Lord, and their sacrifices will be acceptable to Him.

[BIBLE READING: PSALM 51]

Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions. 2 Wash me thoroughly from my iniquity, and cleanse me from my sin. 3 For I acknowledge my transgressions, and my sin is always before me. 4 Against You, You only, have I sinned, and done this evil in Your sight— That You may be found just when You speak, and blameless when You judge. 5 Behold, I was brought forth in iniquity, and in sin my mother conceived me. 6 Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom. 7 Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. 8 Make me hear joy and gladness, that the bones You have broken may rejoice. 9 Hide Your face from my sins, and blot out all my iniquities. 10 Create in me a clean heart, O God, and renew a steadfast spirit within me.

Psalm 51 . . .

¹¹ *Do not cast me away from Your presence, and do not take Your Holy Spirit from me.* ¹² *Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.* ¹³ *Then I will teach transgressors Your ways, and sinners shall be converted to You.* ¹⁴ *Deliver me from the guilt of bloodshed, O God, The God of my salvation, and my tongue shall sing aloud of Your righteousness.* ¹⁵ *O Lord, open my lips, and my mouth shall show forth Your praise.* ¹⁶ *For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering.* ¹⁷ *The sacrifices of God are a broken spirit, a broken and a contrite heart— These, O God, You will not despise.* ¹⁸ *Do good in Your good pleasure to Zion; Build the walls of Jerusalem.* ¹⁹ *Then You shall be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering; then they shall offer bulls on Your altar.*

In v. 1-2 David acknowledges the mercy and loving kindness of God. David speaks of his own sinfulness, but he is confident that the Lord can cleanse him of his sins. He prays for God to create in him a clean heart and a right spirit by washing away his iniquity and sin.

In v. 3-4 David acknowledges that his sin is against the Lord, and it is fitting that the Lord judge him for his transgressions. Transgression is a sin that David knowing committed against God. And God is, therefore, just in His judgments.

In v. 5-6 David acknowledges his fallen state of original sin. David has confidence that the Lord will give him wisdom and truth because He desires to do this. God's plan for man is that of redemption.

In v. 7-9 David implores God to purge him of his sin, to blot out his transgressions and iniquity. He prays for forgiveness, to receive joy and happiness. He prays that God will no longer look upon his sin.

In v. 10-11 David prays for renewal. He calls for his cleansing. He asks for a clean heart and to remain in the presence of the Lord. David prays for continued abiding in the Holy Spirit.

In v. 12-13 David continues to pray for restoration and for the joy he will receive from the salvation of the Lord. Once restored, David states that he will teach other sinners and convert them over to follow the Lord. David will give praise and sing to the Lord.


. . . Psalm 51

In v. 14-17 David prays for deliverance from the guilt of the blood he has shed. With his salvation, David promises to praise the Lord, who is his salvation. David states here that God is pleased by the sacrifices of a broken spirit and a contrite heart. These will be restored. The sacrifice of the unrighteous, gives the Lord no pleasure.

In v. 18-19 David prays for God's protection to be given to Jerusalem and the community at large. David asks that in His goodness, He will do good for Zion. David acknowledges that the sacrifices of the righteous are pleasing to the Lord. The Lord will take pleasure in the sacrifices laid on the altar by those with a humble and repented heart.

The Penitential Psalms
**A PRAYER
OF REPENTANCE**
Psalm 51

An Easter Season
Devotion written by



equip

REV. MARIE PARMA

Let us pray . . .

Resurrection Devo Series

RESURRECTION DEVO SERIES || Psalm 38 A PRAYER OF GIVEN IN THE TIME OF CHASTENING —A Psalm of David

OUR PERSONAL REFLECTION: In times of trial and severe trouble, we must examine our hearts and repent of sin. If we have negative influencers, those who wish us ill or encourage sin, we must disconnect from them. David learns here that when we are distressed within our spirit, soul or body we will not find relief in this world. Our hope must be in the Lord who cares for each of us. He will listen to the repented heart in supplication and answer prayer. He is our present help in times of need because of His love for us. He is our Salvation.

[BIBLE READING: PSALM 38] *O Lord, do not rebuke me in Your wrath, Nor chasten me in Your hot displeasure! 2 For Your arrows pierce me deeply, And Your hand presses me down. 3 There is no soundness in my flesh because of Your anger, nor any health in my bones because of my sin. 4 For my iniquities have gone over my head; Like a heavy burden they are too heavy for me. 5 My wounds are foul and festering because of my foolishness. 6 I am troubled, I am bowed down greatly; I go mourning all the day long. 7 For my loins are full of inflammation, and there is no soundness in my flesh. 8 I am feeble and severely broken; I groan because of the turmoil of my heart. 9 Lord, all my desire is before You; And my sighing is not hidden from You. 10 My heart pants, my strength fails me; As for the light of my eyes, it also has gone from me. 11 My loved ones and my friends stand aloof from my plague, and my relatives stand afar off. 12 Those also who seek my life lay snares for me; Those who seek my hurt speak of destruction, and plan deception all the day long. 13 But I, like a deaf man, do not hear; And I am like a mute who does not open his mouth. 14 Thus I am like a man who does not hear, and in whose mouth is no response. 15 For in You, O Lord, I hope; You will hear, O Lord my God. 16 For I said, "Hear me, lest they rejoice over me, lest, when my foot slips, they exalt themselves against me." 17 For I am ready to fall, and my sorrow is continually before me. 18 For I will declare my iniquity; I will be in anguish over my sin. 19 But my enemies are vigorous, and they are strong; And those who hate me wrongfully have multiplied. 20 Those also who render evil for good, They are my adversaries, because I follow what is good. 21 Do not forsake me, O Lord; O 22 Make haste to help me, O Lord, my salvation! my God, be not far from me!*

Psalm 38 . . .

In v. 1-2 David acknowledges the chastisement from the Lord. He feels deeply affected and oppressed knowing of the displeasure he has caused the Lord.

In v. 3-5 David is feeble and broken. He is in turmoil at heart. He is ill with no soundness in flesh and no strength in body or soul. He feels the oppression caused by his sin/iniquities. This illness is more than he can bear, and David relates its cause to his foolishness.

In v. 6-8 David expresses his brokenness and grief. He is extremely ill at this point “full of inflammation”. He declares his physical weakness and the spiritual pain and turmoil he is experiencing, “the turmoil of my heart.”

In v. 9-10 David has put his problems before the Lord. He admits that he does not have the inner resources to overcome this on his own by his placing of “all my desire” before God. David’s resilience is lost, his heart pants, his strength fails, and “the light from my eyes has gone from me”.

In v. 11-12 David admits that he receives no support from his family and friends who have abandoned him in the illness (plague, festering sores). His enemies speak of deception and of his destruction. David is anguished in spirit, soul and body. There seems to be no help from any in this world for him.

In v. 13-14 David has decided not to respond to those around him who wish for his demise. He will not hear them and he will not respond to them in words. He ignores their ill will toward him.

In v. 15-16 David turns to the Lord as his only hope, as his only strength in this battle against illness and his enemies. He prays for God’s strength and protection over him. Lest in his falling, his enemies will take a false pride over what has befallen David.

In v. 17-20 David declares his sin and iniquity before the Lord. He has reached his limits of endurance he is “ready to fall”. David declares to God that his many hateful enemies have multiplied against him because he follows what is good.

In v. 21-22 David cries out to the Lord to be with him in this trial. He begs not to be forsaken, but to receive help from the Lord. David knows that his salvation from this and all trials will come from the hand of The Lord.

Resurrection Devo Series

RESURRECTION DEVO SERIES || Psalm 102

A PRAYER OF THE AFFLICTED—A Penitential Psalm

OUR PERSONAL REFLECTION:

When we are suffering affliction, we cry out to the Lord. In this desperate state we are coming from a place of abandonment, feeling the separation from the Lord due to our sin and iniquity. In our pain we feel the darkness is around us, even as our enemies taunt us, but we must turn to the Lord for help. In our repentance, He will hear and answer. We can take hope in the eternal and unchanging nature of God who will be there for all the generations to come. He is the Creator of all and He will care for us from His throne in heaven. Although the psalmist does not give name to the afflicted person in this psalm, we can see parallels in the suffering of Jesus Christ in the Garden of Gethsemane. The psalmist paints a picture of a person who is overcome by grief and suffering. The life of the afflicted is “consumed like smoke, and my bones are burned like a hearth”. This is reminiscent of the profound stress Jesus is under as he perspires with blood. We see the heart afflicted, “withered like grass”. We see the body afflicted, “my bones cling to my skin”. We see the spirit afflicted by abandonment, “I lie awake, and am like a sparrow alone on the housetop”. Jesus is alone in the Garden, even as he asks his disciples to stay awake, they are unable to do so for Him. More profoundly we can see Jesus alone as He takes on the cup that is before Him. He will take upon Himself the sins of the world, as He bears separation from God. “Because of Your indignation and Your wrath; For You have lifted me up and cast me away.” v.10 “My enemies reproach me all day long; Those who deride me swear an oath against me” v.8. We can see the suffering that Jesus endured from the world and the enemies that surrounded Him, not only in Gethsemane, but throughout His three years of ministry. He always had those in authority plotting against Him. But here in the Garden He is betrayed and this betrayal will culminate in His Crucifixion. This leads Him to the climax of His Redemptive mission which is His Resurrection. He is the Living God who has defeated sin, death and Satan once and forever.

Psalm 102 . . .

[BIBLE READING: PSALM 102]

Hear my prayer, O Lord, And let my cry come to You. 2 Do not hide Your face from me in the day of my trouble; Incline Your ear to me; In the day that I call, answer me speedily. 3 For my days are consumed like smoke, and my bones are burned like a hearth. 4 My heart is stricken and withered like grass, so that I forget to eat my bread. 5 Because of the sound of my groaning My bones cling to my skin. 6 I am like a peli-can of the wilderness; I am like an owl of the desert. 7 I lie awake, and am like a sparrow alone on the housetop. 8 My enemies reproach me all day long; Those who deride me swear an oath against me. 9 For I have eaten ashes like bread, and mingled my drink with weeping, 10 because of Your indignation and Your wrath; For You have lifted me up and cast me away.

11 My days are like a shadow that lengthens, and I wither away like grass. 12 But You, O Lord, shall endure forever, and the remembrance of Your name to all generations. 13 You will arise and have mercy on Zion; For the time to favor her, yes, the set time, has come. 14 For Your servants take pleasure in her stones, and show favor to her dust. 15 So the nations shall fear the name of the Lord, and all the kings of the earth Your glory. 16 For the Lord shall build up Zion; He shall appear in His glory. 17 He shall regard the prayer of the destitute, and shall not despise their prayer. 18 This will be written for the generation to come, that a people yet to be created may praise the Lord. 19 For He looked down from the height of His sanctuary; from heaven the Lord viewed the earth, 20 to hear the groaning of the prisoner, to release those appointed to death, 21 To declare the name of the Lord in Zion, and His praise in Jerusalem, 22 When the peoples are gathered together, and the kingdoms, to serve the Lord. 23 He weakened my strength in the way; He shortened my days.

24 I said, "O my God, do not take me away in the midst of my days; Your years are throughout all generations. 25 Of old You laid the foundation of the earth, and the heavens are the work of Your hands. 26 They will perish, but You will endure; Yes, they will all grow old like a garment; Like a cloak You will change them, and they will be changed. 27 But You are the same, and Your years will have no end. 28 The children of Your servants will continue, and their descendants will be established before You."

. . . Psalm 102

In v. 1-2 we have a lament to the Lord. The suppliant prays for His presence in this time of trouble, and that this prayer be answered speedily. This speaks to the urgency that is felt by the sufferer in this psalm.

In v. 3-7 the psalmist relates his utter lack of strength to go on. His life is unclear, he is losing heart, physically he can no longer care for his needs. He is feeling abandoned, vulnerable and all alone without support.

In v. 8-11 the psalmist relates his mistreatment at the hands of his enemies. He feels the effect of this abuse which is evident in his weeping. He states that the Lord has separated Himself from the psalmist and darkness now prevails in his life. The psalmist likens himself to withered grass, withered because of the lack of light which comes from the presence of the Lord in our lives.

In v. 12-17 the Psalmist embraces the power, mercy and faithfulness of the Lord who will endure forever. The Lord will bring favor upon his people, and His people will delight in His favor. The psalmist is stating a time when the Lord will be acknowledged by all nations as supreme. He shall appear in His glory, and be merciful to the prayers of the afflicted.

In v. 18-22 the psalmist recognizes that the Lord, who is in heaven, hears the groaning and the prayers of the afflicted. With this uplifting of His people, they will come together to praise and serve the Lord. The psalmist offers hope that generations yet to be born will know what the Lord has done for His people, and follow Him.

In v. 23-28 the psalmist speaks to the eternal nature of God, who is the creator of all things. The Lord will endure forever. Although the earth and we will all perish, God's years will have no end. The psalmist speaks to the unchanging nature of God in contrast to the changing nature of man. The Lord of all creation continues throughout all the generations yet to come. Let us Pray . . .

Resurrection Devo Series

RESURRECTION DEVO SERIES || Psalm 130

WAITING FOR THE REDEMPTION OF THE LORD

—A Psalm of David

OUR PERSONAL REFLECTION: David cries out to the Lord in lonely despair for protection from his enemies. He fervently prays for the Lord to answer him. David tells us to have hope in the Lord and to stand on His promises for forgiveness and mercy that the Lord will give. By maintaining our hope, we will find strength and endurance to wait for God's timing. We must keep our eyes on the hope that is found in His Word, and the promises of redemption. David awaits the Lord more attentively than those who are in the darkness of night await the morning light. The Lord is our refuge in times of trouble. He is the Light we seek. When faith in the Lord is maintained, iniquities will be forgiven and we will be redeemed by Him.

[BIBLE READING: PSALM 130]

Out of the depths I have cried to You, O Lord; 2 Lord, hear my voice! Let Your ears be attentive to the voice of my supplications. 3 If You, Lord, should [a]mark iniquities, O Lord, who could stand? 4 But there is forgiveness with You, that You may be feared. 5 I wait for the Lord, my soul waits, and in His word I do hope. 6 My soul waits for the Lord more than those who watch for the morning— Yes, more than those who watch for the morning. 7 O Israel, hope in the Lord; For with the Lord there is mercy, and with Him is abundant redemption. 8 And He shall redeem Israel from all his iniquities.

In v. 1-2 David cries out to the Lord in despair, praying that he be heard by the Lord

In v. 3-4 David acknowledges that sin is not only in him but is the case for all men. But David stands on the forgiveness that God gives to all who fear and have reverence for Him.

Psalm 130 . . .

In v. 5-6 David maintains his hope is in the Lord. This hope is the source of strength that maintains him as he awaits the answer of the Lord. Just as there are those await the morning light to relieve the darkness of night, David has great anticipation and is more attentive and watchful for the Lord who will relieve his distress.

In v. 7-8 David speaks to the redemption that will come from the Lord to Israel. He tells us that it is hope that will strengthen and keep the endurance that is needed in waiting. David speaks to the mercy that will be found in the Lord who will redeem Israel and us from our iniquities.



The Penitential Psalms
**WAITING FOR THE
REDEMPTION**
Psalm 130

An Easter Season
Devotion written by



REV. MARIE PARMA



Resurrection Devo Series

RESURRECTION DEVO SERIES || Psalm 143

AN APPEAL FOR DELIVERANCE AND GUIDANCE

—A Psalm of David

OUR PERSONAL REFLECTION: We cannot stand worthy before God on our own because of the sinful nature we possess. But God is faithful and just. In His loving-kindness to His people, we can find our refuge in Him. We must continue in an attitude of perseverance in prayer, patiently waiting and trusting for His timing to answer our prayers. We must remain faithful awaiting His guidance. We must maintain a teachable spirit, who trusts in the faithfulness and righteousness of God.

[BIBLE READING: PSALM 143]

Hear my prayer, O Lord, Give ear to my supplications! In Your faithfulness answer me, and in Your righteousness. 2 Do not enter into judgment with Your servant, For in Your sight no one living is righteous. 3 For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in darkness, like those who have long been dead. 4 Therefore my spirit is overwhelmed within me; My heart within me is distressed. 5 I remember the days of old; I meditate on all Your works; I muse on the work of Your hands. 6 I spread out my hands to You; My soul longs for You like a thirsty land. Selah 7 Answer me speedily, O Lord; My spirit fails! Do not hide Your face from me, lest I be like those who go down into the pit. 8 Cause me to hear Your loving kindness in the morning, for in You do I trust; Cause me to know the way in which I should walk, for I lift up my soul to You. 9 Deliver me, O Lord, from my enemies; In You I take shelter. 10 Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness. 11 Revive me, O Lord, for Your name's sake! For Your righteousness' sake bring my soul out of trouble. 12 In Your mercy cut off my enemies, and destroy all those who afflict my soul; For I am Your servant.

Psalm 143 . . .

In v. 1-2 David's cry to God is one for requesting mercy for his unrighteous state. The same as is with all of men. Here David does not repent of any individual sin. He appeals to God's fairness and faithfulness to withhold judgement of him.

In v. 3-4 David is in extreme distress, which he proclaims to the Lord. In Psalm 142, he tells of his persecution at the hand of his enemies. David is in darkness, as he has literally been running for his life and now is forced to stay in a cave. He likens this darkness to being like one who is dead. He is overwhelmed in spirit and his heart is distressed.

In v. 5-6 David is remembering the rejoicing in the Temple and the happiness of being in the presence of the Lord. He remembers these happy days and cries out for them again. David is in great longing for the Lord, and he cries out to Him to answer his prayer.

In v. 7-8 David proclaims that he feels like the dead to be separated from God. He is failing and begs God to answer him quickly and "do not hide Your face from me". Through his distress, David holds on to the trust he has in the lovingkindness of God to His people. He is still trusting that God will guide him in his walk as he prays for this intervention in his life.

In v. 9-10 David prays for deliverance from his enemies. He cites God as his refuge and as the God whom he trusts. He asks for guidance and to be taught to do the will of God and to walk in His ways. David acknowledges the goodness of God whom he trusts to answer his fervent prayers and lead him to safety.

In v. 11-12 David has not yet received the answers to his prayers. He does not lose faith, but continues in an attitude of trust in the Lord. He states his case to the Lord for restoration and mercy. David awaits the Lord's response and continues to pray for victory over his enemies, the source of his present distress. David declares himself to be a servant of the Lord, he has confidence in the Lord's Righteousness.

Let us pray . . .

Resurrection Devo Series

RESURRECTION DEVO SERIES || Psalm 22

THE SUFFERING, PRAISE & PROSPERITY OF THE MESSIAH

—A Lament and Messianic Psalm

OUR PERSONAL REFLECTION: This is a Psalm of Lament. It is prophetic of the Crucifixion of Jesus Christ. This psalm is unlike the Gospels where we are given a narrative of what is transpiring from a third person point of view. In this Psalm, we are given the heartbreaking prophetic first person experience of the suffering and death of Jesus Christ as he hangs on the Cross. As in Psalms of lament, we hear the emotions of Christ as He is suffering and expressing all of His experience to God, The Father.

He is doing His Redeeming work, that only He can do. He is paying the price for our sins instead of us. He has come to save the world, not to condemn. He comes to do the will of His Father, and so willing He takes on the sins of the world. He is the Perfect Sinless Sacrifice, the Lamb of God. He suffers, the rejection, the degradation, and the ridicule of His tormentors. He bears the humility of the scourging, the crown of thorns, the carrying of the Cross and the suffering of hanging on the Cross before his enemies. Jesus gives it all, He is pierced, “poured out like water”. When His redeeming work is complete, He commends His Spirit to The Father. The Psalm continues with why has He done this. His posterity is for all generations of believers. We are the joy that was set before Him. We are the unworthy recipients of the agape love that Jesus bears for each of us. We are witness to His Redeeming work. We are helpless to save ourselves, and in God’s infinite love and mercy He has sent His Son to save us. To make us heirs to everlasting life through Christ and in Him. We are powerless to help ourselves. Righteousness before the Father can only be obtained by our association with Jesus Christ, we are saved by the Blood of the Lamb. As believers in Jesus, all we can do is find our place at the foot of the Cross, believe in Him and receive the Saving Grace He has won for us. We can bring our testimony to others, to spread the Good News of Jesus Christ. As the redeemed, all we can do is offer our thanks, praise, and worship to Him who has given it all for us. Every knee will bend before Him in worship. We can follow Him and take our place as children of God, receiving the blessings of salvation.

Psalm 22 . . .

[BIBLE READING: PSALM 22]

My God, My God, why have You forsaken Me? Why are You so far from helping Me, and from the words of My groaning? 2 O My God, I cry in the daytime, but You do not hear; And in the night season, and am not silent. 3 But You are holy, enthroned in the praises of Israel. 4 Our fathers trusted in You; They trusted, and You delivered them. 5 They cried to You, and were delivered; They trusted in You, and were not ashamed. 6 But I am a worm, and no man; A reproach of men, and despised by the people. 7 All those who see Me ridicule Me; They shoot out the lip, they shake the head, saying, 8 “He trusted in the Lord, let Him rescue Him; Let Him deliver Him, since He delights in Him!” 9 But You are He who took Me out of the womb; You made Me trust while on My mother’s breasts. 10 I was cast upon You from birth. From My mother’s womb You have been My God. 11 Be not far from Me, for trouble is near; For there is none to help. 12 Many bulls have surrounded Me; Strong bulls of Bashan have encircled Me. 13 They gape at Me with their mouths, like a rag-ing and roaring lion. 14 I am poured out like water, and all My bones are out of joint; My heart is like wax; It has melted within Me. 15 My strength is dried up like a pot-sherd, and My tongue clings to My jaws; You have brought Me to the dust of death. 16 For dogs have surrounded Me; The congregation of the wicked has enclosed Me. They pierced My hands and My feet; 17 I can count all My bones. They look and stare at Me. 18 They divide My garments among them, and for My clothing they cast lots. 19 But You, O Lord, do not be far from Me; O My Strength, hasten to help Me! 20 Deliver Me from the sword, my precious life from the power of the dog. 21 Save Me from the lion’s mouth and from the horns of the wild oxen! You have answered Me. 22 I will declare Your name to My brethren; In the midst of the assembly I will praise You. 23 You who fear the Lord, praise Him! All you descendants of Jacob, glorify Him, and fear Him, all you offspring of Israel! 24 For He has not despised nor abhorred the affliction of the afflicted; Nor has He hidden His face from Him; But when He cried to Him, He heard. 25 My praise shall be of You in the great assembly; I will pay My vows before those who fear Him. 26 The poor shall eat and be satis-fied; Those who seek Him will praise the Lord. Let your heart live forever! 27 All the ends of the world shall remember and turn to the Lord, and all the families of the nations shall worship before You. 28 For the kingdom is the Lord’s, and He rules over the nations. 29 All the prosperous of the earth shall eat and worship; All those who go down to the dust shall bow before Him, even he who cannot keep himself alive. 30 A posterity shall serve Him. It will be recounted of the Lord to the next gen-eration, 31 they will come and declare His righteousness to a people who will be born, that He has done this. Let us pray . . .

Sayings from the Cross

A HOLY WEEK DEVOTIONAL

CHRIST SPEAKS FROM THE CROSS

An Introduction to the Seven Sayings of Jesus

During this ongoing time of reflection, Equip Church has prepared the following reflections upon Jesus' Seven Sayings Spoken from the Cross.

Beginning Palm Sunday through Resurrection Sunday, we will reflect upon the seven sayings of Jesus from the Cross which are:

"Father forgive them, for they know not what they do." Luke 23:34

"Today shalt thou be with Me in paradise." Luke 23-44

"Woman behold your Son." John 19:26

"My, God, my God, why has Thou forsaken Me?" Mark 15:34

"I thirst." John 19:28

"It is finished." John 19:30

"Father, into Thy hands I commend My spirit." Luke 23:46

The dying words of any man are considered to be spoken in truth. These words convey much about the purpose and mission of the individual. What is on the mind of a dying person boldly proclaims what is of primary importance to the individual in this crucial moment. These words also give closure, and the peace that will come from expressing the completeness contained in these words. In these last words, the individual can make known their needs, and suffering and also their acceptance that the end of life is here.

How much more important are the words of Jesus that He gives us from the Cross? What does He reveal about Himself? What is important to Him? And what are the truths we find illustrated here of His redemptive mission of fallen man?

Will you set apart sacred time during Holy Week as we reflect and pray as we continue our journey toward the celebration of our Resurrected Lord and Savior? Please join with Equip and others as we place a special focus upon Holy Week as we go deeper in these profound sayings of Christ upon the cross of our redemption.

Sayings from the Cross

Saying #1 of Jesus

Luke 23:34. "Father forgive them, for they know not what they do."

Let's begin in Luke 23:34 *"Father forgive them, for they know not what they do."*

What a powerful statement of prayer that Jesus makes to the Father. Here, from the Cross, we must acknowledge that Jesus is performing His High Priestly role of Intercessor. In Timothy 2:5 we are told by the Holy Spirit that there is one mediator between God and men, and that is the Man Jesus Christ. Jesus pleads the ignorance of those who are crucifying Him to God, The Father. The agape love of Jesus rings out in these words of prayer for our pardon and for God's forgiveness.

Jesus has come to save and not to condemn. His redemptive mission is to defeat sin and death on our behalf. He is willingly hanging on the Cross, and through all his suffering and distress, His thought is for our redemption from sin through Him. He does not want us to remain in sin, which would cause separation from God. He has told us that He is the Good Shepherd who gives His life for His sheep. He will not abandon us, even in His darkest hour. He is our Faithful Advocate.

Forgiveness of sin is obtained through Him, and by His intercession, and by His eventual death and Resurrection, He makes possible our eternal life. His Death and most especially His Glorious Resurrection defeat sin, Satan and death. In John 17, Jesus prays His High Priestly prayer to the Father.

John 17:1-2 "...Father the hour has come. Glorify Your Son, that Your Son may also glorify You, as You have given Him authority over all flesh, that He should give eternal life to as many as You have given Him."

This statement by Jesus reveals His mind and heart to us. We are what is on His mind. No matter the cost, and He gives Himself completely, He prays for us. He is performing His redeeming work. His heart is revealed in the unconditional agape love He has for us. His love overflows with the saving grace He is earning for us by His shed Blood. He is making eternal life with Him in heaven possible for us to share. We are saved by the Blood of the Lamb. Let us pray . . .

Sayings from the Cross

Saying #2 of Jesus

Luke 23:44 “Today shalt thou be with Me in Paradise.”

These are His words to the good thief hanging beside Him. The unrepented thief hanging on the other side does not share this reward. The good thief recognizes his own fault and his deserved punishment, but he proclaims the innocence of Jesus, who has done nothing to deserve the death by crucifixion. Jesus is recognized as Lord by this good thief as he speaks to Jesus. The request he makes of Jesus is to be remembered when Jesus comes into His kingdom. In this statement, his faith that Jesus is King is spoken, and Jesus replies with the assurance that he is saved.

When Jesus tells the thief that he is to be with Him in Paradise, we can observe that Jesus is taking His Kingly authority. He has the authority over all flesh that the Father has given Him. His mission is to save the sinner, and before our eyes, He does just that. He brings His faithful into Paradise with Him.

Here we see the effects of the Saving Grace He has won there on the Cross by His Death and Resurrection. Jesus has come to save the sinner. From this we can have assurance that as we repent and accept Jesus as Lord, we too will be with Him in Paradise. I believe this interaction between Jesus and the good thief is given so we will know that it is never too late to repent and accept Jesus as Lord. Our salvation is assured by His Redemptive Work, and through Him, all who accept and have faith will be saved.

Let us pray . . .

Sayings from the Cross

Saying #3 of Jesus

John 19:26 “Woman behold your son.”

Jesus also says to John “*Behold your mother.*” Here Jesus is directing John, His beloved Apostle to take care of His mother, Mary. Jesus entrusts the care of Mary to him, she then lives with John from that hour. John accepts Mary as his mother.

Jesus directs his mother, Mary to accept John as her son. Jesus is putting Mary in the care of one who believes in Him as God. John is faithfully at the foot of the Cross with Mary, Mary the wife Cleopas, who is also the sister of Mary the mother of Jesus. Also mentioned by John is Mary Magdalene.

We see the love of Jesus for His mother. He is providing for her by forging this mother/son relationship with John, His beloved apostle. In so doing, He is providing peace and comfort to both Mary and John. both love Him, and are suffering as they watch Him on the Cross.

They are now together in Christ. I feel that this is an example of brotherly love that Christ has given to us, the Body of Christ with Christ as the Head. From the Cross, we are shown that as believers in Christ we are to care for one another, we do not walk alone. This is a representation of the greatest commandment we are given: to love God above all else, and to love our neighbor as ourselves.

Let us pray . . .

Sayings from the Cross

Saying #4 of Jesus

Mark 15:34 “My God, My God, why has Thou forsaken Me?”

In this moment, Jesus has taken on the sins of the world. In Holy Righteousness the Father turns His back on sin. The nature of The Father is one of total Light and in Him there is no darkness. He does not abide with sin. While Jesus is bearing our sin, He is suffering the spiritual agony of separation from God, The Father. During this time, He is taking this on so that we will be spared this fate. He is suffering this spiritual desolation instead of us. The physical death and Resurrection of Jesus Christ, the perfect sacrifice redeems us from sin.

We have no ability to save ourselves because of our fallen nature. All throughout Scripture we have proof that man is not able to live by the Law which is given for our conviction. Jesus has come as Savior in fulfillment of the Scriptures. With His shed blood, we come into the New Covenant. Hebrews 8:13 tells us: “In speaking of a new covenant, he makes the first one obsolete. And what is becoming obsolete and growing old is ready to vanish away.”

Out of His intense love for His creation, The Father gives His Only Begotten Son to die on the Cross. Romans 6:23 reveals: *“For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus.”* Only this Perfect and Sinless Sacrifice can save us once and for all. We can only be made righteous in the eyes of God the Father when we are covered by the Blood of the Lamb. We are in Christ, and so the Father sees His Son in us. We are cleansed of all sin by the Blood of the Lamb. He took sin upon Himself, suffered spiritual abandonment in separation from the Father so that our sin is forgiven and forgotten as we are born again in Christ. All things are made new. *“Therefore if any man be in Christ, he is a new creature; old things are passed away; behold, all things are become new.”* 2 Corinthians 5:17. Jesus is fulfilling His Redemptive Mission to save the sinner and the world, we need only to do our part and accept and have faith in Him as Lord of all. We then become the recipients of His free, Saving Grace.

Let us pray . . .

Sayings from the Cross

Saying #5 of Jesus

“I thirst.” John 19:28

By this time, Jesus has suffered greatly. He has suffered great physical abuse, spiritual rejection, betrayal, taunting at the hands of his persecutors, and the haters in the crowd. All of these haters are blinded as to what is actually being accomplished by Our Savior. None can begin to conceive that Jesus is willingly offering Himself up for them and all sinners. They taunt Him, but He has forgiven them their ignorance.

They call out to Him to come down off the cross, and to save Himself if He really is God. For their own selfish reasons, they have called for His death. They have no compassion, but even in their meanness they receive mercy. From this place of suffering Jesus has interceded to the Father for all of them.

This statement, “I thirst” shows us the toll that is placed on Jesus from this ordeal of His sacrificial crucifixion. In Psalm 22 we read:

“^{d5} My strength is dried up like a potsherd, And My tongue clings to My jaws; You have brought Me to the dust of death.”

The Blood of the Lamb has poured out, and He is on the verge of death. This time He tastes of the sour wine offered to Him, but there is no relief from the agonies of crucifixion. Only in the completion of His work will there be an end to this sacrificial suffering.

Let us pray . . .

Sayings from the Cross

Saying #6 of Jesus

“It is finished.” John 19:30

I believe that Jesus is referring to more than His present circumstance. Jesus has come to fulfill all the Scriptures that spoke of the Messiah. He is speaking of all the work He has accomplished during His Incarnation.

During His Incarnation He has accomplished our salvation by His death and Resurrection. He accomplishes His redemptive work as He fulfilled all prophecy concerning Him, and all the while He has remained faithful to the will of the Father.

He has done what He came to earth to do. He came to provide for our redemption. He has washed us clean of all sin, and we are forgiven. He has restored our relationship to the Father. Through Him and His Righteousness, we may now stand as children of God. He has won for those who believe in Him eternal life.

He is the Faithful Son of the Father, and He is our Faithful Advocate. He is the Alpha and the Omega, who was, is and is to come.

Let us pray . . .

Sayings from the Cross

Saying #7 of Jesus

“Father into Thy hands I commend My Spirit.” Luke 23:46

The hour of Jesus’ death has come. He prays from Psalm 31:5 where David states: *“Into Your hand I commit my spirit.”* In Acts 7:59, Stephen speaks them as well. Both David and Stephen are declaring their dependence upon God. They express the unity they are hopeful to come into with Him. Their thought and desire is to go into the Hand of God.

Jesus has spent His Incarnation upon the earth in unity with the Father. He always did what was pleasing to God the Father.

According to the will of the Father, Jesus endured separation from the Father as He carried the sin of the world in Himself. But now upon completion of the work that the Father has put before Him, He is committing His Spirit to the Father. Unity with the Father is restored. Jesus is God, the Second Person of the Holy Trinity in unity with the Father and the Holy Spirit. He will return to His Heavenly Glory in Unity, Three Persons in One God.

Let us pray . . .

A Personal Time of Reflection

1. What has God shown you about Himself during this sacred time as you have gone deeper with Him?
2. What have your reflections revealed to you about yourself this season?
3. How might you apply what you have learned toward your practical application to life and ministry?

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- 3 We proclaim, teach, train, empower, and equip others to do the same, resulting in the world believing that Jesus is Lord and that God loves them.
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