



Sons of Saint Joseph tm

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The Book of Psalms part 5: Capitulum 22 Saturday, March 29, 2025

The Prayer of an Innocent Person - Capitulum 22

1 For the leader; according to "The deer of the dawn." A psalm of David.

I

2 My God, my God, why
have you abandoned me?
Why so far from my call for
help,
from my cries of anguish?

3 My God, I call by day, but
you do not answer;
by night, but I have no relief.

4 Yet you are enthroned as
the Holy One;
you are the glory of Israel.

5 In you our fathers trusted;
they trusted and you rescued
them.

6 To you they cried out and
they escaped;
in you they trusted and were
not disappointed.

7 But I am a worm, not a
man,
scorned by men, despised by
the people.

8 All who see me mock me;
they curl their lips and jeer;
they shake their heads at me:

9 "He relied on the Lord - let
him deliver him;
if he loves him, let him
rescue him."

10 For you drew me forth
from the womb,
made me safe at my mother's
breasts.

11 Upon you I was thrust
from the womb;
since my mother bore me you
are my God.

12 Do not stay far from me,
for trouble is near,
and there is no one to help.

II

13 Many bulls surround me;
fierce bulls of Bashan
encircle me.

14 They open their mouths
against me,
lions that rend and roar.

15 Like water my life drains
away;
all my bones are disjointed.
My heart has become like
wax,
it melts away within me.

16 As dry as a potsherd is my
throat;
my tongue cleaves to my
palate;
you lay me in the dust of
death.

17 Dogs surround me;
a pack of evildoers closes in
on me.
They have pierced my hands
and my feet

18 I can count all my bones.
They stare at me and gloat;

19 they divide my garments
among them;
for my clothing they cast lots.

20 But you, Lord, do not stay
far off;

my strength, come quickly to help me.

21 Deliver my soul from the sword,
my life from the grip of the dog.

22 Save me from the lion's mouth,
my poor life from the horns of wild bulls.

III

23 Then I will proclaim your name to my brethren;
in the assembly I will praise you:

24 "You who fear the Lord,
give praise!
All descendants of Jacob,
give honor;
show reverence, all
descendants of Israel!

25 For he has not spurned or
disdained
the misery of this poor
wretch,
Did not turn away from me,
but heard me when I cried
out.

26 I will offer praise in the
great assembly;
my vows I will fulfill before
those who fear him.

27 The poor will eat their fill;
those who seek the Lord will
offer praise.
May your hearts enjoy life
forever!"

IV

28 All the ends of the earth
will remember and turn to the
Lord;
All the families of nations

will bow low before him.

29 For kingship belongs to
the Lord,
the ruler over the nations.

30 All who sleep in the earth
will bow low before God;
All who have gone down into
the dust
will kneel in homage.

31 And I will live for the
Lord;
my descendants will serve
you.

32 The generation to come
will be told of the Lord,
that they may proclaim to a
people yet unborn
the deliverance you have
brought.

Questions

1. Why do I feel so alone when things go wrong, and how can I talk to God about it?
2. How can I keep going when life keeps knocking me down?
3. What do I do when people tear me down for what I believe?
4. What's the point of my struggles if they just keep coming?