

## Scripture

### Psalm 22:1-2, 8-9, 17b-20a, 31-32 NCB

My God, my God, why have you forsaken me?  
Why have you paid no heed to my call for help,  
to my cries of anguish?  
O my God, I cry by day, but you do not  
answer,  
by night, but I am afforded no relief.

All who see me jeer at me;  
they sneer in mockery and toss their heads:  
“He relied on the Lord; let the Lord set him  
free.  
Let the Lord deliver him, if he loves him.”

A pack of dogs surrounds me;  
a band of evildoers is closing in on me.  
They have pierced my hands and my feet;  
I can count all my bones.

They stare at me and gloat;  
they divide my garments among them,  
and for my clothing they cast lots.  
But you, O Lord, do not remain aloof from  
me.

But I will live for the Lord,  
and my descendants will serve him.  
Future generations will be told about the Lord  
so that they may proclaim to a people yet unborn  
the deliverance he has accomplished.

## Thought for the Day

Have there been times when you have felt abandoned?

What helped you recover from your sense of abandonment?

Is there anyone around you who you feel might be feeling abandoned who  
you could reach out to?



Christ Crowned with Thorns

Matthias Stom 1633