



The Song in His Head The Exchange 21 November 2015

These questions are here to stimulate dialogue about today's topic - feel free to skip around or discuss items not listed below.

1. What did you find most interesting / confusing / challenging / inspiring from the topic today?
2. What "power song" or idea have gotten you through difficult times in the past?
3. The word 'forsaken' means - abandoned, left alone. Why is being 'abandoned' part of the prophecy in Psalm 22 and the process for man's salvation? Isaiah 53: 3-5 mentions the Messiah is to be smitten by God and afflicted. Was this necessary?
4. Have you ever felt you were forsaken by anyone? If so, compare how this feels compared to physical pain and what did that moment teach you?
5. Up to this point we learn of Jesus' physical anguish. Why do you think it was important to understand his mental anguish at this time?
6. Of all the affliction Jesus was subjected to, this is His only cry regarding Himself ("My God, My God, why have you forsaken Me?"). What does this say about what true anguish is for Him? Do you think that mankind in general has experienced this kind of anguish?
7. Do you think Jesus had ever experienced being 'forsaken' before?
8. How do you think God would answer Jesus' question?
9. How can we be sure of God's presence in silence, crisis and pain?

Share any prayer requests & praises to close.