

ror no more.” People are fundamentally weak—mere clay, morning mist. An evildoer has a moment of power to hurt, but the God who is fundamentally strong will have the final say. That hope animates “groan[s] within ourselves” that everything will someday be renewed (Rom. 8:23). Alongside, the Holy Spirit “intercedes for us with groanings too deep for words” (Rom. 8:26). We will be delivered from all sin and misery. Every tear will be wiped away when evil is no more (Rev. 20–21).

Application: Make This Your Own

Read the psalm as a whole (see pages 1–3), turning it into your own words and thoughts.

I. Opening Cry: Where Are You? (v. 1)

1. Talk to God. Talk out loud. Many sufferers stay submerged in their thoughts and feelings, and stifle spoken prayer. Prayer means asking someone for help. Too often “prayer” is indistinguishable from thought life. “God” becomes blended with chaotic mental processes, rather than existing as a distinct person. But God is a person. Talk to him. Jesus prayed out loud with feeling: “He offered up both prayers and supplications with loud crying and tears to the One

able to save Him from death, and He was heard because of His piety” (Heb. 5:7). Cry out.

2. Psalm 22 captures in even greater detail the relationship between a sufferer and his God, who seems far away. It is even more explicitly Jesus’ experience. After making Psalm 10 your own, do the same with Psalm 22. God will meet you in the integrity of your real life experience.

3. The Psalms are intended for use by groups of people, as well as by individuals. Who can pray with you? God does not intend you to fully resolve your struggles even in private with him. Join the people of God in a setting where your needs can be presented to God by others.

4. Matthew 26–27, Mark 14–15, Luke 22–23, and John 18–19 make it plain that Jesus not only experienced sufferings *like* yours, he experienced evil in *greater concentration*. In fact, he did it *for* you, and *on purpose*. And his cry *was answered*, as God delivered him in power: Matthew 28, Mark 16, Luke 24, John 20–21. Read a different version of the story each day. Think about these things.

II. Analyze Harmful People: They Are Proud, Willful, Godless, and Predatory (vv. 2–11)

1. Are you suffering? Have you been “burned” because someone else “burned” to do you wrong?

- Have you been verbally attacked, humiliated, treated with contempt, slandered?
- Have you been sexually manipulated, molested, seduced, raped?
- Have you been financially victimized?
- Have you been physically threatened, stalked, attacked, beaten, or tortured?
- Have you been a victim of prejudice regarding race, age, gender, ethnicity, economic status, disability, or religious faith?
- Have you faced a multitude of evils? Helen's circumstances fit the category "all of the above."

Describe what has happened to you: who, what, when, where, how, why. Talk it out with God in detail, according to the pattern of Psalm 10.

2. We are usually aware of what wrongdoers *do*, because that directly affects us. What does Psalm 10 say about how they *think*, what they *want*, what they *worship*, what they do *with God*? How does recognizing this Godward dimension help you when you face the sting of their actions? How does it make you less alone?

3. How have you sinned? Have you criticized, lusted, stolen, threatened, or been prejudiced? Do you lose sight of God and sink into unbelief? How do your sins come out in reaction to being sinned against? Remember, God has transformative purposes in the sufferings of those who love him.

4. What has Jesus Christ done to save sinners? Study 2 Corinthians 5:14–21 for the condensed version: Jesus has dealt with both sin’s penalty and sin’s perverse mastery. Study Romans 3:9–6:23 for the detailed version. You have been given an inexpressibly wonderful gift, and nothing can take it away. No suffering can separate you from God’s love: Romans 8:18–39.

III. Cry to God: Act to Aid the Hurting (vv. 12–15)

1. What will Jesus Christ do to unrepentant sinners who harm God’s children? Study 2 Thessalonians 1:6–10 for the condensed version. Study Revelation for the uncut version.

2. Talk to God. But don’t babble. Talk intelligently, based on an understanding of God’s reign of power and grace that deals with evil and suffering. Many sufferers simply writhe in pain and confusion. Jesus prayed knowing exactly