



# From Darkness to Light

PSALM 22:21-31

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*"For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him."  
(Psalm 22:24, ESV)*

## Review the Sermon

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Read Psalm 22:1-31.

How does the tone of this psalm suddenly change? Can you explain why?

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If v22-31 reflect Jesus coming out of suffering and death, what does this text suggest the Resurrection changes for you?

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How does the Resurrection provide reasons to celebrate? How many reasons can you identify?

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## Assess your Life

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In resurrection, Jesus makes us brothers, celebrants, worshipers, and messengers.

Which of these four benefits brings you the most joy?

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Which of these four benefits do you find most challenging?

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Do you live in the full light of the Resurrection? Why or why not?

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## Apply the Truth

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Of these four “resurrection benefits”, what can you do to confront the one that challenges you most?

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How can your local church be strengthened to live in the light of these four benefits? What could you do to help initiate change?

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What can you implement in your life, by God’s power, to have a more effective witness in a culturally Christian society?

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## Commit this Week

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Will you commit to living in the full light of what Jesus Christ accomplished for you through his sufferings, death, and resurrection?

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*“Posterity shall serve him; it shall be told of the Lord to the coming generation; they shall come and proclaim his righteousness to a people yet unborn, that he has done it.” (Psalm 22:30–31, ESV)*