

Some thoughts on Psalm 22 and related scriptures- part 1



- **Psalm 22 describes the sufferings of the Lord Jesus on the cross under three headings**
- **Psychological**
- **Physiological**
- **Pathological**

- **There is also a Praise section**

PSYCHOLOGICALLY

The emotional suffering of Jesus is described in

Psalm 22:1-16,

Matthew 26:39 Matthew. 27:39-44 ;

Mark 15:29, 30;

Luke 22:40-41 Luke 23:35.

- **The Psychological aspects of Psalm 22 appear in the first 16 verse of this chapter, and mirrors the reports of Matt. 27:39-44 ; Mark 15:29- 30; Luke 23:35.**
- **1 MY GOD, my God, why have You forsaken me? Why are You so far from helping me, and from the words of my groaning? [c.f Matt. 27:46.]**
- **2 O my God, I cry in the daytime, but You answer not; and by night I am not silent *or* find no rest.**
- **3 But You are holy, O You Who dwell in [the holy place where] the praises of Israel [are offered].**
- **4 Our fathers trusted in You; they trusted (leaned on, relied on You, and were confident) and You delivered them.**
- **5 They cried to You and were delivered; they trusted in, leaned on, *and* confidently relied on You, and were not ashamed *or* confounded *or* disappointed.**
- **6 But I am a worm, and no man; I am the scorn of men, and despised by the people. [c.f Matt. 27:39-44.]**
- **7 All who see me laugh at me *and* mock me; they shoot out the lip, they shake the head, saying, [c.f Matt. 27:43.]**
- **8 He trusted *and* rolled himself on the Lord, that He would deliver him. Let Him deliver him, seeing that He delights in him! [c.f **Matt. 27:39, 43; Mark 15:29, 30; Luke 23:35.**]**
- **9 Yet You are He Who took me out of the womb; You made me hope *and* trust when I was on my mother's breasts.**
- **10 I was cast upon You from my very birth; from my mother's womb You have been my God.**
- **11 Be not far from me, for trouble is near and there is none to help.**
- **12 Many [foes like] bulls have surrounded me; strong bulls of Bashan have hedged me in. [Ezek. 39:18.]**
- **13 Against me they opened their mouths wide, like a ravening and roaring lion.**
- **16For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet.**

- The passion or suffering of Christ began in Gethsemane on the night just before He was crucified. Knowing that the time of his death was near, as He prayed in the Garden of Gethsemane He suffered great mental anguish in an agony with such great emphasis and earnestness, that Hebrews 5:7 describes it as **“ with strong crying and tears.”**
- Of the many aspects of His initial suffering, the one which is of particular physiological and psychological interest is the very rare phenomenon of bloody sweat (hematidrosis or hemohidrosis).
- Interestingly enough, the physician, St. Luke, is the only evangelist to mention this occurrence as recorded in Luke 22:44 possibly because of his interest as a physician in this rare physiological phenomenon, which spoke eloquently of our Lord's struggle and the intense spiritual agony Jesus was suffering.
- **“And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.”**

- Of the four gospel writers, only Dr. Luke referred to Jesus' ordeal as **"agony" (*agonia*)**.
- Only Dr. Luke points out that it was because of this agony over things to come that during His prayer **"his sweat was as it were great drops of blood falling down to the ground."**
- Only Dr. Luke referred to Jesus' sweat (*idros*)—a much-used term in medical language of the day.
- And only Luke referred to **Jesus' sweat as consisting of great drops of blood (*thromboi haimatos*)**
- The term: **" 'As clots,' *thromboi*, means that the blood mingled with the sweat and thickened the globules so that they fell to the ground in little clots and did not merely stain the skin"**
- The Greek word *hosei* ("as it were") refers to condition, not comparison.
- The intention of the Evangelist seems clearly to be, to convey the idea that the sweat did not fall like drops of blood, but that the sweat was coloured with blood, i.e. there was actual blood in the sweat.

- Every attempt imaginable has been used by modern scholars to explain away the phenomenon of bloody sweat, as hyperbole, apparently under the mistaken impression that it simply does not occur.
- **Some have thought that the meaning of the words is, that the sweat was so profuse that every drop seemed to be as large as a drop of blood, not that the sweat was blood itself.**
- **Others think the words do not necessarily imply, that this sweat was blood, or that there was blood in it; only that his sweat, as it came out of his body, and fell on the ground, was so large, and thick, and viscous, that it looked like drops, or clots of blood.**
- **Others posit that what really happened is that the pores of Christ's body were so opened, that along with sweat came out blood, which flowed from him; and as it fell on the ground, it was so congealed by the cold in the night season, that it became really, as clots of blood upon the earth.**
- **However, this is not hyperbolic speech as some opine.**

- **Though very rare, the phenomenon of hematomidrosis, or bloody sweat, in which, under great emotional stress, tiny blood vessels called capillaries in the sweat glands in the skin can rupture thus mixing blood with sweat , as described in Luke 22:44, is well documented In the medical literature.**
- **A thorough search of the medical literature demonstrates that this phenomenon where there is excretion of blood or blood pigment in the sweat is a very real, and well-known medical condition.**
- **We can thus conclude quite justifiably that the terminology used by the gospel writer to refer to the severe mental distress experienced by Jesus was intended to be taken literally—i.e., that the sweat of Jesus became bloody.**

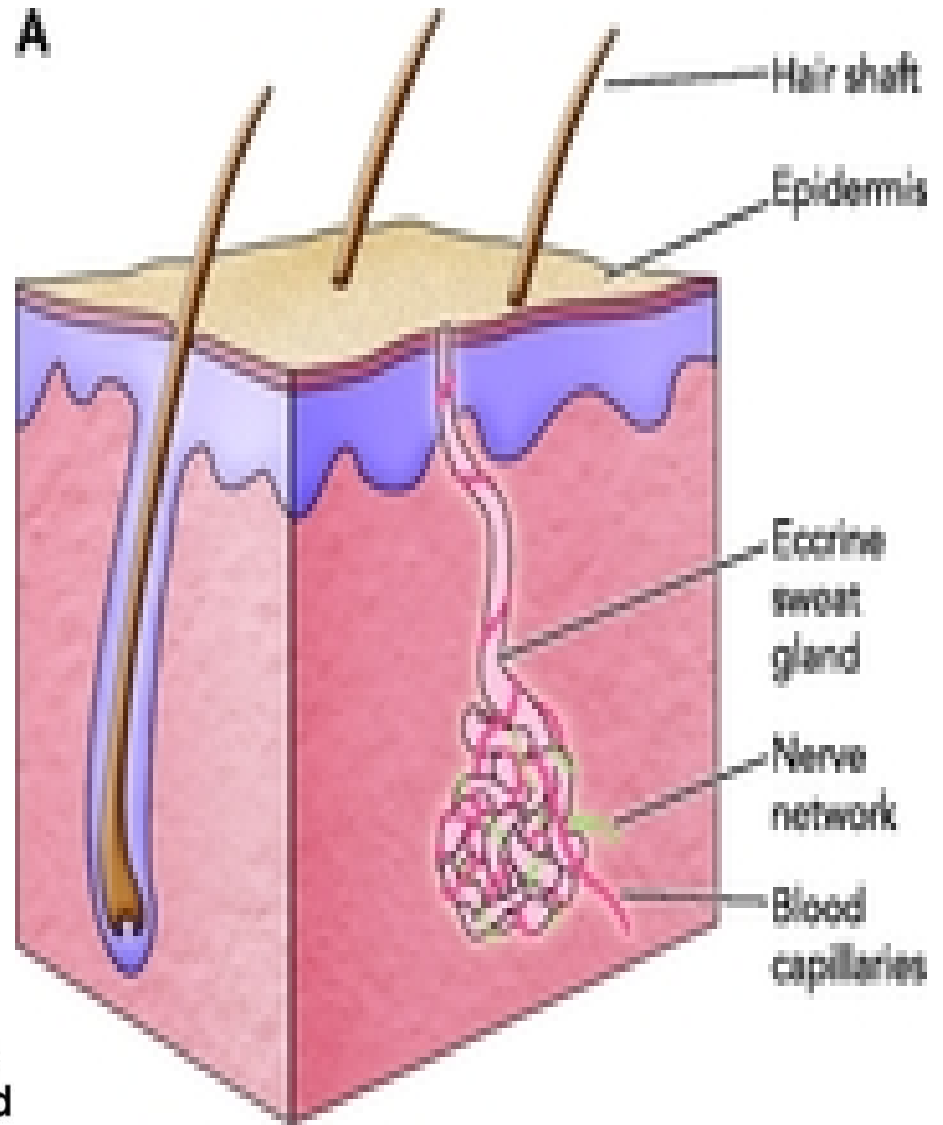
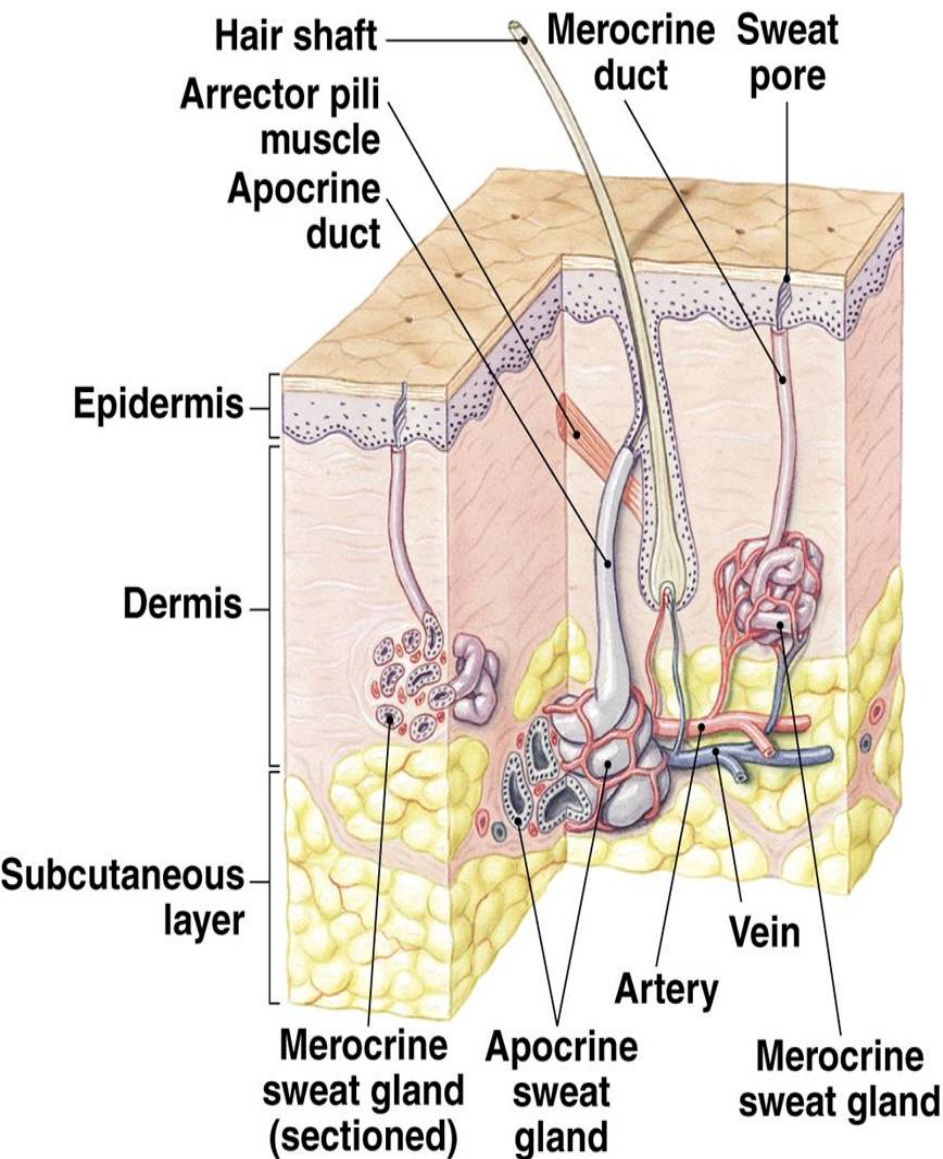
- **Hematidrosis** is the name given to the rare occurrence of tiny blood capillaries in the sweat glands that rupture causing an oozing of blood to occur through the skin.



- “Hematohidrosis” is known to be precipitated by stress, strain, or any sort of great exertion,
- When 76 cases of hematidrosis were studied and classified into categories according to causative factors, acute fear and intense mental contemplation were found to be the most frequent inciting causes.
- While the extent of blood loss generally is minimal, hematidrosis also results in the skin becoming extremely tender, so that even simple physical insults to the skin become even more painful.

- **Around the sweat glands, there are multiple tiny blood vessels called capillaries in a net-like form.**
- **Under conditions of great emotional stress the vessels constrict. Then as the anxiety passes the blood vessels dilate to the point of rupture. The blood then goes into or effuses into the sweat glands.**
- **As the sweat glands are producing a lot of sweat, it pushes the blood to the surface - thus mixing blood with perspiration- coming out as droplets of blood mixed with sweat.**

Hematidrosis is a condition in which capillary blood vessels that feed the sweat glands rupture, causing them to exude blood,



- The intense anguish and sorrow Jesus felt was certainly understandable. Clearly he was in intense spiritual agony.
- What was the source of Jesus great stress and anguish?
- Being God, Christ knew in detail everything that was going to happen to Him” ([John 18:4](#)).
- Had he not predicted as is recorded in Matthew 20:18&19 and Mark 10:33 “Behold, we go up to Jerusalem; and the Son of man **shall be betrayed** unto the chief priests and unto the scribes, and **they shall condemn him to death, and shall deliver him to the Gentiles to mock, and to scourge, and to crucify *him*”?**

- He knew in painstaking detail the events that were to follow soon after He was **betrayed by one of His very own disciples.**
- He knew **He was about to undergo several illegal trials where all of the witnesses against Him would lie.**
- He knew that “**His own**” (**John 1:12**) who had hailed Him as the Messiah only days earlier **would now be screaming for His crucifixion (Luke 23:23).**
- He knew **that he was physically facing one of the most horrible forms of capital punishment there has ever been.**
- He knew **He would be flogged nearly to the point of death before they pounded the metal spikes into His flesh.**
- He knew **the prophetic words of Isaiah spoken seven centuries earlier that He would be beaten so badly that He would be “disfigured beyond that of any man” and “beyond human likeness” (Isaiah 52:14).**

- There could not be a more dreadful moment in the history of man as this moment. Jesus who came to save us, **realizes the horror of what is going to happen to him, and what He is about to endure.**
- **He is about to be engulfed in the raging sea of sin, as the burden of all the sins of humanity for a moment overwhelm the humanity of our Savior.**

- **Crucifixion was considered to be the most painful and torturous method of execution ever devised and was used on the most despised and wicked people.**
- **In fact, so horrific was the pain that a word was designed to help explain it—*excruciating*, which literally means “from the cross.”**
- **His body was human, and he would feel everything at least as intensely as we would.**
- **Was this the source of his severe stress?**
- **Certainly, all of these things and thoughts factored into His great anguish and sorrow, causing Him to sweat drops of blood.**

- It is evident that even before Jesus endured the torture of the cross, He suffered far beyond what most of us will ever suffer.
- His penetrating awareness of the heinous nature of sin, its destructive and deadly effects, the sorrow and heartache that it inflicts, and the extreme measure necessary to deal with it, make the passion of Christ beyond all comprehension.
- The really great weight upon Jesus was the knowledge that he would soon bear the terrible trauma of taking the guilt for all of our sins upon him—my sins and yours.
- He knew that under this weight of sin, the Father would forsake him and thus he would endure a form of hell itself for lost sinners.
- We are the reason Jesus' soul was overwhelmed with sorrow to the point of death. Indeed, these bloodied sweat drops came at a great cost; let us never forget that.
- Anticipating all of the factors we have listed were the source of his severe stress that were the cause of his **psychological agony**, in the garden, that led to his hematohidrosis.

- From the time of His arrest in the garden until the time our Lord stated, **“It is finished”** ([John 19:30](#)), Scripture records only one instance where Jesus “cried out in a loud voice” or cried out at all! ([Matthew 27:46](#)).
- As our sinless Savior bore the weight of the world’s sins on His shoulders, His Father must have looked away, as His **“eyes are too pure to look on evil”** ([Habakkuk 1:13](#)), causing the suffering Servant to cry out **“Eloi, Eloi, lama sabachthani?”** — **“My God, my God, why have you forsaken me?”** ([Psalm 22:1](#); [Matthew 27:46](#)).
- **The spiritual pain of this feeling of abandonment no doubt greatly exceeded the intense physical pain the Lord endured on our behalf.**
- We read of Jesus’ level of anguish in [Matthew 26:38](#); cf. [Mark 14:34](#)) thus **“My soul is overwhelmed with sorrow to the point of death”**

- **In Matthew 26:39, we read.....**
- **And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou *wilt*.**
- **What was in the cup that Jesus spoke of in this passage?**
- **The pollution of sin**
- => 2 Corinthians 5:21
- **The punishment of sin**
- => Isaiah 53:10
- => Romans 8:32
- => Luke 22:44
- I suggest that contemplation of the above was more than enough **psychological agony, that led to his hematohidrosis, and helps us to in a small way understand the prophecy of the psychological suffering of our Lord, as presented in Psalm 22.**

PHYSIOLOGICALLY

JOHN 10: 17-18

JOHN 19:28

- Psalm 22:14 reads.....
- I am poured out like water,
- V 15 My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death.
- V 17 I may tell all my bones: they look *and* stare upon me.
- The phrases “my tongue cleaveth to my jaws” and; “I may tell all my bones” suggests that Jesus experienced **THIRST secondary to DEHYDRATION.**
- The phrase I am poured out like water, **very vividly explains how His thirst and dehydration occurred.**
- **Today, medical science allows us to understand and explain the phenomena described in these verses.**

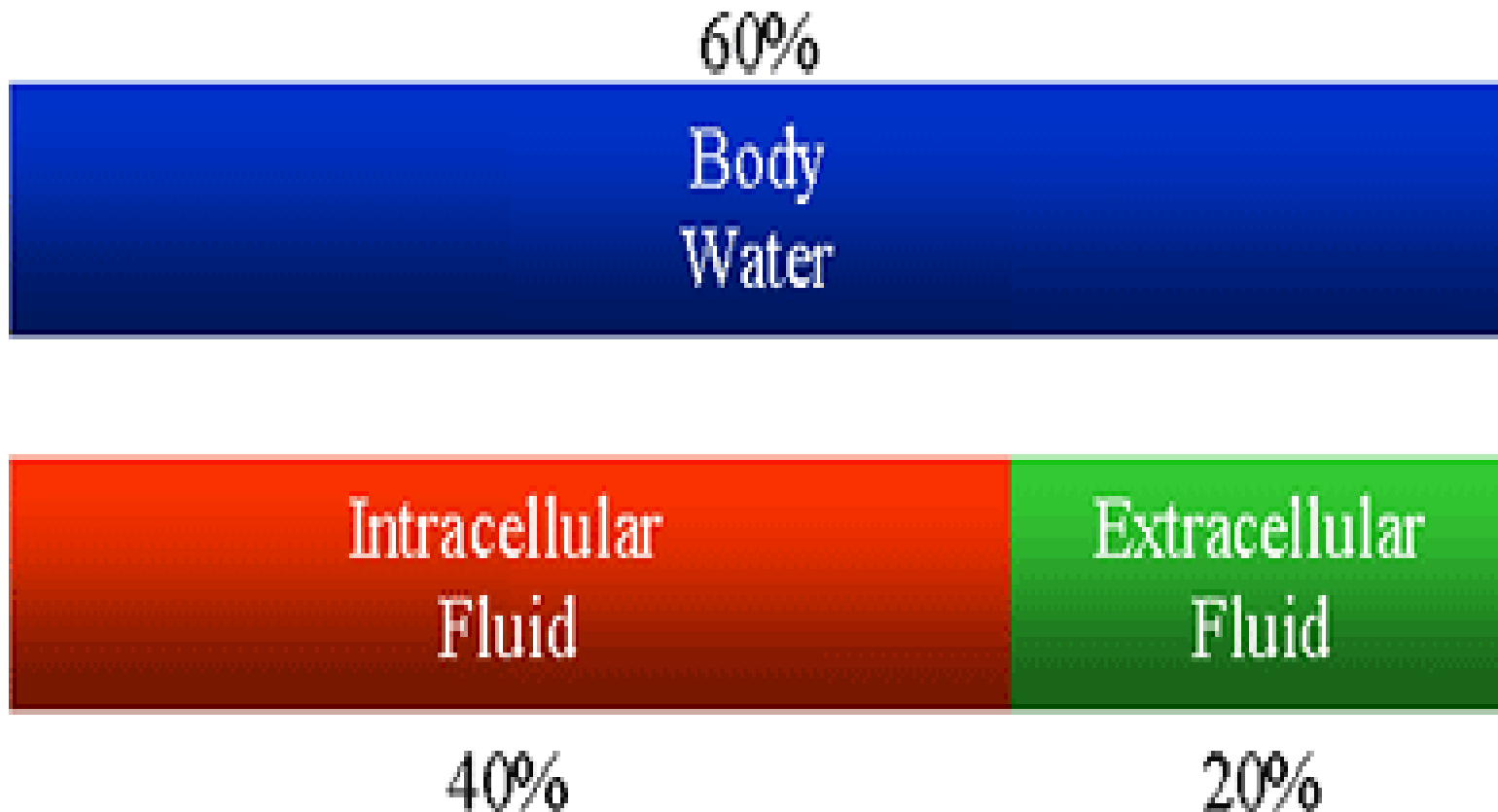
- The idea that Jesus would be “**poured out like water**” is also taught in Isaiah 53:12, thus:
- **Therefore will I divide him *a portion* with the great, and he shall divide the spoil with the strong; because he hath poured out his soul unto death: and he was numbered with the transgressors; and he bare the sin of many, and made intercession for the transgressors.**

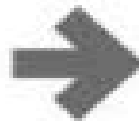
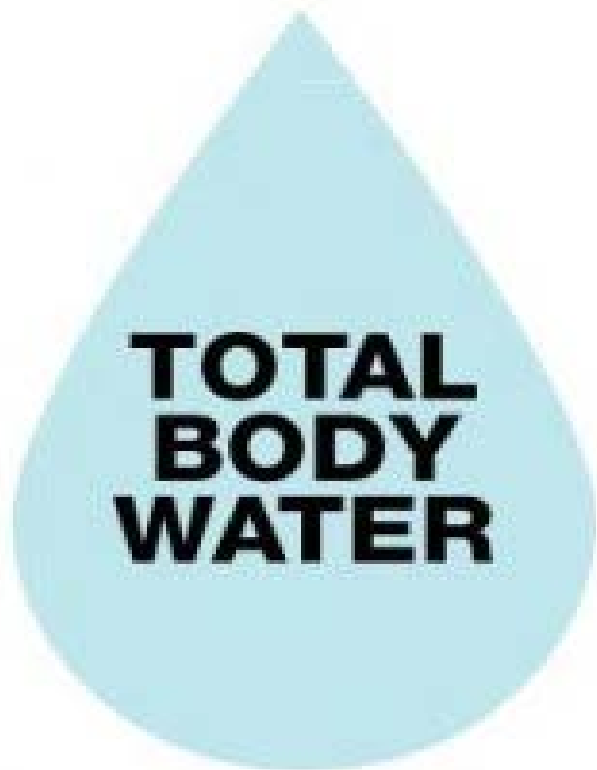
"I thirst." -John 19:28

- **"I thirst"** the fifth utterance of Jesus from the cross and His only human expression of His physical suffering, while on the cross, indicates that these prophecies were fulfilled.
- **The loss of blood from**
- **the wounds inflicted upon him in the scourging,**
- **the buffeting of his face,**
- **the crowning with thorns,**
- **had together certainly taken their toll, resulting in severe dehydration, manifested by thirst.**
- **Jesus was by now or should have been by now in hypovolemic or low volume shock.and long dead.**

- To fully understand the verses we have cited we must think about body water
- **Body water is the primary building block for our cells, because all the chemical reactions that constitute life, depends on, and occurs in a watery medium**
- **The human body needs water to function the right way.**
- **Water is the main component of the human body; it is distributed throughout the body, in every organ, inside and between cells.**
- **Blood makes up part of our total body water**
- **There's no fluid more important, for the life of the body as the blood, as taught in Leviticus 17:11a, where we read "For the life of the flesh is in the blood."**

- **Water is distributed in the body among two main compartments: intracellular water (ICW) and extracellular water (ECW)**

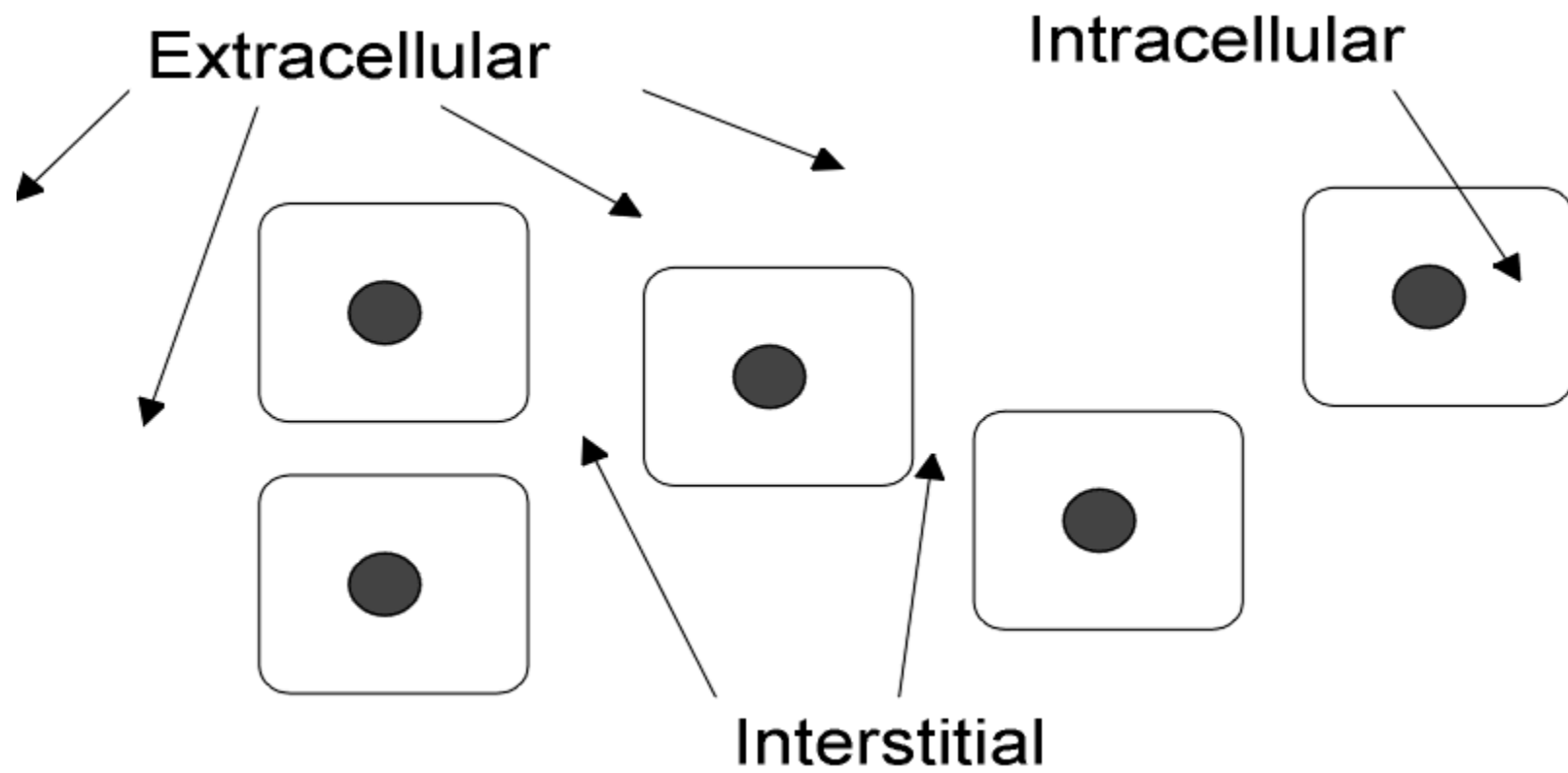


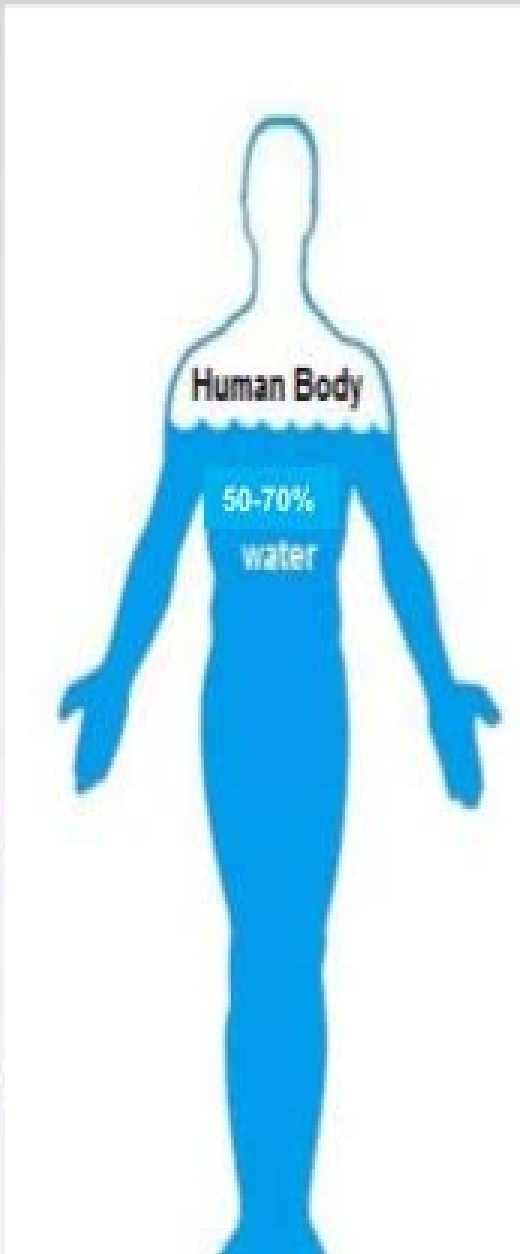
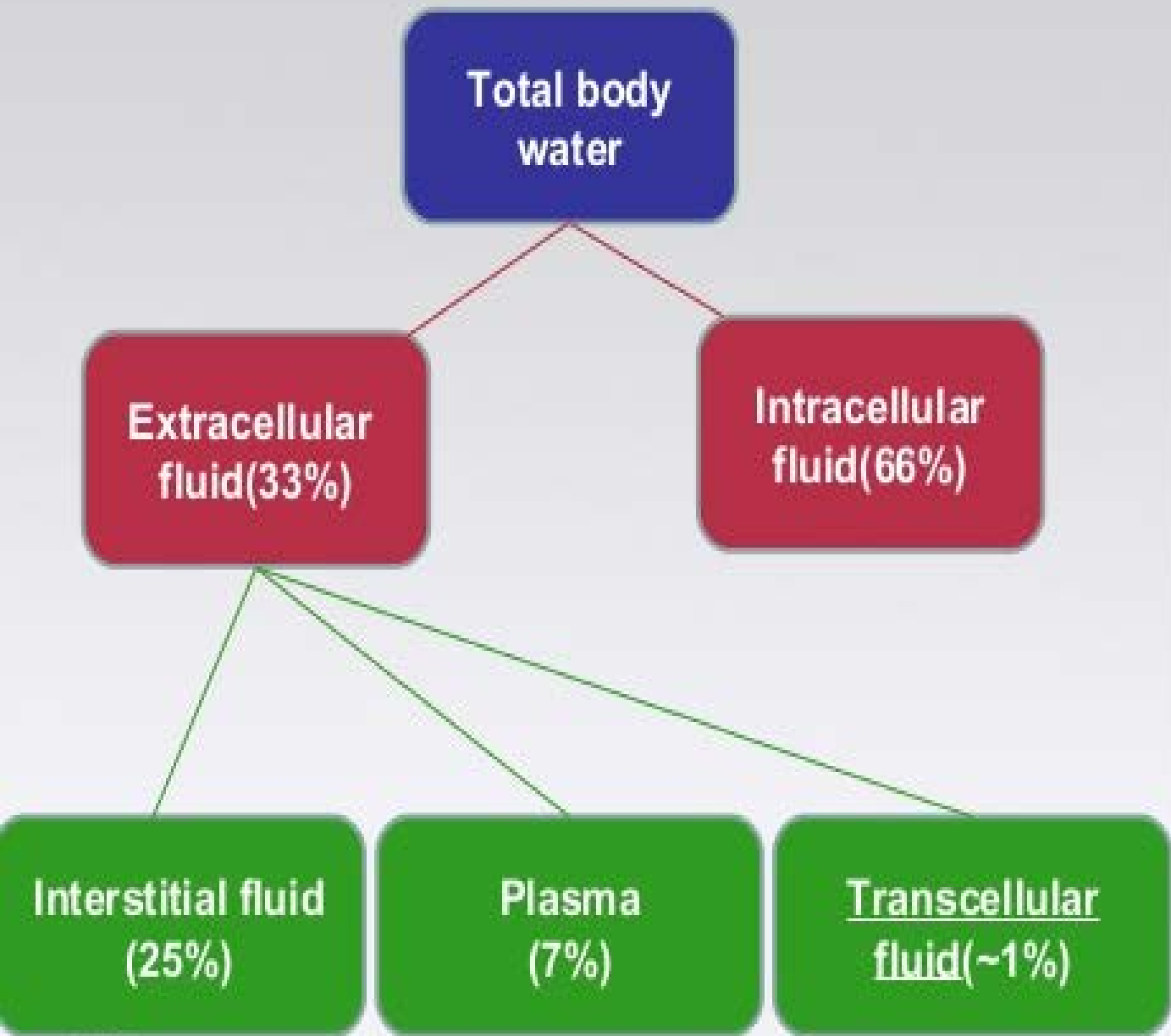


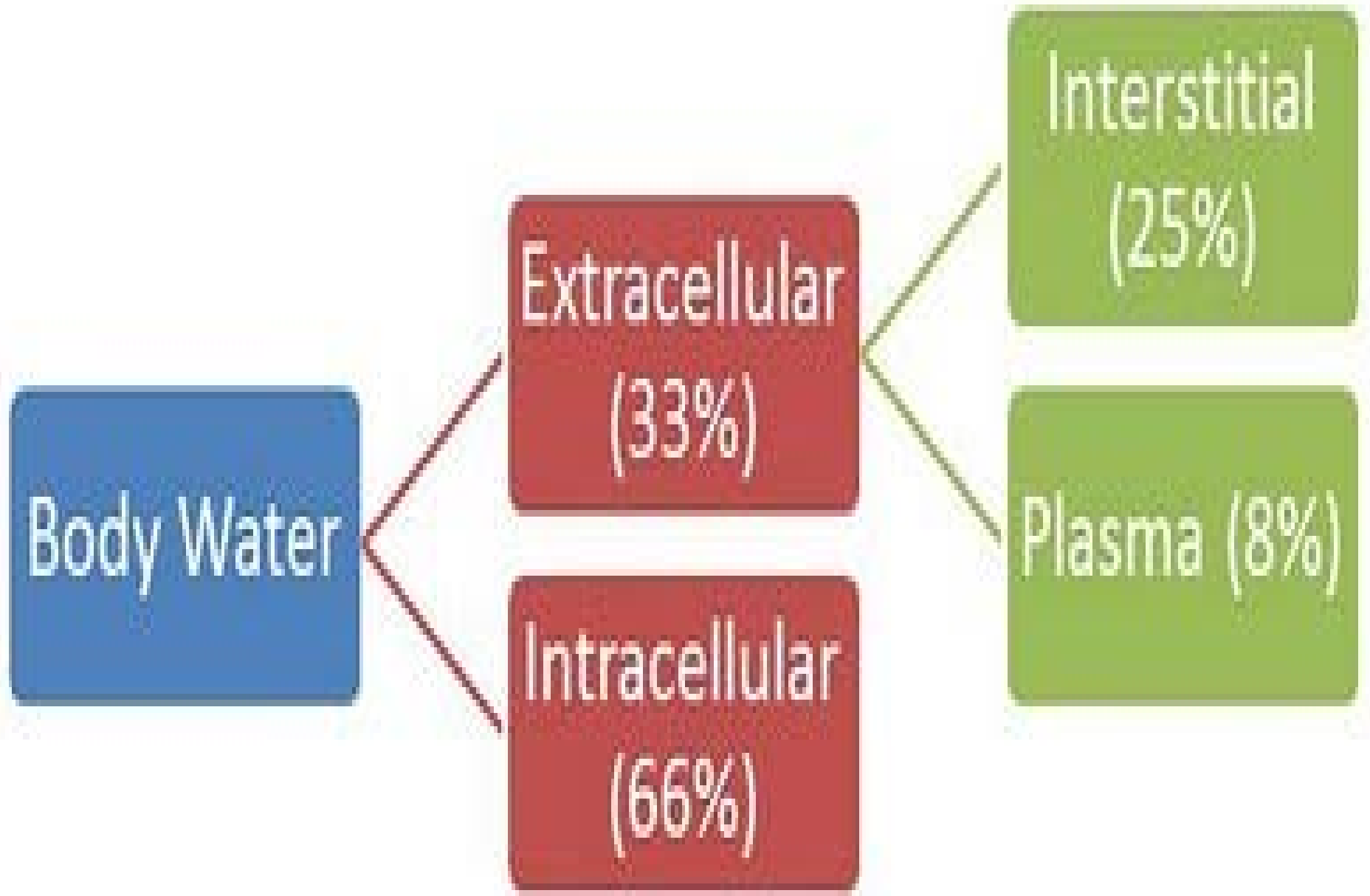
InBody
BIODATA

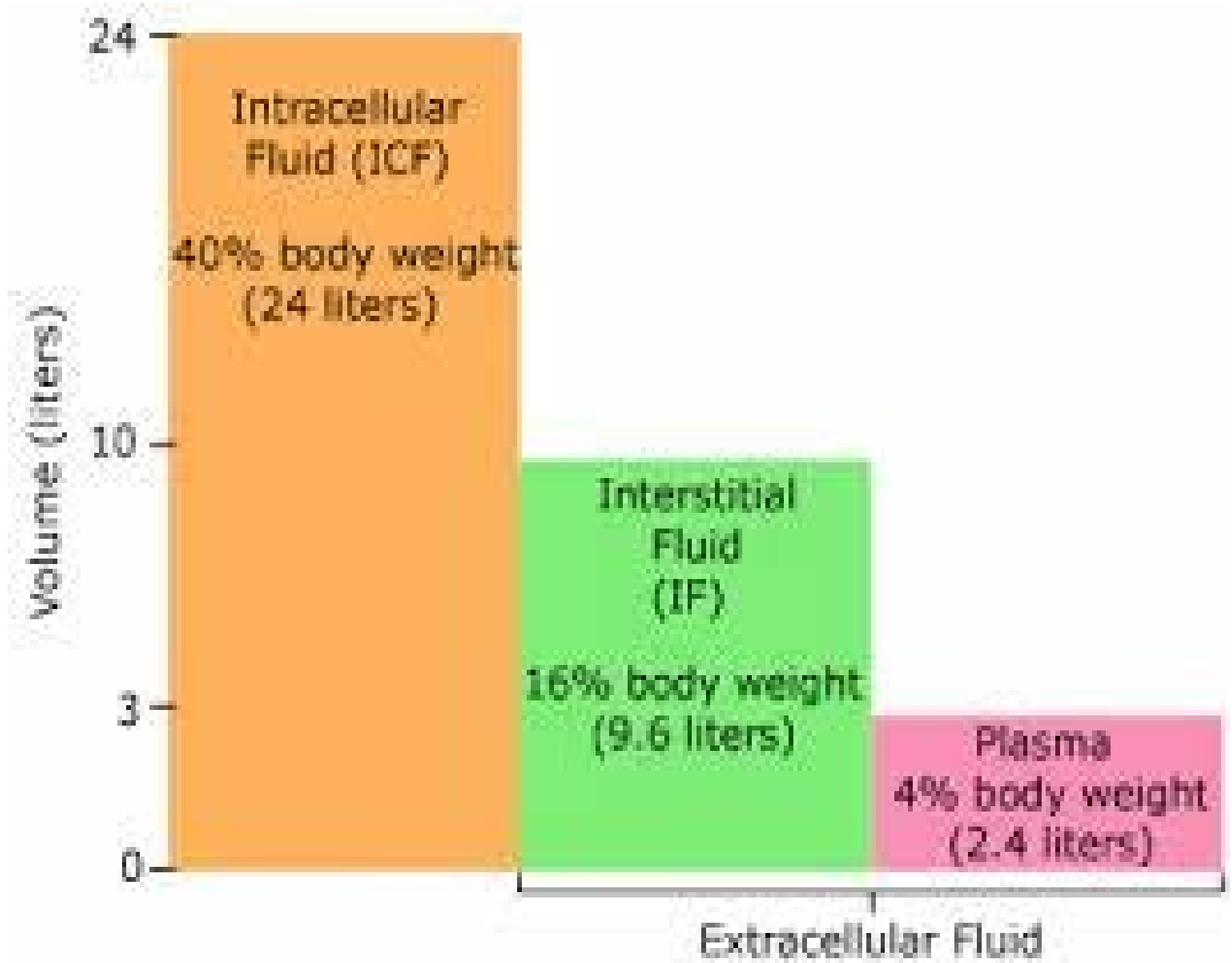
- **The extracellular water**, is roughly about one third of body water and is the water located outside our cells.
- It comprises **plasma or blood fluid** and **interstitial fluid, or between the cells water**.
- Extracellular water is important because it **helps control the movement of electrolytes, allows oxygen delivery to the cells, and clears waste from metabolic processes**.

- **Intracellular water (ICW)** is the water located inside our cells. In healthy people, it makes up the other 2/3 of the water inside your body.
- The intracellular water is **the location of important cellular processes**, and although it has many functions, a very important one is that **it allows molecules to be transported to the different organelles inside the cell.**
- Essentially, the **ICW picks up where the ECW left off by continuing the pathway for fuel to be transported to the cells.**









**Total body water volume =
40 L, 60% body weight**

**Extracellular fluid volume =
15 L, 20% body weight**

**Intracellular fluid volume =
25 L, 40% body weight**

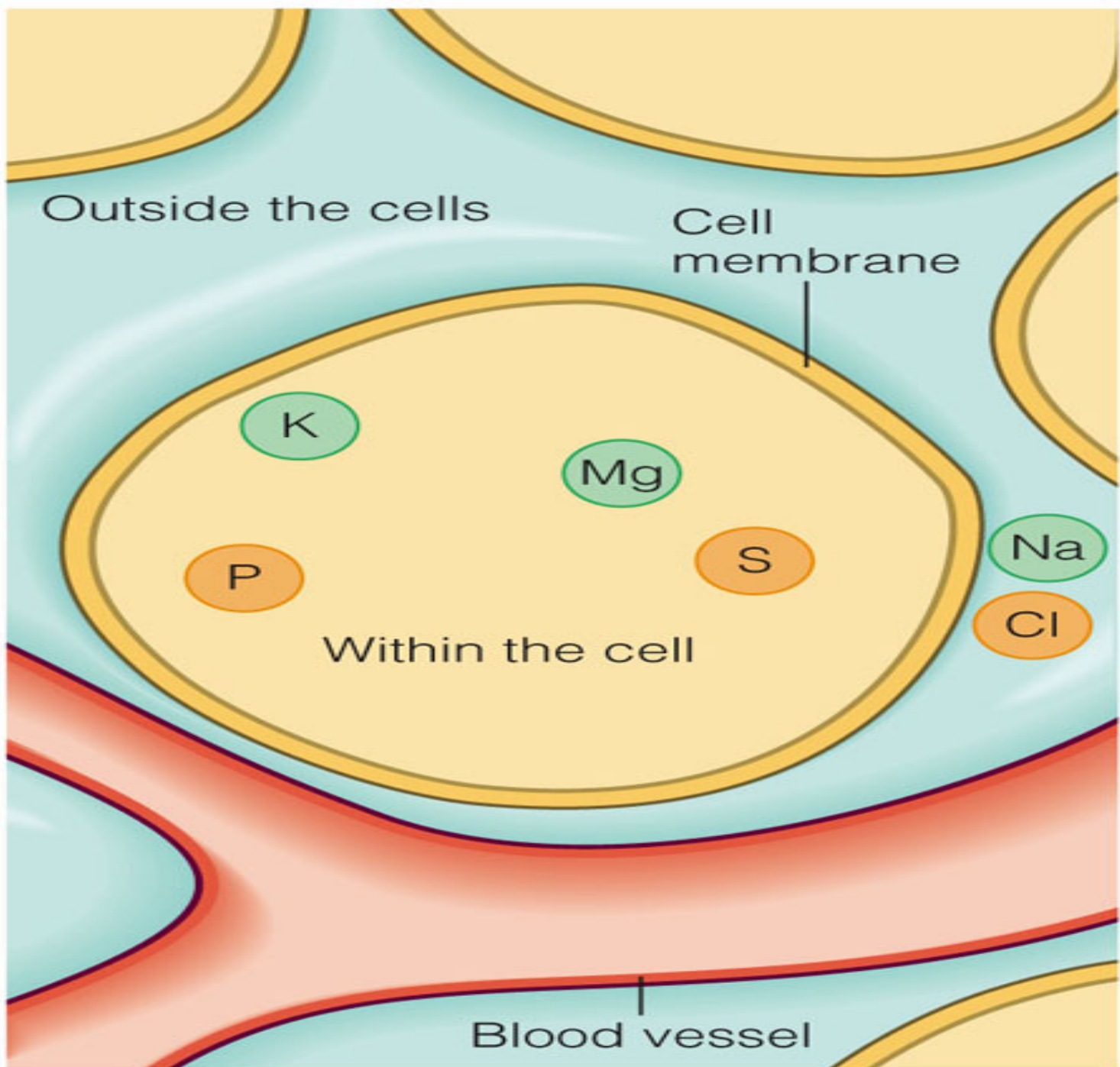
**Interstitial fluid
volume = 12 L,
80% of ECF**

**Plasma
volume =
3 L,
20% of
ECF**



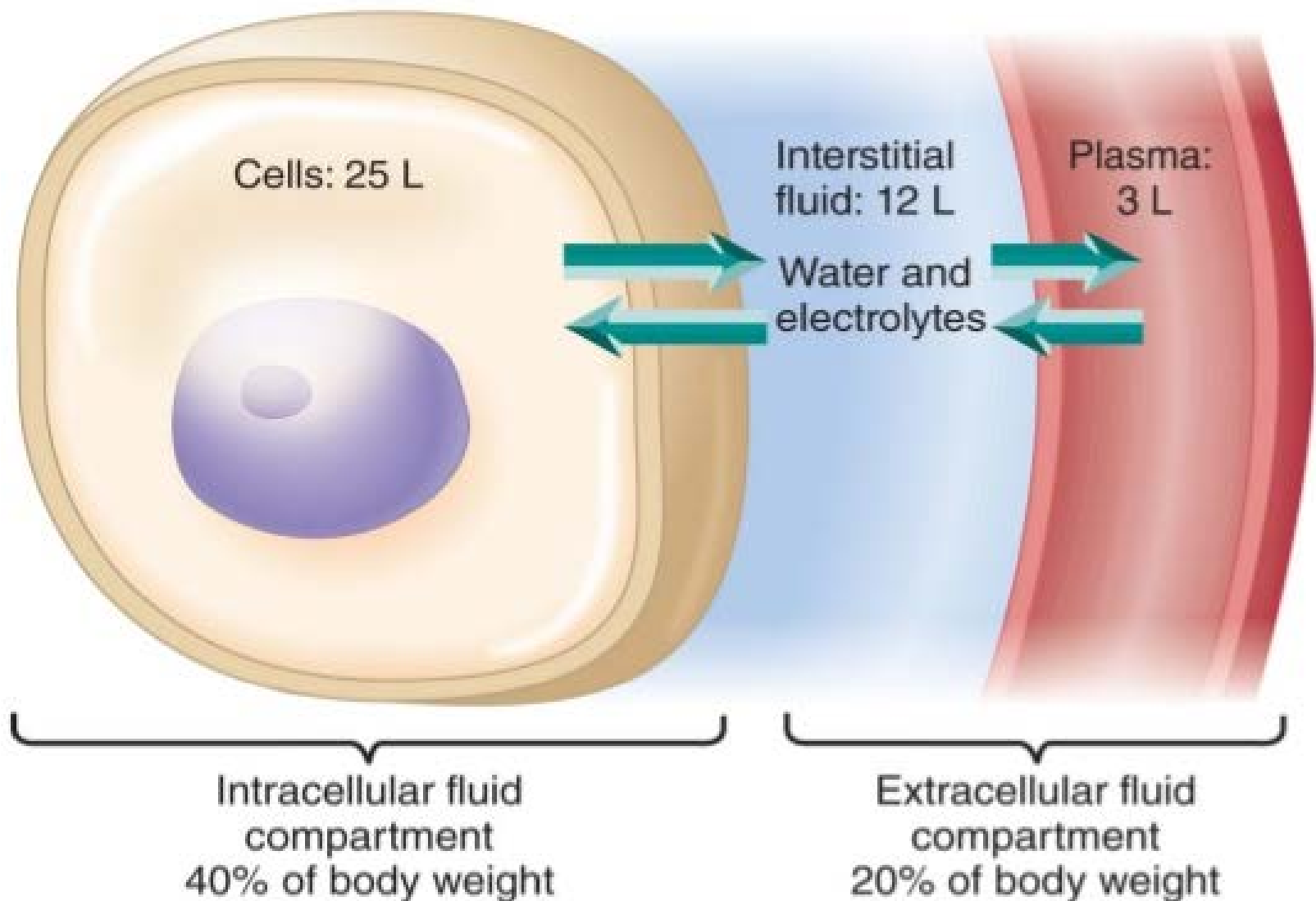
- **Intracellular Fluid is all inside the cells**
- **Extracellular Fluid exists in two locations:**
 - **Intravascular** (1/4 in blood vessels)
 - **Interstitial** (3/4 in tissues)
- **Interstitial fluid** bathes the cells of the tissues.
- This provides a means of delivering materials to the cells, intercellular communication, as well as removal of metabolic waste.

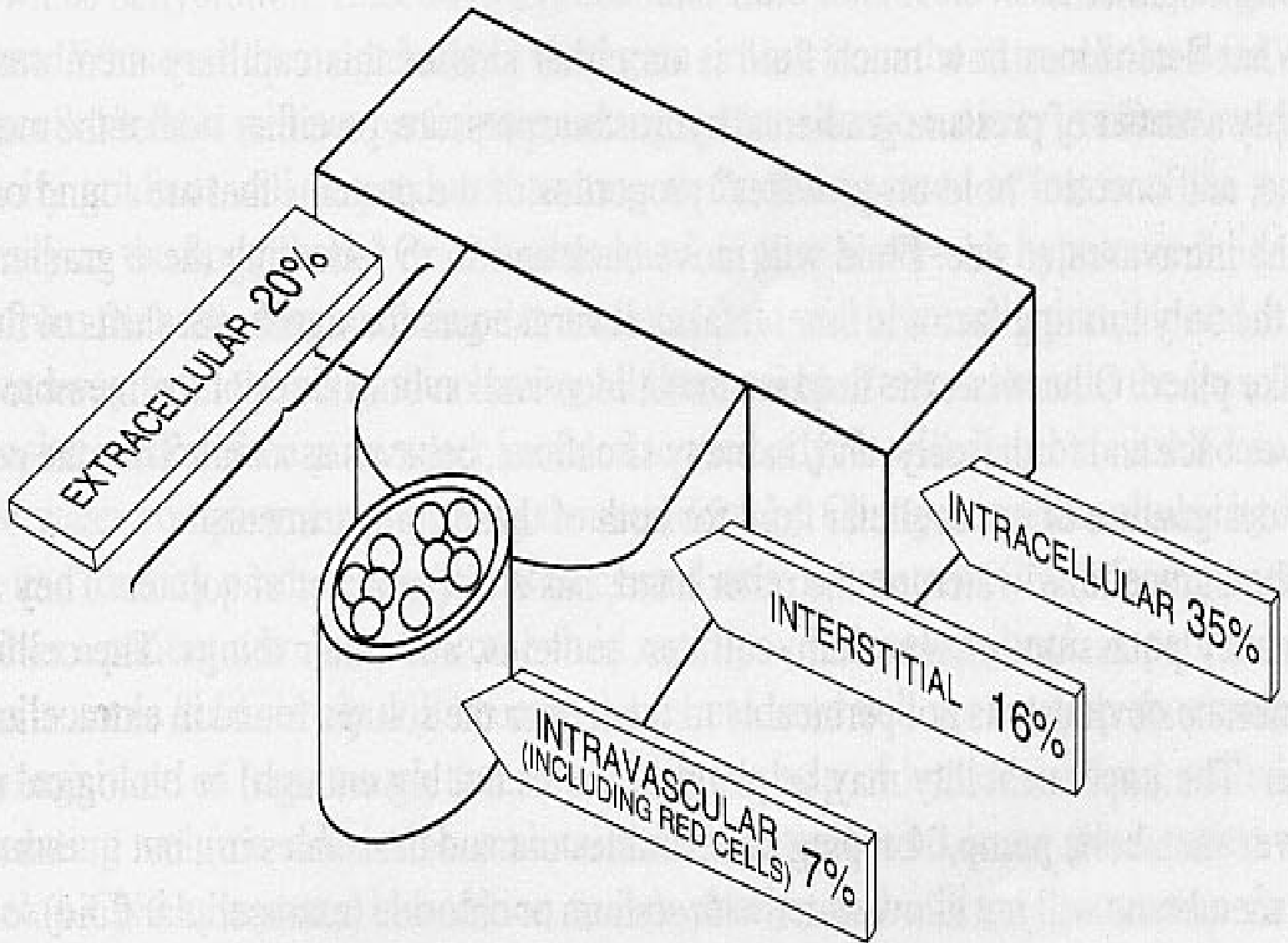
- **Between Intracellular and Interstitial is the CELL MEMBRANE**
- **Between Interstitial and Intravascular is the CAPILLARY MEMBRANE**



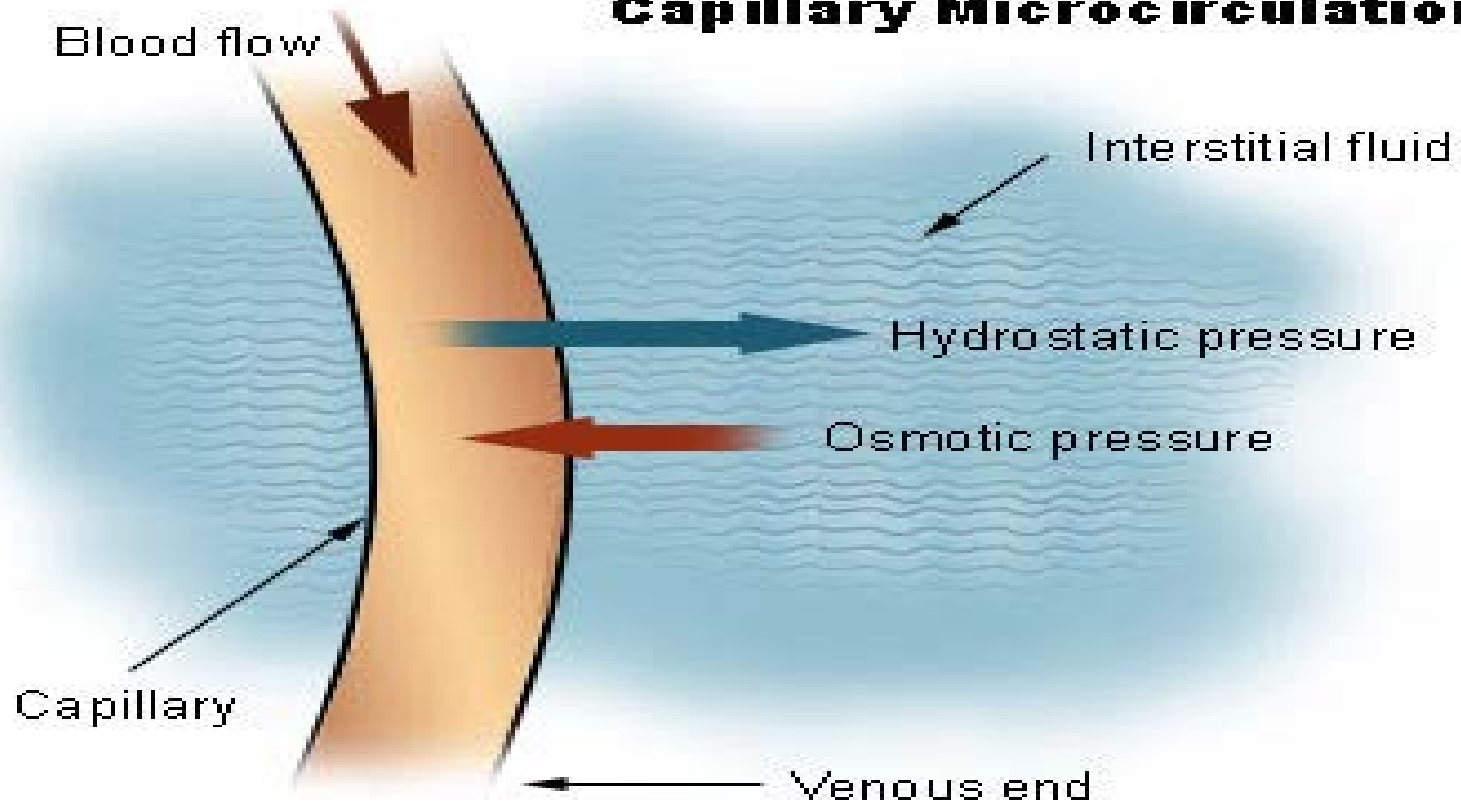
- **The body works to keep the total amount of water and the levels of electrolytes in the blood constant.**
- **Water flows passively (by osmosis) from one area or compartment of the body to another.**
- **This passive flow allows the larger volumes of fluid in the cells and the area around the cells to act as reservoirs to protect the more critical but smaller volume of fluid in the blood vessels from dehydration- which is specifically the loss of the body water component of body fluid .**

Major fluid compartments in the body





Capillary Microcirculation

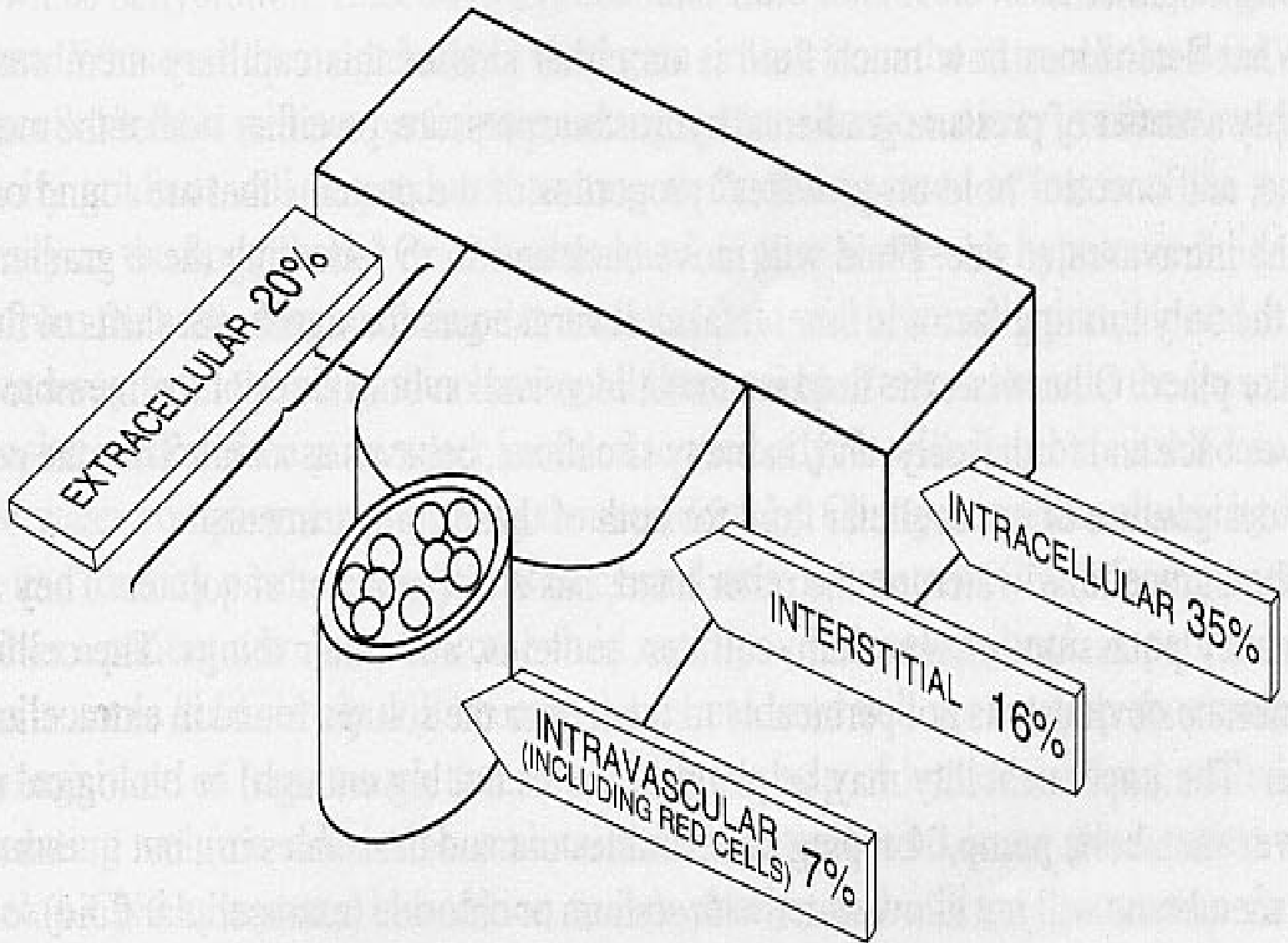


- **Excess fluid loss** along with loss of essential minerals **results in dehydration.**
- **The human body can lose body water through the skin, via sweat, urine and by breathing.**
- **In the body, several mechanisms work together to maintain water balance. One of the most important is thirst.**
- **When the body needs water, nerve centers deep within the brain are stimulated, resulting in the sensation of thirst.**
- **The sensation becomes stronger as the body's need for water increases, motivating a person to drink the needed fluids.**

- A crucifixion was, in every sense of the word, excruciating (Latin, *excruciat*, or “out of the cross”).
- Death was designed for maximum pain with minimal blood loss, thereby extending the pain and suffering by days.
- But Jesus was made to bleed a lot before he even got on the cross.
- Why was this?
- So that all the Bible predictions on this matter would come to pass.
- Jesus had not drank since the night before, so the combination of the beatings, the crown of thorns, and the scourging would have set into motion an irreversible process of severe dehydration and cardio respiratory failure.
- All of this was done so that the prophecies would be fulfilled:
- I can count all my bones: they look and stare upon me.
Psalm 22:17

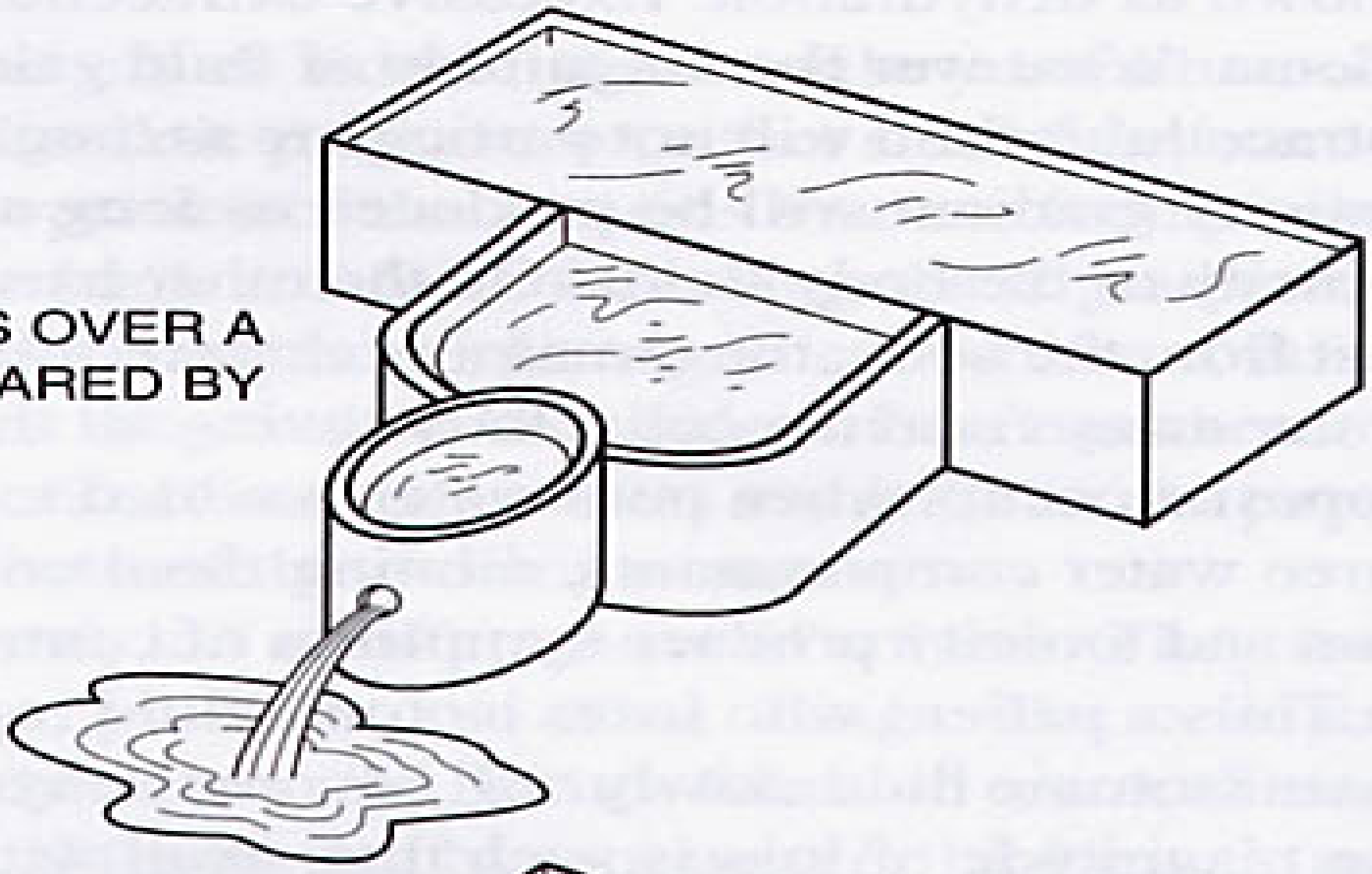
- **Inflammation occurs when part of the body gets damaged or bruised and is a normal bodily response to injury.**
- **Such acute inflammation is accompanied by a temporary increase in ECW.**
- **During inflammation, the body sends additional blood flow to the damaged area.**
- **This causes an increase of extracellular water in a particular area, as well as PAIN.**

- Since Jesus had nothing to drink after the supper in the upper room as He had not got the opportunity to drink during his trials and suffering, he was therefore losing water/fluid from sweat, breathing and from excessive blood loss.
- Since he had no water intake to compensate the loss of body water he experienced, His life was indeed literally pouring out, and his tongue cleaved to his jaws; as pointed out in Palm 22.....and as we will try to illustrate by our drawings.
- Because he was losing the body water required for the chemical and metabolic reactions in the cells, His strength literally dried up like a potsherd.”
- This is how the Lord Jesus Christ **poured out His soul unto death**, as predicted in Isaiah 53:12, etc



Mild dehydration

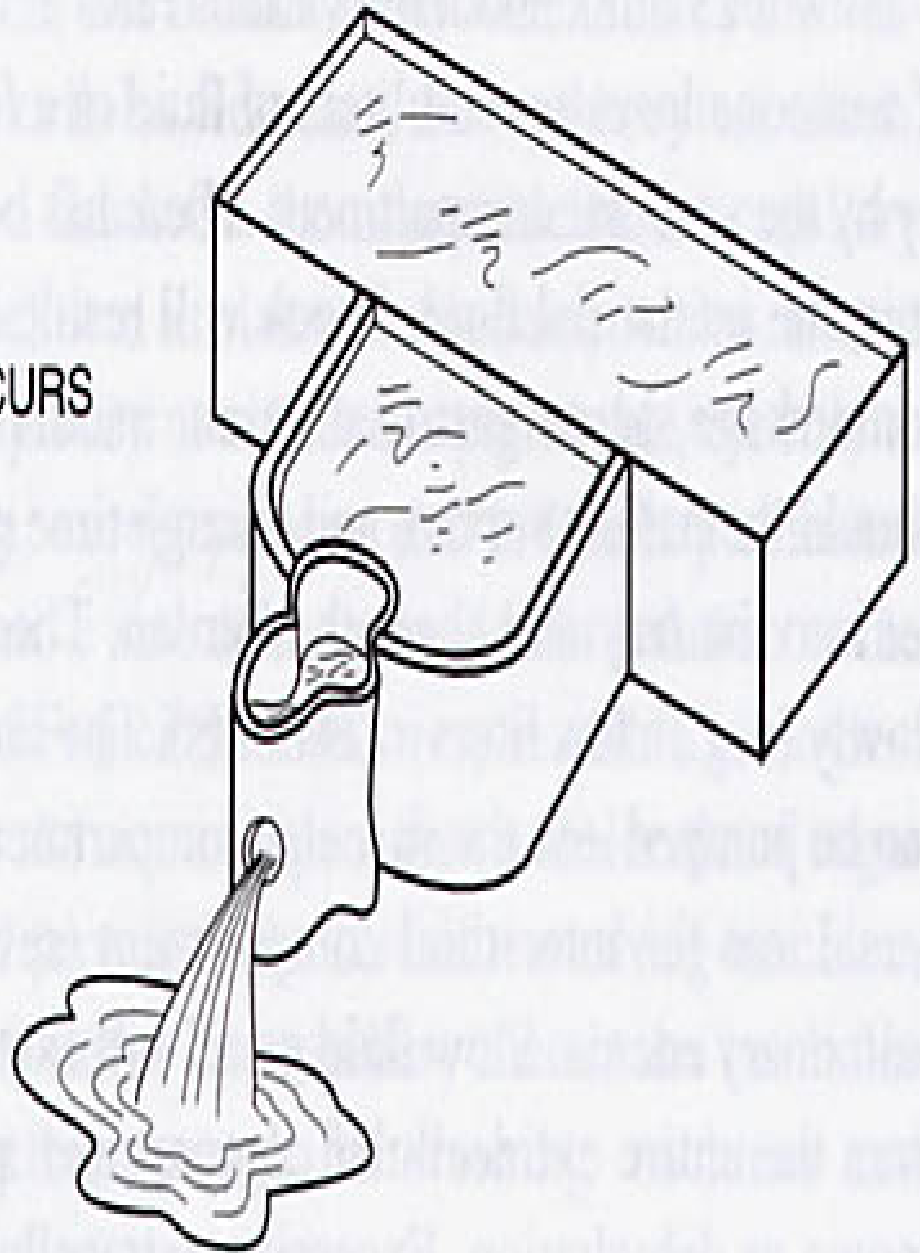
S OVER A
HARED BY



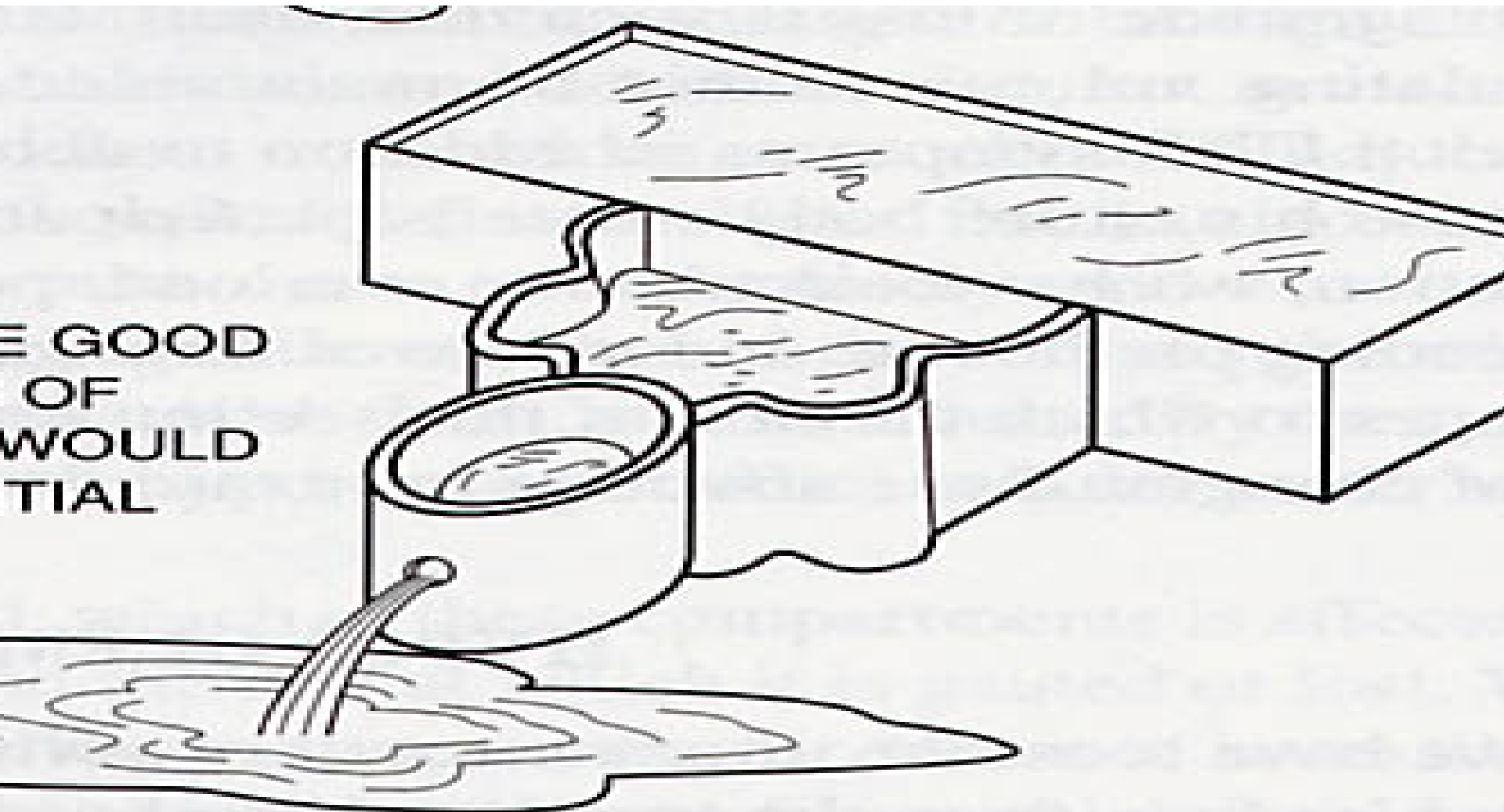
EFFECTS OF RAPID LOSS OF 2 LITERS OF ISOTONIC FLUID.

FOR EXAMPLE, HEMORRHAGE THAT OCCURS
IN 15 OR 30 MINUTES.

SHOCK



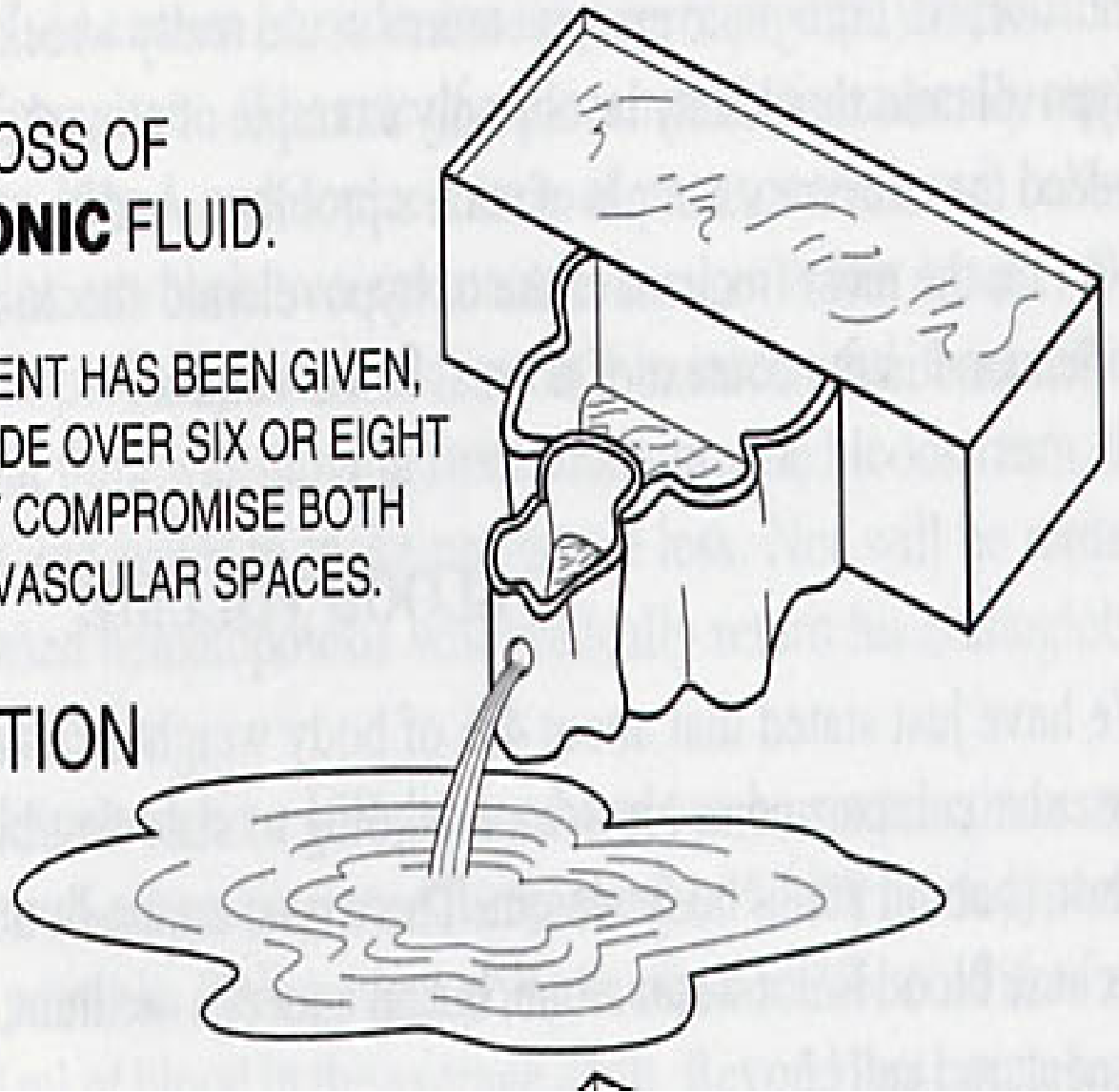
Severe dehydration-note that the extra cellular reservoirs are becoming depleted



EFFECTS OF **SLOW** LOSS OF
SIX LITERS OF **ISOTONIC** FLUID.

ASSUMING NO REPLACEMENT HAS BEEN GIVEN,
A LOSS OF THAT MAGNITUDE OVER SIX OR EIGHT
HOURS WOULD SEVERELY COMPROMISE BOTH
INTERSTITIAL PLUS INTRAVASCULAR SPACES.

SEVERE DEHYDRATION
PLUS SHOCK



- **The loss of tissue fluids had now reached a critical level - the compressed heart was struggling to pump heavy, thick, sluggish blood into the tissue – the tortured lungs were making a frantic effort to draw in small gulps of air.**
- **The markedly dehydrated tissues send their flood of stimuli to the brain, and Jesus gasped His fifth cry from the cross, **I thirst.****

- **Why was Jesus not dead at this point?**
- **After all, the devil thought he had stopped Jesus from going to the cross when he stirred up the Romans to beat him severely almost to the point of death.**
- **Never had a crucified person been beaten as Jesus was. He was beaten so severely as the prophetic words of Isaiah 52:14 spoken seven centuries earlier that He would be beaten so badly that He would be “disfigured beyond that of any man” and “beyond human likeness” were fulfilled.**
- **As many were astonished at you— his appearance was so marred, beyond human semblance, and his form beyond that of the children of mankind. ([Isaiah 52:14](#)).**

- **Why was Jesus not dead at this point?**
- **Because he chose to die when he was ready to do so after accomplishing the work on the cross as He Himself predicted in John 10:17-18**
- **Therefore doth my Father love me, because I lay down my life, that I might take it again.**
- **No man taketh it from me, but I lay it down of myself. I have power to lay it down, and I have power to take it again.**
- **BECAUSE JESUS IS GOD AND BECAUSE HE HIMSELF HAD DESIGNED THE SYSTEMS FOR COMPENSATION TO BLOOD AND FLUID LOSS IN THE BODY, HE WAS IN TOTAL CONTROL OF ALL THE HOMEOSTATIC AND HEMOSTATIC MECHANISMS GOING ON IN HIS BODY.**

- **John 19:30 points out that he indeed died when he chose to do so.**
- **When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.**
- **Though Satan through the Romans did their worse Jesus died when he chose to-----He layed down his life He gave up the Ghost.**
- **He had poured out His life--- and His love-- like water as predicted in Psalm 22.**

- Let us cite the prophetic Psalm 22:14-15, 17 again.....
- I am poured out like water,..... my heart is like wax, it is melted in the midst of my bowels.
- My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death.
- I may tell all my bones: they look *and* stare upon me.
- Psalm 22 described the mechanics or the methodology of the Physiology of the Lord's death, long, long ago.

Some thoughts on Psalm 22 and related scriptures

