

Personified: Meeting Jesus on the Way to the Cross

Week 5 – March 14, 2021

Scripture: Luke 22:39-46 and Matthew 26:36-56

Grab your Bible and a few people to connect with. Look up the verses below and share your thoughts. It's that easy!

Share: Think of a time you avoided a problem only to make fixing it more complicated later on. (i.e. avoided a car noise or faucet drip) Share your story and what you learned.

Read Luke 22:39-46 and Matthew 26:36-56 together: Take turns reading if you prefer. Enjoy the different Bible translations we each read.

Discuss the following context:

Continuing this series looking at 7 very real and human moments in Jesus' life, we see how Jesus was overwhelmed by the burden and weight of the cross. He was forced to face the brokenness; to embrace the pain in that moment in order to experience freedom later. We see an empathetic Savior when we focus on Jesus' humanity in that moment. How does this relate to our own experiences? The most beautiful journey of life requires us to face the brokenness.

When Jesus was on this earth He was fully God and fully human. He was moved by beauty, He faced human expectations, He served others, and He loved those who hurt Him. Jesus' humanity, even in His suffering, offers us HOPE!

Share your thoughts about following questions:

1. We often get caught in the belief that life will get better if we avoid the brokenness and burdens of our life. Why? Do we truly believe this even if we live like we believe this?
2. Jesus was willing to bear a burden that would overwhelm Him. Matthew 26:38 says: *Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."* Three times the disciples fell asleep (Matthew 26:36-45). He relates to our suffering; He gets our pain.
 - a. Read Hebrews 12:1-3. Jesus surrendered His *preference* to accomplish the Father's *purpose*. How can we surrender the weight of our burdens?
 - b. Read Psalm 34:18. How can we be reminded that we are not alone in the suffering?
3. There can be a stigma around sadness, especially among Christians. We think we shouldn't be sad because we have "victory in Christ." But we see Jesus give in to the weight of grief. If we deny our sadness, then we're denying part of our humanity — a part Jesus embraced. This is Jesus revealing His humanity. Embracing our hardest moments and burdens leads to beauty in the brokenness and breakthrough.
 - a. Read Matthew 11:28-30. Jesus invites us to surrender. He wants to help us carry our burdens. What burdens is He asking you to surrender to Him?
 - b. Others help us carry our burdens. Who are the people in your life that help you? Who are the people you want to invite into the journey?
 - c. How are you carrying the burdens of others?

Pray together: Ask each other to share what is on your heart today. Thank God for the hope He gives us by revealing His pain and brokenness on the way to the cross. Because He faced it, we can face it and experience freedom. Ask God to help us stop avoiding the burdens of life and offer them to Him; help us see those around us who can walk with us and those whom we can walk with in their journey. Praise God we are not alone, we will find rest in Him.