



He Gets Us.

JESUS EXPERIENCED SORROW TOO

2023-02-12

Leader Notes

OVERVIEW:

Welcome back to our series, “He Gets Us”! Jesus gets our lives because he was human too. In this series we are exploring how Jesus knows what we’re going through. He cares and he is able to help you as you trust in him. Our topic this week is, Jesus Experienced Sorrow Too! Jesus experienced sorrow. It was both sorrow for others and it was a sorrow he experienced personally. He was despised and betrayed and hated. He also felt, deeply felt a sorrow for the pain others were experiencing whether physical, relational or social. Jesus knows what your sorrow is like. He cares about what you’re going through and he offers you his peace.

ICEBREAKER: How We Expressed Sadness

Each of us has a unique story when it comes to how our the family we grew up in expressed sadness. The way your family expressed sadness may have been influenced by your cultural background, the experience your parents had with expressing sadness in their family of origin and the circumstances your family experienced. How did your family express sadness? Share your story with the group.

STUDY:

One of Jesus' titles in the Bible is "Man of Sorrows". For the first part of our study, we'll look at Jesus' experience in Gethsemane for insights into why Jesus is the Man of Sorrows.

Sorrow:

A deep distress, sadness or regret especially for the loss of someone or something loved

Resultant unhappy or unpleasant state

A cause or display of grief or sadness

Merriam-Webster Dictionary

READ: Luke 22:39-46 Jesus Prays on the Mount of Olives

Why Was Jesus The Man of Sorrows? (Insights from Iain D Campbell The Christian Library)

1. Because of his ISOLATION.

- What do you notice from Luke 22:39-46 about how Jesus experienced isolation?

LEADER NOTE: In Luke 22:41 we read, "And he withdrew about a stone's throw beyond them." There was a place to which only Jesus could go, and where only he could walk. As Isaiah puts it, "I have trodden the winepress alone, and from the peoples no one was with me"(Isaiah 63:3).

2. Because of his SUBMISSION.

- In vs. 42, Jesus says, "Father, if you are willing, take this cup from me: yet not my will, but yours be done." What was the "cup" Jesus referred to? How did drinking this cup show Jesus' submission?

LEADER NOTE: Jesus speaks of his cross as a cup. Only he may drink it. Only he can drink it. Yet the drinking of it requires his acceptance of it. Since his childhood he has been conscious of doing 'his Father's business'; his meat and drink is to do the will of the one who sent him, and to finish his work (John 4:34). Now the cup is to his lips.

3. Because of his WEAKNESS.

- What in this account shows us the weakness Jesus experienced in these moments?

LEADER NOTE: First, Luke tells us, with a physician's eye that "being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground" (Luke 22:44). This is not the overactive imagination of the gospel writer. It is "a known medical condition called hematidrosis. It's not very common, but it is associated with a high degree of psychological stress" (see Lee Strobel, *The Case for Christ*, p195). Secondly, an angel is sent from Heaven to strengthen him (Luke 22:43). Sorrow was so great at this point, that supernatural help is required.

4. Because of his CONDEMNATION.

READ: Mark 14:53-65 Jesus Condemned by the Sanhedrin

- What do you notice in these verses about the injustice of Jesus' condemnation?

LEADER NOTE: In verse 55-56 we read about how the enemies of Jesus were looking for evidence to condemn him to death, but they could not find any. The testimonies they came up with were contradictory. The trial of Jesus was a sham. He is victim of a gross miscarriage of justice. This must have brought him much a sorrow not because it was unfair to himself, but because it was dishonouring to God.

5. Because of his FORSAKENNESS.

READ: Mark 15:33-34

"At the sixth hour darkness came over the whole land until the ninth hour. And at the ninth hour Jesus cried out in a loud voice, 'Eloi, Eloi, lama sabachthani?' - which means, 'My God, my God, why have you forsaken me?'" NIV

- How do these verses show us the forsakenness Jesus experienced?

LEADER NOTE: Christ is utterly alone, pained and dying. The disciples have gone. The angels have gone. The world has turned away. All this he understands. But the greatest sorrow of all is registered in the unfathomable question, "My God, my God, why have you forsaken me?" Notice he says, "My God!" Which is a statement of faith. Yahweh, is still His God. Notice too that Jesus realizes that this is only happening because God has overseen it. He says, "why have You forsaken me." That too is an act of faith. It is also a personal experience of deep pain but there is faith in the midst of it as he recognizes the action of God the Father in all of this.

JESUS UNDERSTANDS OUR SORROW FOR HE TOO EXPERIENCED DEEP SORROW

6. **READ:** Isaiah 53:4

“Surely he took up our infirmities and carried our sorrows”. NIV

- How does knowing that God understands our sorrow bring you comfort?

LEADER NOTE: Jesus’ identification with his people legitimises their grief. Christ nowhere tells us that it is wrong for us to cry, to sorrow, to register loss, to ask ‘why?’ Through the waters, fire and flood, he says “I will be with you” (Isaiah 43:1-2). What he promises is not the absence of sorrow; indeed, he says, “in the world you will have tribulation” (John 16:33).

JESUS DEALT WITH THE ROOT PROBLEM OF OUR SORROW . . . SIN

7. **READ:** Psalm 38:17-18

“For I am about to fall and my pain is ever with me. I confess my iniquity; I am troubled by my sin.” NIV

- How does knowing that Jesus has dealt with sin, the root problem of your sorrow, bring you comfort?

LEADER NOTE: The Man of Sorrows has dealt with the problem of sorrow at its root. Sorrow is the consequence of sin, and sin is what he has dealt with. That is why he can promise us that our joy will be full (1 John 1:4). And it is also why he can hold out the prospect of a day when sorrow and sighing will flee away (Isaiah 51:11): “He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning nor crying nor pain any more, for the former things have passed away” (Revelation 21:4). The cross represents the great reversal, legitimising for us the great promise of Psalm 30:5 – “weeping may tarry for the night, but joy comes with the morning”.

JESUS MEETS US IN OUR SORROW

Jesus does not leave us alone in our sorrow. He meets us in our sorrow and brings us comfort.

8. **WATCH:** this 7 minute clip from The Chosen - The Bleeding Woman Gets Healed

<https://www.youtube.com/watch?v=rUw8Mn8jPtk>

- How do you sense God speaking to your sorrow through this scene?

PRAY:

Pray Psalm 13 out loud together.

Allow these words to be your prayer to God as he meets you in your sorrow.

How long, LORD? Will you forget me forever?

How long will you hide your face from me?

2 How long must I wrestle with my thoughts
and day after day have sorrow in my heart?

How long will my enemy triumph over me?

3 Look on me and answer, LORD my God.

Give light to my eyes, or I will sleep in death,

4 and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.

5 But I trust in your unfailing love;
my heart rejoices in your salvation.

6 I will sing the LORD's praise,
for he has been good to me.

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