



He Gets Us.

JESUS EXPERIENCED SORROW TOO

2023-02-12

Participant 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?

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?

3. Because of his WEAKNESS.

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

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?

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?

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?

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?

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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