



# He Gets Us.

**JESUS SUFFERED TOO**

**2023-02-19**

**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. For today’s study, we’ll reflect on the suffering of Jesus and seek to understand the depth of his love and sacrifice for us. Jesus invites us to offer our own suffering, whether physical or emotional, to Him. as a way of uniting ourselves with him and his sufferings. As we seek Jesus we can find comfort and strength in our own suffering.

## **ICEBREAKER:** That Was Tough!

Years ago I helped lead a weekend camping adventure with a youth group. This adventure involved camping in a remote area with no bathroom facilities or place to prepare food. Part way through the weekend we took on a strenuous hike only to discover we had forgotten to pack enough to drink. Overall it was a fun weekend but I must say, that was tough! What memory do you look back on and think - that was tough! Maybe for you it was a challenging task at work, a demanding sport or an adventure that was more than you bargained for. Share your story with the group!

## STUDY:

In Jesus' suffering we see a God who can bring good and glory from suffering. When we choose to worship the God who has done this through Jesus' death we find that he can do the same with our own suffering.

Jesus Can Relate To Our Suffering Because ...

### 1. HE SUFFERED WHILE HE WAS HERE ON EARTH

**READ** Isaiah 52:14, 2 Corinthians 5:21, Philippians 2:6-8

- Why did Jesus have to suffer so much while he was here on earth?

**LEADER NOTE:** Jesus' sufferings here on earth were part of the Father's plan for him. Particularly, his suffering on the cross was that Father's will and plan for saving us. (see Isaiah 53:10). When Jesus suffered on the cross, it was more than just physical. The spiritual suffering he endured was enormous, as he took on the sins of the world (see 2 Corinthians 5:21).

Jesus "gets" our suffering because he suffered in his human body and experienced exhaustion and fatigue just like we do.

Watch this clip of The Chosen and then discuss. "I am so Tired"

<https://www.youtube.com/watch?v=72b4qHPWESw>

- How does this clip help you understand how Jesus gets what we suffer in our everyday lives?

### 2. HE IS STILL A MAN IN A HUMAN BODY

**READ** John 1:14, Acts 1:9-11, Philippians 3:20-21

- What do these verses teach us about how Jesus is still a man in a human body?

**LEADER NOTE:** In John 1:14 we read that the Word (Jesus in heaven) became flesh. Jesus was born into a human body. He grew up and experienced what it's like to live and suffer here on earth in a body. In Acts 1:9-11 we read that Jesus ascended to heaven in his glorified body. Someday, when Jesus returns to earth, he will do so in his body. Philippians 3:20-21 reminds us that one day Jesus will transform our earthly bodies to be like his glorious body. On that day our bodily suffering will end and we will be with Jesus forever.

### 3. HE STILL BEARS HIS SCARS

**READ** John 20:26-27, Hebrews 2:17-18

- Why do you think Jesus would still have scars, even in his glorified body?

**LEADER NOTE:** Jesus' scars confirmed to his disciples that it was really him. (see John 20:26-27). This one they saw before them in a glorified body was the same one who suffered and died for them. The fact that Jesus' scars remained, even after his body was transformed, must mean that God is showing us forever how much he loves us and suffered for us. There is glory in the scars. Jesus' scars remind us that he gets us and is advocating for us right now as our High Priest in heaven (see Hebrews 2:17-18).

### 4. **READ** Revelation 5:11-12 Worship of the Lamb

In Revelation we repeatedly get the image of one who looks like a lamb that was slain.

- What does it mean to have a king who suffered, to imagine worshipping a God who looks like a lamb that was slain?

**LEADER NOTE:** Having a King who suffered for us shows us the extent of his love for us. This is no tyrant king who rules us. This is a king who asks us to see him as a slain lamb – the perfect lamb sacrificed for us. Having a king who suffered also brings meaning to our suffering. Our suffering King calls us to suffer for him and find comfort and purpose for our suffering in him.

### 5. THE EARLY CHRISTIANS' VIEW OF SUFFERING

**READ**

- Romans 5:1-5, 8:17-30
- 1 Peter 2:20-24
- Philippians 1:29, 3:10
- Revelation 1:9

- What do you notice from these verses about how the early Christians talked about suffering?

**LEADER NOTE:** The early Christians talked about suffering as a normal, expected part of following Jesus. Paul encouraged us to rejoice in our suffering (Romans 5:3) because God can use these experiences to mature us in our faith. We are to see our suffering in light of eternity. One day soon God will redeem us from our suffering when we are raised in our transformed bodies to be with him. In the meantime, our sufferings remind us of Jesus, the One who suffered for us and shows us how our suffering can bring glory to God.

- How does this differ from how we often talk about suffering?

**LEADER NOTE:** Where the early Christians talked about their suffering in light of their faith in Jesus, we often talk about our suffering from a human standpoint. We take our cues from the world around us when we see suffering as meaningless and unredeemable, thinking that nothing good can possibly come from it. The early Christians didn't enjoy suffering any more than we do, but they found joy in knowing that God could use their suffering for his glory. (see James 1:2-5)

6. **READ** the following quote:

"The truth is that suffering is a terrible thing, but that there is something worse, something that is the root of all evil: it is the fact that suffering is often totally wasted." - C.S. Lewis, *The Problem of Pain*

- What do you think of this quote? Do you agree with it? Why or why not?

7. Is there any suffering you're currently going through that you'd like to share with the group? How do you think God wants to use this suffering for your good and his glory?

## **PRAY:**

Prayer for Someone Who is Suffering

Abba, Father, You are good, good Father, but sometimes this is so hard to see when we are suffocating in misery. Our perspective is so limited and narrow, Father. Help us to surrender control up to You. Today, I pray especially for my friend, that they may experience a deep closeness with You, unlike anything they have known before. Be so real to them. In their suffering, help them to hold on, knowing that You will work even the bad things in life for their good. You have told us that there is time for everything and a season for every activity under the heavens. There is a time to be born and a time to die, a time to weep and a time to laugh, a time to mourn and a time to dance. We are more than conquerors through You who loves us, and nothing in any of these seasons will be able to separate us from the love of You, Father. I rejoice in Your holy name and pray that You fill my friend's heart with Your unfailing love. In the name of the One who will give us the victor's crown, Jesus, my King. Amen.

Source - <https://connectusfund.org/10-powerful-prayers-for-suffering>