

## Session 3

### my Pain is understood

#### **OPENING QUESTIONS**

?Have you ever gone through something painful or difficult, and felt as though no one understood what you were going through? How would you describe what that was like?

?Have you ever gone through something hard, but had someone alongside you who had gone through something similar him- or herself? What was that like?

*Watch DVD episode.*

#### **DISCUSSION**

1. This episode focuses heavily on the sufferings of Jesus—the emotional and relational sufferings to be sure—but especially the physical agony, and that suffering is very graphic. How do you feel about so much focus on the physical trials of Jesus?
2. The episode referred to a letter in the New Testament called Hebrews. Read Hebrews 1:1-4. Listen for what this writer says about Jesus:

<sup>1</sup> In the past God spoke to our forefathers through the prophets at many times and in various ways, <sup>2</sup> but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom he made the universe.<sup>3</sup>The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven. <sup>4</sup> So he became as much superior to the angels as the name he has inherited is superior to theirs.

What do you notice about Jesus in these verses?

### 3. Read Hebrews 2:10-11.

<sup>10</sup> In bringing many sons to glory, it was fitting that God, for whom and through whom everything exists, should make the author of their salvation perfect through suffering.<sup>11</sup> Both the one who makes men holy and those who are made holy are of the same family. So Jesus is not ashamed to call them brothers.

What does it say that suffering did for Jesus?

How could Jesus be made perfect through suffering?

Wasn't He perfect already? What was He lacking before He took on flesh and endured suffering?

### 4. What is the consequence of Jesus' sufferings in regard to His relationship with us, as described in verse 11?

### 5. Read Hebrews 2:14-18. Again, look for what comes out of Jesus' sufferings.

<sup>14</sup> Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil—<sup>15</sup> and free those who all their

lives were held in slavery by their fear of death.

<sup>16</sup> For surely it is not angels he helps, but Abraham's descendants.

<sup>17</sup> For this reason he had to be made like his brothers in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people. <sup>18</sup> Because he himself suffered when he was tempted, he is able to help those who are being tempted.

6. Can you think of any kind of suffering to which Jesus could not relate?
7. Do you think Jesus really knows how you feel? Does He truly relate to whatever hardships you are going through?
8. How does all we've discussed and viewed in the last few minutes impact you? What difference does it make to you?

## **FOR REFLECTION**

Read the following passages from Hebrews every day this week, first asking Jesus to open your eyes to what He wants you to see. Circle, underline, or write in the margins whatever words, phrases, or thoughts stand out.

<sup>1:1</sup> In the past God spoke to our forefathers through the prophets at many times and in various ways, <sup>2</sup>but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom he made the universe.<sup>3</sup>The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven. <sup>4</sup> So he became as much superior to the angels as the name he has inherited

is superior to theirs.

2:10 In bringing many sons to glory, it was fitting that God, for whom and through whom everything exists, should make the author of their salvation perfect through suffering.<sup>11</sup> Both the one who makes men holy and those who are made holy are of the same family. So Jesus is not ashamed to call them brothers.

2:14 Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil—<sup>15</sup> and free those who all their lives were held in slavery by their fear of death.<sup>16</sup> For surely it is not angels he helps, but Abraham's descendants.<sup>17</sup> For this reason he had to be made like his brothers in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people.<sup>18</sup> Because he himself suffered when he was tempted, he is able to help those who are being tempted.

4:14 Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess.<sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.<sup>16</sup> Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.