

March 22, 2009
Matthew 27:45-50

Lent 2009 - The Crux of It All
The Cross as the Great Act of Empathy

“My God, my God, why have
you forsaken me?”
Matthew 27:46

What religious practices have you participated in that have helped you enter into the suffering of Jesus?

READ Matthew 27:45-50

What do you notice about how the crowd responds to what Jesus is going through? What responses do you notice in yourself as these verses are read?

In what ways do these verses help you grasp the humanity of Jesus?

In what ways do these verses give you greater insight into the relationship of the Trinity?

THE CROSS - EMPATHY

What is the difference between sympathy and empathy?

Have you ever intentionally chosen to come alongside someone who was suffering? How did you do that?

Have you ever chosen to suffer for the sake of someone else? What did you do?

How did suffering that you have experienced help you to be empathetic?

When have you felt abandoned by God? Were you able to cry out to God in the midst of it? What questions did you ask? What feelings did you express?

When has someone shown empathy to you?

READ Romans 5:1-5

Consider how these verses do or might bring you comfort in your own suffering.

How might you share the hope of these verses with someone who is suffering in a way that brings true comfort?

What does it mean to you that Jesus redeems our suffering? How have you experienced this redemption?

What might you do to increase your capacity to be empathetic?

PRAY TOGETHER!

Consider using the scriptures read today as language to express your prayers. Maybe you just need to cry out to God. Or, maybe you need to express appreciation for the promises in Romans 5 made true through the cross.