

One Hope

Cross of Christ

Philippians 2:5-8

Power of the Cross

What did Jesus give up in order to become human? What makes his death (on a cross) so remarkable? Let's find out:

Matthew 26:26-28:10

Pain of the Cross

What are the pains Christ suffered on the cross? (Emotional, Physical, Spiritual)
Describe the emotional pain Jesus went through: stress, loneliness, betrayal, false accusations, humiliation, denial

Describe the physical pain: beatings, flogging, crucifixion

Suggested Reading Intervals:

26:26-35 **27:27-31**

26:36-46 **27:32-44**

26:47-56 **27:45-56**

26:57-68 **27:57-61**

26:69-75 **27:62-66**

27:1-10 **28:1-10**

27:11-26

1 Peter 2:21-25

Personal Responsibility of the Cross

What happened to Jesus on the cross? What is the spiritual pain Christ suffered? Why did he bear our sins in his body?

Personal Decisions:

Do you realize how much God loves you? Do you feel even further compelled to deny yourself sin now that you know what it caused Jesus to have to suffer?

Homework: Read **Galatians 5:19-21**. Write a personal letter to God (for your and His eyes only) confessing your sins and how they've impacted you or others. Be vulnerable with God about how others have sinned against you in these ways as well and its effects. Thank God that he sent Jesus to die for you *and* for those who have sinned against you. Is there anyone you need to forgive or be reconciled with?

Suggestion: Read the accounts of the crucifixion in the other three gospels:

Mark 14 – 16, Luke 22 – 24, John 18 – 20.