

WHAT HE SAID ABOUT ANGUISH - 4

Seven Sayings From the Cross

My God, my God,
why have you
forsaken me?
— MARK 15:34

Principle #4:
Aim your hard questions
at God, not man.

Although they may
sympathize with our
pain, no human being
has the answers to the
toughest things that
happen to us.

The Cross is not only the *means* of our salvation, but *models* for us how we can live through the “bad days” of our own lives. In His death, Jesus totally absorbed in Himself both the guilt and the penalty of all the sin of all the ages (2 Corinthians 5:21; 1 Peter 2:24). Jesus’ fourth statement is a dramatic expression of the separation He experienced from His Father—a first and one-time experience.

Jesus’ anguishing statement is also a reminder that, in the midst of our own struggles, we can bring our own raw emotions and tough questions to the Lord.

WELCOME

Almost everyone has a “substitute teacher” story to tell. Share your own.

WORSHIP

You may choose this segment as a conclusion to your time together, thanking God for His great mercy. 383—“Jesus, Keep Me Near the Cross,” 176—“Lamb of God,” 123—“The Steadfast Love of the Lord,” 226—Come, Thou Fount of Every Blessing,” 147—“I Stand Amazed.”

WORD

Read Mark 15:25-39

1. What ironies are present in the insults and slurs directed toward Jesus (vss 25-32)?
2. What does Jesus express through His cry to God in verse 34? Do you believe Jesus expressed something he felt, or made an actual statement of fact? Explain. Why was it necessary for Jesus to experience this separation from God? [If you have a group member who is unfamiliar with the gospel, this would be an excellent opportunity to explain Jesus’ vicarious death on the Cross—that He was a substitute for us, for our benefit.]
3. Share an occasion when you expressed anger, disappointment or doubt toward God. How could expressing such strong feelings and questions toward God be considered something healthy? Is there an area of your life that you are presently questioning?
4. Jesus quoted only a portion of Psalm 22, but likely had the entire passage in mind. Considering this common practice—referencing a portion, but having the whole in mind—what light does this shed on Jesus’ statement? [It might be helpful to read Ps. 22 in its entirety.]
5. Why do we so often direct our pain and hard questions toward others, rather than God? What are the advantages aiming them toward God? Do this mean that you should never share them with others? Explain.

WORKS

During your personal devotional time this week, read through Psalm 142. What are the implications of this psalm for your life? In the midst of your own struggles you can count on two things: First, your cry will never fall on deaf ears. And second, there will always be an answer in time (it might not be your own timing) and ultimately it will always be in your best interest. Always.