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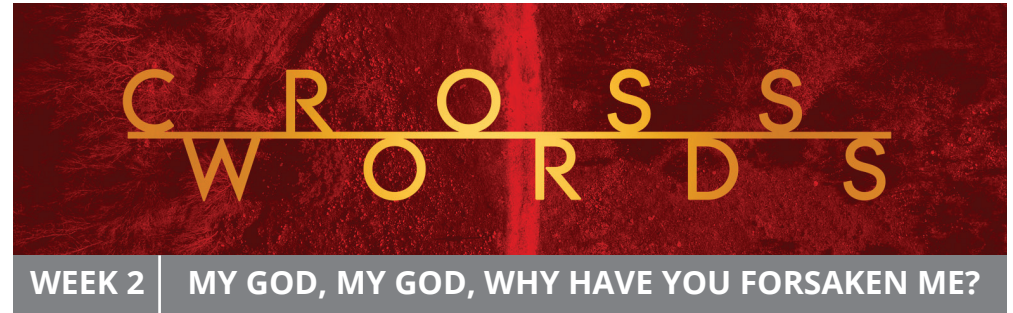
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WARM UP

What would you prefer: being around the friends you love but having absolutely nothing, or being on your own but having access to luxurious items? Why?

WORD

Read **Mark 15:33-39**

Although Pilate found him faultless, Jesus is put on trial before the crowds in Jerusalem who overwhelmingly want Jesus crucified. He is then beaten and flogged to the brink of death, made to wear a crown of thorns and carry a cross that he would eventually be nailed to. As he hung, bled and breathed his last breath, he cried, "My God, My God, why have You forsaken me?"

NOTES

1 My God, My God.

³⁴ *And at the ninth hour Jesus cried with a loud voice "Eloi, Eloi, lama sabachthani?" which means, "My God, my God, why have you forsaken me?"*

Mark 15:34 (ESV)

This was the only time that Jesus would refer to the Father as "My God". His amazing that in the midst of the excruciating pain and suffering he was subjected to, Jesus still recognised God the Father was with him. This was also a reference to Psalm 22, which starts with the same words he cries from the cross. That psalm was actually a prophecy of the crucifixion of Christ. This should've brought comfort to those who were mourning, that this was Jesus fulfilling the will of the Father who authored the psalm of promised victory a few hundred years before the cross.

- Recall a time when you felt overwhelmed by trouble. Have you ever tried calling on the name of God, even when you didn't feel he was close enough to hear you? Why or why not? Would you be willing to call on God if you ever found yourself in trouble again?
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2 Forsaken

Jesus died alone, mocked, ridiculed, and in extreme pain as he took upon his shoulder the sin of the entirety of mankind. If anyone had the right to call himself forsaken, it would be Jesus. In our most difficult of circumstances, we can find hope and comfort that our God, Jesus Christ, knows what it is like to be utterly forsaken, all for the sake of the advancement of God's plan to redeem us from sin and rescue us from eternal death.

- Read through Psalm 22. What are the things that reflect what Jesus went through at the cross?
 - How does it affect you to know that Jesus died alone and forsaken, so that we no longer need to be enslaved to sin and death?
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PRAYER

- Take time to pray a prayer of thanksgiving for the cross, and what it means for you personally
- Pray for those who may feel forsaken, that Jesus would show himself strong in their lives and situation. Pray for the hope of Christ to be evident in each troubling circumstance.