



FIRST BAPTIST CHURCH
R O C H E S T E R

Sermon Discussion Guide
March 15, 2026

Refresh

Read Psalm 22:1-15 to get the Scripture passages back in your mind.

Discuss

The hymn “There Is a Fountain Filled with Blood” talks about seeing Christ’s wounds “by faith.” What does it practically mean for a believer to “see the stream” by faith, and how did that realization change your understanding of the gospel?

The sermon noted that “redeeming love” is not always at the forefront of our hearts because many other affections compete for our attention. What are some of the common things that compete with Christ for our affection, and in what ways should the Lord’s Table help reorient our hearts?

The Lord’s Table was described as a regular reminder of both our sin and Christ’s atoning work. Why is it important for believers to be reminded regularly of both the seriousness of sin and the cost of redemption?

The sermon reflected on the intense physical suffering Christ endured during the crucifixion. How does meditating on the physical suffering of Jesus deepen your appreciation for His love and sacrifice?

The sermon connected Christ’s suffering on the cross with the idea that He experienced “hell on earth” in our place. Take some time as a group to thoughtfully reflect on the suffering Jesus bore in our place. How does understanding the substitutionary nature of Christ’s suffering shape the way you think about salvation?

The Puritan prayer referenced in the sermon emphasized the great exchange, that Christ suffered so that we might receive joy, life, and glory. Which part of that “exchange” most stood out to you, and why? Why is it helpful for us to regularly meditate on the exchange that took place to make our redemption possible?

The hymn “When I Survey the Wondrous Cross” concludes that Christ’s love “demands my soul, my life, my all.” What does it look like in everyday life for a Christian to respond to the cross with that kind of wholehearted devotion? How can we keep the reality of the cross ever before us?