

# The Easter Experience

## Session 3: My Pain Is Understood



### **SUMMARY**

In this episode, Jesus endures intense suffering before being condemned to the cross- proving that He can relate to your personal suffering.

### **REFLECTION**

Consider the questions below yourself or with your family:

1. What stood out to you most from this episode?
2. Have you ever gone through something painful or difficult and felt as though no one understood what you were going through? What was it like?
3. Have you ever gone through something hard but had someone alongside you who had gone through something similar? What was that like?
4. This episode focuses heavily on the sufferings of Jesus, and that suffering is very graphic. What is your reaction to the gory pictures provided in this series?
5. Do you really think Jesus really understands your suffering?  
How can He truly relate to the hardships you are going through right now?

### **PRAYER**

- Adore Jesus for being fully God but fully human and able to relate
- Confess your lack of trust toward God that you display in hard times
- Thank Jesus for enduring tremendous suffering in your place
- Ask Jesus to focus your mind on His love for you