



Sermon
Discussion
Guide

Sunday, March 22, 2026

Body of Christ - Anatomy of Redemption

The Back of Jesus

Isaiah 53:5; John 19: 1, 17; Luke 9:23

Read/Reflect

1. A bit of research will give you a picture of what Jesus' back would have endured by "flogging" (John 19:1). What do you make of such violence, especially in light of Isaiah 53:5? See also I Peter 2:24.
2. Why do you think John mentions only that Jesus carried his cross, while Matthew, Mark, and Luke mention Simon of Cyrene having borne the cross with Jesus (Mt. 27:32; Mk.15:21; Lk.23:26)? What might be the point of these separate accounts?

Explore

3. How does knowing that Jesus physically suffered change (or deepen) your understanding of God's love? Where in your own life does the idea of a God who suffers with us offer comfort – or even discomfort?
4. God doesn't stand above suffering but enters it from within. How does this shape your view of prayer, especially in season of grief or injustice? Can you name a time when you sensed God with you in suffering—not fixing it instantly, but sharing it?
5. If taking up your cross means joining God where God already is—among the suffering and the forgotten, what might that look like in your everyday life this week?
6. Jesus on the cross is not passive acceptance of suffering and misery but God's protest against suffering and injustice. How might that perception of the cross shape how you can reveal Christ's redemption of the suffering and injustice in the world?
7. How can you see Jesus instruction to "take up your cross daily" as following Jesus into the healing of the world?

Pray

- ... that Jesus would teach us to kneel in mercy toward ourselves, toward each other, and toward a world that is weary and afraid.
- ... for whatever kinds of suffering in our community—or world—you feel called to carry in prayer?
- ... that with the Holy Spirit you can align your will with the Father and have the grace to submit all to him.