

Suffering. God. Part 3—Megaphone. Megaphones. Megaphoning. Text: Luke 22:39-46

Warming Up

Questions:

1. *What is your go-to comfort food when you are having a bad day?*
2. *Tell us about a time when God's voice/presence seemed clearest to you.*

Digging In

Read **Luke 22:39-44**.

Questions:

1. *What kinds of emotions does it appear Jesus is experiencing here in the Garden of Gethsemane?*
2. *What kind of struggles do you imagine Jesus is facing down within himself?*
3. *When you are in a particularly difficult season, what emotions do you tend to feel and display? Anger? Frustration? Sadness? Numbness? Depression? Something else?*

Sometimes Jesus is portrayed as being even keeled in films or artwork. He appears unmoved. But Jesus displays the range of emotions in the Gospels. He weeps over Lazarus. He flashes anger at the Pharisees. He is playful and even funny in many of his parables. From the cross and on the way to the cross he displays anguish, suffering, loss. Oftentimes he reaches for his people's hymnal—the Psalms—as a way of expressing these emotions.

Here are two examples from the cross:

1. Read **Luke 23:44-46**.
2. Read **Mark 15:33-37**.

In these passages, Jesus quotes Psalm 31 and Psalm 22. We are told in both accounts that Jesus cried these out “in a loud voice”, which, in the Greek, is *megale phone*. He *megaphones* these psalms. He may have cried them, or shouted them, or even sung them.

Questions:

1. *Why do you think Jesus chose words from the Psalms, rather than his own words, in his moment of suffering?*
2. *Have you found singing to be helpful in times of suffering? If so, in what ways?*
3. *What songs have you tended to reach for in times of suffering?*

The Psalms show us the range of emotions the people of God felt and expressed to God in the presence of God. Choose one of the two Psalms Jesus cried from the cross and read it together.

Read **Psalm 22** or **31**.

Questions:

1. *What emotions do you hear the people of God expressing in this Psalm?*
2. *What do you think is the value of giving expression to our emotions before God?*
3. *What might be detrimental if we were to **not** express our honest emotions before God?*

Sending Out

Read **Luke 22:45-46**.

Jesus finds his disciples asleep from exhaustion in their sorrow. What will he do with them? Will he abandon them, leave them? No. We are told Jesus “went back to the disciples.” He invites them to cry out to God *with* him. In fact, **Hebrews 7:23-25** tells us that Jesus is *still* crying out to God with us.

Questions:

1. *What difference does it make to you that Jesus is present and hearing your cries?*
2. *What difference does it make to you that Jesus is present and presently crying out **with** you?*
3. *What emotion are you feeling this morning that you need to express to God this week?*

Closing

Take a moment in silence to come before God and ask the question, “*What word or phrase or idea or moment does God want me to remember from this morning and carry with me this week?*”

Close with prayer.