

In Times of Anguish Matthew 27:45-47

1. Anguish (extreme pain, distress, or anxiety)

2. What can we observe?

a. Jesus was _____ God and _____ man. (John 1:14, Hebrews 4:15)

b. Sin _____ from God. Our sin separated Jesus from the Father. (Isaiah 59:2)

What is sin? (Romans 3:23, James 4:17)

c. The price of sin is _____. Jesus paid the full price of our sin. (Galatians 3:13-14, Isaiah 53:5)

i. The cross resolves our _____. (Romans 5:8, I John 1:2)

Guilt says, "I have broken God's laws and deserve punishment. However the debt is so large that I cannot pay it. Jesus paid the debt I cannot pay".

ii. The cross removes our _____. (Isaiah 53:3, Hebrews 12:2)

Shame says, "I am unworthy of being identified with God. Jesus took my shame and raised me to an honourable relationship with God".

iii. The cross rescues us from _____. (Colossians 1:13, Ephesians 6:12)

Fear says, "I must appease the forces that control my life. Jesus breaks the power of evil forces and brings me into the safety of his kingdom".

iv. As Jesus died on the cross, he experienced the full anguish of our sin and thereby restored our relationship with God. At that moment, he resolved our guilt, removed our shame and rescued us from fear!

v. How have you responded to the work of Jesus on the cross?

d. Quoting scripture is a great response to anguish.

i. Jesus did it on the cross. (Psalm 22)

ii. Jesus quoted scripture when tempted by Satan. (Matthew 4)

iii. We can quote scripture during our times of anguish, guilt, shame and fear.

FOR THOUGHT AND DISCUSSION

1. How have you responded to the work of Jesus on the cross?
2. In what ways did quoting scripture while he was in anguish minister to Jesus? How did it minister to others around him?
3. What happened when Jesus quoted scripture as Satan tempted him? (See Matthew 4:11)
4. Determine this week to turn to scripture during your times of anguish.
5. Read all of Psalm 22. Use the words to help you cry out to God. What needs do you have? What is God saying to you through this Psalm? How can your calling out to God minister to the people who see your anguish?
6. Use the verses below as prayers for calling out to God. Select some to memorize that minister in a special way to your heart.

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? Psalm 27:1

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed. Deuteronomy 31:8

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. Lamentations 3:22-23

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort. 2 Corinthians 1:3

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. John 16:33

God is our refuge and strength, a very present help in trouble. Psalm 46:1

Blessed are those who mourn, for they shall be comforted. Matthew 5:4

Let your steadfast love comfort me according to your promise to your servant. Psalm 119:76

If I say, 'Surely the darkness shall cover me, and the light about me be night,' even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you. Psalm 139:11-12

Sing for joy, O heavens, and exult, O earth; break forth, O mountains, into singing! For the Lord has comforted his people and will have compassion on his afflicted. Isaiah 49:13

Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. Psalm 55:22

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. Romans 8:37