

The Easter Experience 2026

Session 3 – March 4, 2026

My Pain is Understood

Have you ever gone through something painful or difficult, and felt as though no one understood what you were going through? How would you describe what that was like?

Have you ever gone through something hard, but had someone alongside you who had gone through something similar him- or herself? What was that like?

DISCUSSION:

1. This episode focuses heavily on the sufferings of Jesus—the emotional and relational sufferings to be sure—but especially the physical agony, and that suffering is very graphic. How do you feel about so much focus on the physical trials of Jesus?
2. The episode referred to a letter in the New Testament called Hebrews. Read Hebrews 1:1-4. Listen for what this writer says about Jesus. What do you notice about Jesus in these verses?
3. Read Hebrews 2:10-11 What does it say that suffering did for Jesus? How could Jesus be made perfect through suffering? Wasn't He perfect already? What was He lacking before He took on flesh and endured suffering?
4. What is the consequence of Jesus' sufferings in regard to His relationship with us, as described in verse 11?
5. Read Hebrews 2:14-18. Again, look for what comes out of Jesus' sufferings.

6. Can you think of any kind of suffering to which Jesus could not relate?
7. Do you think Jesus really knows how you feel? Does He truly relate to whatever hardships you are going through?
8. How does all we've discussed and viewed in the last few minutes impact you? What difference does it make to you?

FOR REFLECTION:

Read the following passage from Hebrews every day this week, first asking Jesus to open your eyes to what He wants you to see. Circle, underline, or write in the margins whatever words, phrases, or thoughts stand out to you.

Hebrews 1:1-4

Hebrews 2:10-11

Hebrews 2:14-18

Hebrews 4:14-16