

WHAT IS THE GOSPEL?

Jesus the King was buried Message Reflection Guide

According to Jim and Jamie Dutcher, filmmakers known for their knowledge of wolves, when happy, wolves wag their tails and romp about. But after the death of a pack member, they grieve for weeks. They visit the place where the pack member died, showing grief by their drooping tails and mournful howls.

Grief is a powerful emotion we've all experienced, particularly at the death of a loved one or of a treasured hope. Mary Magdalene experienced it. She'd traveled with and helped support Jesus and His disciples (Luke 8:1-3). But His cruel death on a cross separated them. The only thing left for Mary to do for Jesus was to finish anointing His body for burial—a task the Sabbath had interrupted. But imagine how Mary felt when she found not a lifeless, broken body but a living Savior! Though she hadn't at first recognized the man standing before her, when He spoke her name, she knew who He was—Jesus! Instantly, grief turned to joy. Mary now had joyful news to share: "I have seen the Lord!" (John 20:18). – Linda Washington

CONVERSATION STARTER

John 11:35 "Jesus wept." In this verse we see the humanity of Jesus revealed. Jesus dealt with all the emotions we feel. What emotion do you find the most difficult to deal with in a way that reflect the example of Jesus?

GETTING INTO THE SCRIPTURES

Read John 19:38-42 On Sunday Pastor Jason said "Grieving our losses well will help us to grieve our sin well." What are the correlations between the creation account and the location in which Jesus was buried? What does that symbolize? Each of **handle's** grief differently, in what ways do you engage your grief?

Read Isaiah 53:1-4 **Grieving our losses leads to healing.** This prophetic passage describes Jesus as a "man of sorrows", what sorrows did Jesus face while on earth? Jesus is described as bearing our griefs and carrying our sorrows, how can that phrase comfort us when we face loss? How have you seen loss shape you in a negative or positive way?

Read Ephesians 4:25-31 **Grieving our sin leads to healing.** This passage uses some very definitive language; "Let no..." "Let all..." "do not sin...", What does God's opposition to sin tell us about His holiness and His love? In what ways have you caught yourself making light of sin? Why does humility play an important role in confession?

Read Matthew 5:4 How does this passage communicate the hope of the Gospel?

On the next page is a list of symptoms of unresolved grief and sin. Which symptom are you currently struggling with?

CHALLENGE

Is there grief in your life that you have been avoiding, ignoring or remains unresolved? What do you believe is preventing you from grieving? Is there a trusted Christian friend that you can share your grief with? When you think about the steps of grieving your sin (next page), what are you weakest at? Take some quiet time this week for confession.

Symptoms of Unresolved Grief:

- **Anger**
- **Obsession**
- **Fear**
- **Overreactions**
- **Addiction**
- **Apathy**

Symptoms of Unresolved Sin:

- **Anger**
- **Obsession**
- **Fear**
- **Overreactions**
- **Addiction**
- **Apathy**

Grieving your sins involves:

- being specific
- no excuses
- heartfelt sorrow
- accountability
- humility
- hope
- reliance on the work of Jesus on cross
- forsaking future sin by relying on the Holy Spirit for transformation