

“Pain for Healing”

A Cross for a Crown: The Great Exchange #3

INTRODUCTION

When Jesus took His place on the cross He sacrificed greatly to benefit us infinitely. Jesus was in no way exempt from pain. The pain He felt was physical, emotional and spiritual pain. But He willingly endured this pain because He loves us. In this study we find how Jesus offers us healing in exchange for our pain.

Ice Breaker (Optional):

What is the most physically painful thing you have experienced?

Study Questions (45 MIN)

Christ’s healing is Sufficient

Q1. Read Romans 6:23; 1 Peter 2:24a; 1 John 2:2

It is easy for us to lose sight of the immense debt we owe for our sins. Romans 6:23 tells us that we have earned death as a result of our sins. But rather than demanding the payment from us, how was this debt paid (1 Peter 2:24)? Peter tells us Jesus healed us by His death. The Greek word used here for “healed” is *iaomaim* and it means “made whole.” What do you think it means to be made whole physically and spiritually? Our sins created a divide between God and us that we could not bridge ourselves. To totally appease God and remove our debt, and the debt of the whole world, what was the only sufficient offering according to 1 John 2:2?

Christ’s healing is Substitutionary

Q2. Read Isaiah 53:4-5; 1 John 3:5; Matthew 20:28

Isaiah prophesied about the Messiah as he wrote Isaiah 53. What do verses 4 to 6 tell us about the source of the pain and suffering afflicted upon Christ? Because there was no sin in Him (1 John 3:5), Jesus did not have to suffer death (the payment for sin). Whose sin did He suffer for on the cross? If He had not paid the ransom for our lives (Matthew 20:28), what would be our fate?

Christ’s healing is Sanctifying

Q3. Read Romans 6:11-14; 1 Thessalonians 5:23

When we recognize that Jesus suffered for us and paid the ransom to give us life, we should ask the question, “What is His purpose for us?” The pain and suffering He endured not only kept us from Hell, it also gave our lives a purpose. What was that purpose according to Romans 6:11-14? Why would you return to sin, that sentences you to death, knowing Jesus suffered to set you free? Paul urges the Romans to “present themselves to God as instruments of righteousness.” If you expressly asked God to use you as “an instrument of righteousness” what are some of the ways He might do that?

Christ’s healing is Saving

Q4. Read John 3:16-17; 1 Peter 2:24b

The Gospel in its most familiar and perhaps simplest form is found in John 3:16. The following verse, John 3:17, tells us God sent His Son to “save the world.” The Greek word used here for “save” is *sōzō*, and means to heal or make whole. Share with your group, some of the things that you see as indicators that the world (mankind, the Earth, the Universe) is in need of God’s healing.

Christ’s healing is a Sign of God’s Love

Q5. Read Galatians 2:20; Ephesians 5:2

The price paid for our salvation was incredibly high. We certainly did not earn it on our merit. As John 3:16 reveals, it was God’s sacrificial love that rescued us from perishing. What was Paul’s response to the enormity of the truth that the Son of God loved him and gave Himself up for him? What is one thing you can do this week to “walk in love”, as Christ loved you (Ephesians 5:2)?

Wrap-Up

As we enter Easter week of we should remember that the cost of our salvation was not cheap. Jesus willingly took on intense pain and suffering to set us free from sin and death. His death was the entirely sufficient propitiation for the sin of the world, borne of His great love. In return, our lives now have purpose and can be instruments of righteousness to bring hope of healing to a hurting world.

Memory Verse

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed
1 Peter 2:24 ESV

Prayer (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members’ needs: (see back for more notes) _____

Challenge: *Let God show you how to fully embrace His purpose for your life. Consider what it would take to offer yourself to Him as an instrument of righteousness.*

Q1

Romans 6:23 ESV - 23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

1 Peter 2:24 ESV - 24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.¹

¹*iaomai- made whole*

1 John 2:2 ESV - 2 He is the propitiation² for our sins, and not for ours only but also for the sins of the whole world.

²*hilasmos- an appeasing, a covering and remittance*

Q2

Isaiah 53:4-5 ESV - 4 Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. 5 But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

1 John 3:5 ESV - 5 You know that he appeared in order to take away sins, and in him there is no sin.

Matthew 20:28 ESV - 28 even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many."

Q3

1 Peter 2:24b ESV- ...By his wounds you have been healed.¹

¹*iaomai- made whole*

Romans 6:11-14 ESV - 11 So you also must consider yourselves dead to sin and alive to God in Christ Jesus. 12 Let not sin therefore reign in your mortal body, to make you obey its passions. 13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. 14 For sin will have no dominion over you, since you are not under law but under grace.

1 Thessalonians 5:23 ESV - 23 Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

Q4.

John 3:16-17 ESV - 16 "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

1 Peter 2:24b ESV - 24 ... By his wounds you have been healed

Q5.

Galatians 2:20 ESV - 20 I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Ephesians 5:2 ESV - 2 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Prayer Notes cont.
