

## **Before the Cross**

### **WHAT JESUS TOOK ON**

- The physical pain and punishment
  1. The beatings and crown of thorns from the soldiers
  2. The scourging post - many died from this alone
  3. The cross - A brutal form of Roman crime deterrent and punishment
- The emotional and mental pain
  1. Jesus was strong, not stoic

### **THREE AREAS OF MENTAL / EMOTIONAL PAIN JESUS DEALT WITH**

- The dread of bad things upcoming (*John 12:20-23, 27-28 NKJ*)
  1. Jesus knew the time had come
  2. His soul was troubled
  3. He fell back on His purpose - this was the reason He came
- The pain of betrayal (*John 13:1-5, 10-12 NKJ*)
  1. The pressure was growing - the road to the cross was within hours
  2. Despite this mounting pressure, He washed the disciples' feet
  3. The betrayal troubled Jesus (*John 13:21 NKJ*)
  4. But Jesus never withheld His love
- The struggle of obeying the Father's will (*Mark 14:32-36 NKJ*)
  1. He began to be troubled and deeply distressed
  2. He fell on the ground - the sign of someone in great distress
  3. Luke, the physician, revealed His sweat became great drops of blood
  4. But each time prayed for God's will, not His own

### **THIS IS THE JESUS WE ARE CONNECTED TO**

- What our great High Priest does for us (*Hebrews 4:14-16 NLT*)
  1. He overcame all of the mental / emotional pains and tests
  2. He understands what we face - our weakness and pains
  3. He provides the mercy and grace we need to handle the pains of life