

## RECAP

Last week, you were encouraged to pray the following prayer:

*“Jesus, I want a fresh revelation. Show me where I’m blind to You and to what it takes to follow you.”*

- **What did you notice as you prayed this prayer? Where did you experience fresh revelation?**

## IDEA 1

“Christ on the cross suffered death so that we might have access and restoration with God the Father. It’s the gospel message, plain and simple. His sufferings provided a pathway for relationship and deep intimacy.”

- **In what ways can suffering provide a pathway to experience intimacy and deeper relationship with God?**
- **What thoughts or feelings come to mind as you consider Christ’s willingness to suffer alongside you?**

## IDEA 2

“Christ literally experienced the deepest pain we experience, death itself, and in its face declared victory and redemption over evil...The authority of Christ over the powers seen and unseen is given to us.”

- **What do you think it means that Jesus “preached to the spirits in prison?”**
- **Why is it significant that we share in the victory of Jesus’ triumph over evil?**

## SPIRITUAL PRACTICE

Take time to reflect on this artistic depiction of Jesus' descent into hell.



<https://www.trinitycollegebristol.ac.uk/wp-content/uploads/2015/04/he-descended.jpg>

As you do, ask Jesus the following questions:

- *Jesus, where have you suffered alongside me?*
- *Jesus, where have I experienced your victory in my life?*

Pay attention to whatever words, pictures, feelings come to mind. Give space for people to share with the group.

End by thanking Jesus together for the things he reveals to you.

## APPLICATION

This week, look for an opportunity to either:

- Share a story of suffering and/or victory in your life with someone else.
- Invite someone to share their story of suffering/victory and listen