



GUIDED BIBLE STUDY

Reflecting on Good Friday

Speaker: Pastor Alan Brooks

Highlighted Scripture

Isaiah 53:3–5 (NLT)

“He was despised and rejected—a man of sorrows, acquainted with deepest grief.

We turned our backs on him and looked the other way.

He was despised, and we did not care.

Yet it was our weaknesses he carried;

it was our sorrows that weighed him down...

**But he was pierced for our rebellion,
crushed for our sins.**

He was beaten so we could be whole.

He was whipped so we could be healed.”

Hebrews 12:2

“Looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross,

despising the shame, and is seated at the right hand of the throne of God.”

Discussion Questions

- Why do you think it can be uncomfortable to reflect on what Jesus endured on the cross?**
- What does it mean that Jesus suffered “for our sins” personally—not just generally?**
- How does understanding the cost of the cross deepen your appreciation for grace?**
- Why is it important to reflect on Good Friday before celebrating the resurrection?**
- What does it mean that Jesus endured the cross “for the joy set before Him”?**

Reflection Challenge

Take intentional time this week to reflect on the weight and meaning of Good Friday.

Ask yourself:

- Do I truly understand what Jesus endured for me personally?**
- Have I rushed past the cross to get to the celebration without reflection?**
- How does His sacrifice change the way I live today?**

Try this:

Spend time reading Isaiah 53 slowly and thoughtfully

Reflect on the cross in prayer—thanking Jesus specifically for what He has done

Take a quiet moment to sit in gratitude before moving to celebration

Remember

The cross reveals both the seriousness of sin and the depth of God's love

Jesus' suffering was personal—He endured it for you

Good Friday is heavy, but it leads to hope

The resurrection is powerful because of what happened at the cross

Prayer

Father God,

Thank You for the sacrifice of Jesus and the love shown through the cross.

Help me never to take for granted what He endured for my sake.

Give me a heart that reflects deeply on Your sacrifice and lives in gratitude.

Help me to honor You not just in celebration, but in remembrance.

In Jesus' name,

Amen.

