



**MODULE FOUR:**  
**BRINGING PAIN  
TO THE CROSS**





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**1.** Think about the pain you are carrying today. What is hurting you now? Are you carrying this burden alone?





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**2.** Take some time to create a lament to God. Your lament could be a song, poem, prayer, or any creative way you wish to express your feelings to God. It does not have to include all parts of a lament, but it should have a reason for grief or suffering.





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**3.** What do you expect to happen by bringing your pain to the cross?

Imagine the burden you have been carrying lifted. What would that feel like to no longer carry it alone?





# SCRIPTURE REFERENCES



## Psalm 13 (ESV)

How long, O LORD? Will you forget me forever?  
How long will you hide your face from me?  
2 How long must I take counsel in my soul  
and have sorrow in my heart all the day?  
How long shall my enemy be exalted over me?  
3 Consider and answer me, O LORD my God;  
light up my eyes, lest I sleep the sleep of death,  
4 lest my enemy say, "I have prevailed over him,"  
lest my foes rejoice because I am shaken.  
5 But I have trusted in your steadfast love;  
my heart shall rejoice in your salvation.  
6 I will sing to the Lord,  
because he has dealt bountifully with me.



## Revelation 21:1-5 (ESV)

Then I saw a new heaven and a new earth. The first heaven and the first earth disappeared, and the sea vanished. And I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared and ready, like a bride dressed to meet her husband. I heard a loud voice speaking from the throne: "Now God's home is with people! He will live with them, and they shall be his people. God himself will be with them, and he will be their God. He will wipe away all tears from their eyes. There will be no more death, no more grief or crying or pain. The old things have disappeared." Then the one who sits on the throne said, "And now I make all things new!" He also said to me, "Write this, because these words are true and can be trusted."





# SCRIPTURE REFERENCES



## Isaiah 61:1-4 (ESV)

The Sovereign LORD has filled me with his Spirit. He has chosen me and sent me to bring good news to the poor, to heal the broken-hearted, to announce release to captives and freedom to those in prison. He has sent me to proclaim that the time has come when the LORD will save his people and defeat their enemies. He has sent me to comfort all who mourn, to give to those who mourn in Zion joy and gladness instead of grief, a song of praise instead of sorrow. They will be like trees that the LORD himself has planted.

