

# HOPE IN THE CROSS

## LENTEN MISSION

### Week 1 Journaling Questions

*“...When I fall, I shall rise; when I sit in darkness, the Lord will be a light to me” (Micah 7:8).* This passage suggests that under the weight of the cross, many still experience hope, strength and confidence. In what way has this been true in your life? How do you account for that grace?

*“Our iniquities fell on him” (Isaiah 53:4-6).* We often have both silence and surrender accompanying us in times of suffering; in what ways has this been true for you?

As suffering is handed over to the Lord, it is united with Jesus’ cross. How do you experience moving through the stages of grief, of letting go? How does that bring new insight and greater hope that, “In God, all things are possible?”

It is said in the book of Proverbs (24:6-8), “People who fall the hardest, bounce the highest” and “the righteous fall seven times.” Many have children or spouses or friends with addictions of one kind or another. Relapse is part of the long-term process of recovery. How have we learned the patience and encouragement necessary for helping others (or ourselves) to get up, to start over, and to seek mercy?

