

# EXPERIENCING A SAVIOR WHO KNOWS TOGETHER

— Beyond Sunday —

## LENTEN DEVOTIONAL WEEK THREE

The intent of our Lenten 5-day Devotional format is to give you an opportunity to reflect on Jesus' suffering and realize that "He Knows" your suffering. Note the daily prayer and weekly family/couple moment. During this 3rd week of Lent, we focus on how Jesus knows exhaustion.

### MONDAY

In the last week, how did you connect your suffering of any kind with Jesus' suffering? If not, how might you? What holds you back from doing so? What would be the benefit of doing so?

### TUESDAY

It may be hard to believe that Jesus could get exhausted. Reflect on these Scriptures: [Mark 6:31](#), [Matthew 8:18, 23-25](#), [Luke 8:43-48](#). What do you notice about how He experienced physical, emotional, and relational exhaustion?

### WEDNESDAY

Though Jesus was God, in His humanity He, like us, had limitations. Read [Luke 5:15-16](#). Why do you think Jesus left when there were still so many people for Him to heal? In what way does this give you permission to release yourself from the responsibility of "doing it all"?

### THURSDAY

Like Jesus, we can allow our exhaustion to lead us to the Lord. Reflect on [Matthew 11:28-30](#) (NIV). Read it also in this version [Matthew 11:28-30](#) (MSG). How does this passage make you feel? What is Jesus offering you?

### FRIDAY

What is God telling you to release? What new routine could help you include Him more? How might you just get more rest?

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## DAILY PRAYER

*Lord, help me to appreciate your suffering for me more and more. May you reveal it to me in new ways and may it grow my awareness of your love for me.*

## WEEKLY FAMILY/COUPLE MOMENT

Talk about what makes you get exhausted (physically, emotionally, relationally). Reflect on [Luke 5:15-16](#). How did Jesus handle exhaustion? Read [Matthew 11:28-30](#). How is this passage inviting you to handle the things that exhaust you differently?

## RESOURCES

— FOR YOUR SUFFERING & THE SUFFERING OF OTHERS —

[Stephen Ministers](#) - 1 on 1 support in your time of loss

[A Short Walk with Emma](#) - Learn how God and the PCC community carried another through great suffering

[Men's Purity](#) - For those wrestling with temptation

[Coaching & Mentoring](#) - For men and women to work through challenging times

[One Life Counseling Center](#) / [Christian Counseling Center](#) - Professional Support

[Support for Ukraine](#) - Financially and spiritually support