

# THE THINGS HE CARRIED

## SESSION 7

### THE HOPES OF GOD

**Read through this chapter and then the following passages, as they help to give you a deeper understanding of the chapter.**

#### **Isaiah 53**

3 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.

4 Yet it was our weaknesses he carried; it was our sorrows that weighed him down.

Isaiah lived some 700 years before the time of Jesus. He foretold many things that would happen from the birth of Jesus to his death, not least the suffering at his death. Chapter seven of “The Things He Carried” brings the sufferings foretold by Isaiah into our modern world, into our lives.

*“Nothing was too small...”.*

*“And nothing was too large or too heavy...”.*

*“He was a man of sorrows and acquainted with grief...”.*

- Think back over your life to the times of great loss and grief. How did you react? Did you recover from it?
- How did you deal with it in the months/years that followed?
- Remember, Jesus took, not only your sorrows, but the sorrows of each one of us, throughout time, upon himself. The burden was almost too much, yet Jesus had set his face towards Jerusalem, towards the cross, and did not look back.
- Have you sometimes felt that things were too hard to carry on with your life? Did you think about giving up? Does it help to know that Jesus has carried everything for us?
- Let these scriptures remind us that we have to “bear one another’s burdens” (Galatians 6:2).

# THE THINGS HE CARRIED

***“He was oppressed and he was afflicted...”***

***“He carried our fears; and he knew about fear.”***

Can you imagine experiencing fear to such an extent that you sweat blood. This was what happened to Jesus in the Garden of Gethsemane.

*Hematidrosis is a condition in which capillary blood vessels that feed the sweat glands rupture, causing them to exude blood, occurring under conditions of extreme physical or emotional stress. ... It has been suggested that acute fear and extreme stress can cause hematidrosis*

The Gospel writers did not understand the medical term, I am sure, but it gives a clear picture of what he went through in order to bring about our salvation

Isaiah 41:10 tells us that we should not fear because God is with us. We are to have faith which is the antithesis of fear.

***“He carried our sorrow, and he knew about sorrow.”***

- Sorrow isn't just about losing someone, it can be many things. Jesus wept over Jerusalem and over the death of his friend, Lazarus. When you read the section on page 59 where the writer lists so many things Jesus sorrowed over, it is overwhelming. We however, can take heart because “he defeated it”.

***“He carried our doubts...”***

- We are sometimes derisory about people who doubt. Poor old Thomas always comes in for it. It is quite normal to doubt but it is a problem when we doubt everything that God has promised us in his word. Learning the scriptures is a wonderful way of being able to remind ourselves of what God says about us, thinks about us, does for us.

Read page 61 and then Romans 8:18-39. This is a wonderful chapter of hope and life and reminds us of the love God has for us. Remember: NOTHING CAN SEPARATE US FROM THE LOVE OF GOD WHICH IS IN CHRIST JESUS.

