

coming back to life as promised. But first, there was a pause. For three days Jesus remained in his humiliated state, subject to death, for us.

Discussion Questions

- Have you ever had to wait a long time? Describe what that is like.
- Do you think the disciples might have felt or said while waiting for three days and nights?
- We know it was important that Jesus die on the cross but why was it important to be buried for three days?

Day 5 – Review Q&A and recite memory verse

There are two times of year when we typically stop to consider the humiliation of Christ. One is at Christmas time when we remember the incarnation—How the God of all wonders left heaven to become as one of us, born as a lowly baby. The other is Good Friday. This is the day when Christians often reflect on the continued humiliation of Christ as he voluntarily subjected Himself to abandonment, torture, God’s wrath poured out on the cross, and three days subject to death in the tomb. It was for the joy set before Him, that Jesus was obedient even to the cross (Heb. 12:1-2), and when He died, his last words were Greek for “it is finished.” The humiliation of Christ was not pointless. It accomplished something. Jesus loved the church and gave himself up for her (Eph. 5:25), and because He rose triumphant on the third day, Christians can rejoice that His humiliation is over. He is alive! He is seated at the right hand of God the Father, where He belongs, and one day we will be with Him. Praise God, He is alive!

Discussion Questions

- What did the humiliation of Christ accomplish?
- When Jesus said “it is finished” what do you think he meant?

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, March 31st, 2024)

Baptist Catechism Question #30

Q: Wherein did Christ’s humiliation consist?

A: *Christ’s humiliation consisted in his being born, and that in a low condition, made under the law, undergoing the miseries of this life, the wrath of God, and the cursed death of the cross; in being buried, and continuing under the power of death for a time.*

Suggested Memory Verse

Philippians 2:5–8 [5] Have this mind among yourselves, which is yours in Christ Jesus, [6] who, though he was in the form of God, did not count equality with God a thing to be grasped, [7] but emptied himself, by taking the form of a servant, being born in the likeness of men. [8] And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. (ESV)

Day 1 – Review Q&A and recite memory verse

When we talk about humiliation we often mean a loss of pride or self-respect. But, when we talk about the humiliation of Christ, it is in the sense of being made lower than he was and put under submission to the law. What Jesus rightfully deserves is to be in heaven, full of glory. To become or endure anything less than that required his humiliation. He willingly did this as it says in Philippians 2:7 that Jesus *emptied himself, by taking the form of a servant, being born in the likeness of men*. Imagine you could transform yourself into something smaller and almost insignificant. How about an earthworm? There you crawl through the earth, eating dirt, talking to other earth worms, and trying to tell them what you know to be true, but they just don't understand. You have subjected yourself to worm rules and life. You might get eaten by a bird or sucked up in a lawn mower. Our silly example does not even come close to Christ being born as a human, living under the law, and looking toward His death on the cross, but we should consider what he did and praise Him for it. It was planned long ago that Christ would do this. Luke 24:25–26 asks *was it not necessary that the Christ should suffer these things and enter into his glory?* Christ humbled himself, came to earth as a baby, and lived a perfect life to save us from our sins and suffer the punishment that we deserved.

Discussion Question

- Have there been times you were humiliated? Can you share?
- How are our humiliations different than Christ's?
- Why is the humiliation of Christ important?

Day 2 – Review Q&A and recite memory verse

The answer to this week's question mentions at least five specific ways Christ condescended, or became lower, for our sake. Today we will focus on Him being born as a man and being made under the law. You probably don't remember being born, but I bet your parents remember. Were you the first, the last, somewhere in a long line of siblings? Do your parents tell you about it and what it was like? As we think of Jesus being born, the Bible shares some things we may not have thought about. He was nothing special in human terms (Isaiah 53:2) and was born in a poor place in Bethlehem (Micah 5:2). When Jesus was born, they did not have even a home for him and laid him in a manger (Luke 2:7). This was vastly different from His former estate. As 2 Corinthians 8:9 says, *For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that **you** by his poverty might become rich*. He was born of a virgin named Mary and made to be under the law (Gal 4:4). Being born under the law means he had to follow it. According to the law, Jesus was circumcised (Luke 2:21), and attended the required feasts (Matthew 5:17, John 7:10). Jesus would bear the penalty of the law as well, even though he had done nothing wrong. He was made a curse for us so we might become rich! (Gal 3:13)

Discussion Questions

- Have you ever had to downsize (move to a smaller house, share a bedroom, etc.)? What do you think it would have been like for Jesus to leave heaven to come to earth?
- Why do you think Jesus was born into a poor family rather than a rich family?

Day 3 – Review Q&A and recite memory verse

Jesus suffered miseries in his time here on earth. Miseries are a state or feeling of great distress or discomfort of mind or body. Have you ever been miserable? A cold or flu has you feeling bad physically? How about your mind? Have you ever been treated wrongly or heard bad news and just felt terrible about it? Jesus was perfect, but he still had to suffer miseries in this life. Isaiah 53:3 says *He was a man of sorrows, also despised and rejected by men*. Jesus was tempted (Heb 2:18), grieved for his friends and enemies and their sin (Mark 3:5, John 11:33). His enemies slandered Him and said he had the help of a demon (Matt 12:24). He had nowhere to call home or lay his head (Luke 9:58), and many times he was hungry, thirsty, and tired but had nothing to eat or drink (Mark 11:12). Even His own disciples turned away and rejected Him. He suffered much, but the worst was yet to come. Scripture says he humbled himself and became obedient, even to death on the cross (Phil 2:8). The worst part of Jesus' agonizing death on the cross was that He was *stricken, smitten by God, and afflicted* (Isaiah 53:4). He bore the full wrath of God for our sin. What He endured was painful and shameful (think "misery"), but He despised the shame and knew what it would bring – our salvation! (Heb 12:2)

Discussion Questions

- What kinds of miseries in this life do you think are the hardest?
- Why does it matter that Jesus chose to subject himself to all the trials of life in this broken world?

Day 4 – Review Q&A and recite memory verse

After Jesus died on the cross, they took him down to bury him. He did not even have a grave of His own, but a rich man named Joseph of Arimathea (Matthew 27:59-60) buried Jesus in his own personal tomb that was cut out of rock. This Joseph was also secretly one of Christ's disciples (Mark 15:43). Although part of the Sanhedrin council, he had opposed putting Jesus to death (Luke 23:50-51). Now it was too late. He rolled a great stone in front of the tomb and went away. The catechism answer states that Christ was under the power of death for a time. Three days to be exact. Remember Jonah in the belly of a great fish? It was a prophecy about Christ. Matthew 12:40 says *For just as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth*. The day after Jesus was buried, the Pharisees went to Pilate and requested that the tomb be sealed and guarded for three days. Why? Because they heard that he would rise after three days and thought the followers would try to steal the body and fake a resurrection (Matthew 27:63-64). Of course, it did not stop Jesus from really