What God Has Done

Remembering the Gospel

Bring everyday struggles back to the death and resurrection of Jesus.

1. What happened?	2. Why did I respond this way?	3. Remember the cross. What has God done through Jesus?	4. How does remembering change my response?
ANGER: Someone spoke sharply to me, and I wanted to hurt them with my words.	They deserve to feel my anger. I need to put them in their place.	Jesus bore the judgement my sin deserved. Through his blood, I am saved from God's wrath. (Romans 5:8-9)	Christ bore the wrath I deserved. Who am I to unleash mine on someone else? I can pause and address what happened without trying to wound them.
SHAME: A friend asked how I was doing, and I hid what was really going on.	If they knew the worst about me, they could never love me.	Jesus was stripped and publicly shamed at the cross. He endured its shame to bring us to God; everyone who trusts him will never be put to shame. (Matthew 27:28-35; Hebrews 12:2; Romans 10:11)	Jesus bore shame for me, and I will never be disgraced before God. I can begin to be honest with someone I trust, even while I feel exposed.
GUILT: I remembered something wrong I had done and spent the evening punishing myself for it.	If I feel bad enough for long enough, perhaps I can make up for it.	Jesus carried our sins in his body on the cross so that we might die to sin and live for righteousness. (1 Peter 2:24)	Jesus has already borne the penalty for my sin. I can confess it, make amends where possible and stop treating self-punishment as payment.
PRESSURE TO PERFORM: I failed to meet my own expectations and felt I had let God down beyond repair.	God will accept me once I have done enough to deserve it.	At the cross, the sinless Christ was made sin for us, so that in him we might become the righteousness of God. (2 Corinthians 5:21)	My standing with God rests on what Jesus has done. I can admit my failure and take the next faithful step without trying to earn his acceptance.
REJECTION: Someone I wanted to be close to pulled away, and I felt unlovable.	Their rejection proves that I am not worth loving.	While we were still sinners, Christ died for us. Through his death, God reconciled us to himself. (Romans 5:8-10)	Jesus gave his life to bring me near. This rejection hurts, but it cannot undo his love. I can grieve without making this person's response the measure of my worth.
LONELINESS: I spent another evening alone and felt as though I belonged nowhere.	No one wants me. I will always be on the outside.	Jesus shed his blood to bring us near and reconciled us to God through the cross. In him, we belong to God's household. (Ephesians 2:13-19)	Jesus died to bring me into his family. I can reach out to someone in my church and take a small step towards sharing life with others.

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BITTERNESS: I replayed an old hurt and imagined ways to make the person pay.	I cannot let go until they have suffered as much as I have.	Jesus died for us while we were his enemies, reconciling us to God through his death. (Romans 5:8-10)	Christ showed mercy to me when I was his enemy. I can begin to release personal revenge and pray for this person while still seeking truth, justice and wise boundaries.
DEFENSIVENESS: Someone pointed out my mistake, and I immediately blamed someone else.	If I admit I was wrong, I will lose my worth and respect.	Jesus was delivered up for our sins and raised for our justification. Our acceptance before God rests on his saving work. (Romans 4:25)	Jesus has secured my standing before God. I can listen, acknowledge what is true and apologise without having to protect an image of being faultless.
PRIDE: I looked at someone else's failures and felt better than them.	My better choices make me more deserving than they are.	We all have sinned. Our justification is a gift of grace, bought through Christ's blood, leaving no room for boasting. (Romans 3:23-27)	I needed the same cross as everyone else. I can lay down my superiority, listen with humility and offer the mercy I have received.
COMPARISON: Someone else was praised, and I felt resentful and insignificant.	I need to outshine them to prove that I matter.	The Son of God loved me and gave himself for me. My life is now lived through faith in him. (Galatians 2:20)	Jesus has already loved me at the cost of his life. I can celebrate someone else's success without competing for the right to matter.
FEAR OF PEOPLE: I agreed to something wrong because I was afraid of being disliked.	I need their approval, whatever it costs.	Jesus bought us with the price of his life. We belong to him, and are called to honour him with our lives. (1 Corinthians 6:19-20; 7:23)	Jesus paid for me with his life. I belong to him. I can say a gracious, honest no even when someone may disapprove.
RELUCTANCE TO CONFESS: I hid a recurring sin and avoided talking to God about it.	I have failed too often. I cannot come near until I have cleaned myself up.	Jesus opened the way into God's presence through his sacrificed body and shed blood. We can draw near with confidence. (Hebrews 10:19-22)	Jesus has already opened the way back to God. I can confess now and ask a trusted Christian to help me face this sin honestly.

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HABITUAL SIN: I gave in to the same temptation again and felt ready to stop fighting.	This is who I am. I will never change.	Through union with Christ, our old self was crucified with him. As Christ was raised, we too are called to walk in newness of life. (Romans 6:4-6)	Jesus died and rose to free me from slavery to sin. I can confess, remove one source of temptation and seek help instead of surrendering to hopelessness.
QUICK COMFORT: After a difficult day, I kept scrolling to avoid facing how empty I felt.	I need this distraction. It is the only comfort available to me.	Christ suffered for sins, the righteous for the unrighteous, to bring us to God. His death opened the relationship we most deeply need. (1 Peter 3:18)	Jesus died to bring me to God. I can put down my phone, tell him what hurts and receive rest and company without expecting a screen to fill me.
GREED: I could afford to help someone, but held tightly to my money.	I will only be safe if I keep everything for myself.	God did not spare his own Son but gave him up for us all. The cross assures us of his generous commitment to our good. (Romans 8:32)	God has already given his Son for me. I can consider this need honestly and give generously without treating money as my only source of security.
RESENTFUL SERVICE: Someone needed help, and I resented the interruption.	My time and comfort matter more than their need.	Jesus came to serve and to give his life as a ransom for many. He spent himself to rescue us. (Mark 10:45)	Jesus gave his life to serve me. I can consider what I can wisely offer and help with love, even when it costs me time or comfort.
ANXIETY ABOUT THE FUTURE: I lay awake imagining everything that could go wrong.	Unless I can secure every outcome, I have no real safety.	Jesus died, was raised and now intercedes for us. Nothing in all creation can separate us from God's love in him. (Romans 8:34-39)	The crucified and risen Jesus holds me in his love. I can name my fears to him, take the next responsible step and leave tomorrow in his hands.
LOSS OF CONTROL: My plans fell apart, and I tried to control everyone around me.	Everything depends on me making life go my way.	Jesus was crucified, yet God raised him from the dead. Even the cross unfolded within God's saving purpose. (Acts 2:23-24)	The cross and resurrection show that God's purposes can hold when everything looks lost. I can release my grip on others and do what is mine to do today.

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DISAPPOINTMENT: Something I had deeply hoped for did not happen, and I felt forgotten.	If God loved me, he would have given me this.	God demonstrated his love by giving Christ to die for us while we were still sinners. (Romans 5:8)	The cross is God's declaration of love for me. I can tell him how disappointed I am without treating this unmet desire as proof that he has stopped loving me.
SUFFERING: A painful situation dragged on, and I began to think God had abandoned me.	If God were with me, I would not be hurting like this.	Jesus entered suffering and death to bring us to God. Raised from the dead, he has secured a living hope and an imperishable inheritance. (1 Peter 3:18; 1:3-4)	My suffering cannot cancel what Jesus died and rose to secure. I can lament honestly, ask for support and hold onto the hope he has given me.
GRIEF: I missed someone who died trusting Jesus, and the loss felt final.	Death has taken everything. There is nothing left to hope for.	Jesus died and rose again. Those who have died in him will also be raised, and we will be with the Lord together. (1 Thessalonians 4:13-18)	Jesus has broken death's finality. I can weep deeply and receive comfort while holding onto the promise of resurrection and reunion in him.
FEAR OF DEATH: The thought of dying left me frightened and unable to settle.	Death will swallow me up, and I have no way to face it.	Through his death, Jesus broke the power of the devil and freed those enslaved by the fear of death. (Hebrews 2:14-15)	Jesus has entered death and overcome it. I can bring him my fear, talk honestly with someone I trust and face today with the hope of life with him.
CONFLICT: A disagreement grew cold, and I decided the other person should make the first move.	My pride matters more than repairing the relationship.	Jesus shed his blood to make peace, reconciling us to God through the cross. (Colossians 1:20-22)	Jesus took the initiative to make peace with me. I can own my part, speak gently and take a wise first step towards reconciliation.
WEARINESS: I tried to keep helping others, but began to wonder whether any of it mattered.	If I cannot see results, my efforts are pointless.	Christ died for our sins and was raised. Because he has conquered death, our labour in the Lord is not in vain. (1 Corinthians 15:3-4, 54-58)	The risen Jesus gives lasting meaning to faithfulness. I can rest, accept help and keep taking the small steps of love available to me.

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