

Jesus Christ Suffered to Save Us

Read through the following questions and focus on those your group would most like to discuss.

1. What thoughts and feelings do you have for the Savior as you contemplate His suffering on your behalf? What does His willingness to suffer teach us about Him? (Consider reading 1 Nephi 19:9.)
 2. Why did Heavenly Father withdraw His Spirit as the Savior suffered on the cross? (Consider reviewing Mark 15:34 and the statement by Elder Jeffrey R. Holland in section 2 of the preparation material.) How can it help us to remember the Lord's experience on the cross when we feel alone, forgotten, or forsaken?
 3. How can a testimony of the Lord's Atonement help us when we doubt our individual worth? (You could review Doctrine and Covenants 18:10–11.) How can focusing on Jesus Christ and His Atonement influence how we view our potential and future?
 4. What message do we send to ourselves and the Savior when we choose to repent? Why might the Lord feel joy when we repent? (see Doctrine and Covenants 18:13).
 5. If someone feels unsure about the reality of the Lord's Atonement, what could she or he do to gain a testimony of it?
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