



Navigators Discipleship Tool



Walking with Jesus Toward Hope: An Easter Meditation

“Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” Hebrews 4:14-16 (NIV).

Jesus is our Great High Priest. His journey of suffering, death, and resurrection gives us hope. Because of what He experienced, we can receive the gift of salvation—and abundant life. We can also be assured that Jesus understands our suffering and find comfort in the God who loves us.

Read through the Scriptures below to follow Jesus’ journey to the cross and recognize how He also understands what you’re going through and what you need today.

Jesus had friends who were not there for Him when He needed them most.

“Then he returned to his disciples and found them sleeping. ‘Couldn’t you men keep watch with me for one hour?’ he asked Peter” Matthew 26:40 (NIV).

Prayer: Talk with Jesus about what it was like to find His friends sleeping when He had asked them to keep watch. Spend time in Matthew 28:20, where Jesus tells His followers He is with them always. As you think of a time when this has been true in your life, ask Him to show you the next step toward healing and hope.

Jesus was betrayed by someone He was close to.

“Now the betrayer had arranged a signal with them: ‘The one I kiss is the man; arrest him and lead him away under guard.’ Going at once to Jesus, Judas said, ‘Rabbi!’ and kissed him. The men seized Jesus and arrested him” Mark 14:45-46 (NIV).

Prayer: Talk with Jesus about what it’s like to be betrayed by someone you’re close to. Spend time in 2 Corinthians 1:3-7, where it talks about how God comforts us so we can comfort others. As you think of a time when this has been true in your life, ask Him to show you the next step toward healing and hope.



Jesus was mocked and wrongly accused.

“Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left” Luke 23:32-33 (NIV).

Prayer: Talk with Jesus about what it’s like to be mocked and wrongly accused. Spend time in Luke 23:34, where Jesus immediately responds to His mockers and accusers. As you think of a time when this has been true in your life, ask Him to show you the next step toward healing and hope.

Jesus cried out to God when it seemed like God was absent.

“About three in the afternoon Jesus cried out in a loud voice, ‘*Eli, Eli, lema sabachthani?*’ (which means ‘My God, my God, why have you forsaken me?’)” Matthew 27:46 (NIV).

Prayer: Talk with Jesus about what it’s like to experience God’s absence. Spend time in Deuteronomy 31:6, where God calls His people to courage because He will never leave them. As you think of a time when this has been true in your life, ask Him to show you the next step toward healing and hope.