

His Pain, Your Gain

The Benefits of the Resurrection—for You

Bless the LORD, O my soul, and forget not all his benefits. - **Psalm 103:2 ESV**

1. He was overwhelmed so you wouldn't be. Give your worry to Him!

"My soul is overwhelmed with sorrow to the point of death..." **Mark 14:34 NIV**

"Father, if you are willing, take this cup from me; yet not my will, but yours be done."
Luke 22:42 NIV

"Surely he took up our pain and bore our suffering..." **Isaiah 53:4 NIV**

2. He chose you over escape, so He becomes your escape!

"No one takes it from me, but I lay it down of my own accord." **John 10:18 NIV**

"For the joy set before him he endured the cross..." **Hebrews 12:2 NIV**

"He alone is my refuge, my place of safety; he is my God...I am trusting him..." **Psalm 91:2-3a TLB**

3. He took your place, so you can take His position...as sons and daughters of God!

He was pierced for our transgressions...the punishment that brought us peace was on him.

Isaiah 53:5 NIV

"Yet to all who did receive him... he gave the right to become children of God." **John 1:12 NIV**

4. He Spoke forgiveness over you, and He speaks it now.

Father, forgive them, for they do not know what they are doing. **Luke 23:34 NIV**

[Jesus] said, "It is finished." Then he bowed his head and died. **John 19:30 NCV**

If we confess our sins, he is faithful and just and will forgive us... **1 John 1:9 NIV**

5. He got up, so you can get up too!

“Why do you look for the living among the dead? He is not here; he has risen!” **Luke 24:5–6 NIV**

[Jesus] said to the paralyzed man, “...get up, take your mat and go home.” **Luke 5:24 NIV**

It stands to reason, doesn't it, that if the alive-and-present God who raised Jesus from the dead moves into your life, he'll do the same thing in you. **Romans 8:11 MSG**

Message Notes: [The Holy Bible](#), New International Version, English Standard Version, New Century Version. [The Living Bible](#), paraphrased edition. [The Message](#), and [Living The Resurrection](#), by Eugene Peterson.