



## CHRONIC JOY® DEVOTIONAL

### YOU ARE FULLY KNOWN JESUS UNDERSTANDS

By Elyse Simon

*And about the ninth hour, Jesus cried out with a loud voice, saying, "Eli, Eli, lema sabachthani?" that is, "My God, my God, why have you forsaken me?" (Matthew 27:46)*

Did you know Jesus understands exactly what you are going through? He does. While living on Earth, He was fully God, but He was also fully human. Jesus experienced excruciating pain ("Excruciating" literally means "as painful as a crucifixion."). He walked through temptation. He even felt full separation from God when He took on our sins.

Here are a few other examples:

- Have you ever been hungry with your next meal a long way away? Jesus fasted for 40 days.
- Have you ever been separated from a parent and not known where they were? Jesus's parents lost him in another city.
- The list goes on...

It can be easy for me to feel like no one can understand exactly what I am going through because I don't know anyone who has lived with my condition. I wouldn't wish the amount of pain I have felt in a month on my worst enemy. However, I am not alone; I am wholly and completely understood by the Lord. He doesn't just understand because He is God. He understands because He has walked through it Himself.

### JESUS UNDERSTANDS

I am humbled when I think of that. Jesus died for my sins. He bore my pain on that cross – not just my pain, but the pain of everyone who has ever been (or will be) called by His name.

He loved me enough to leave Heaven and take on that pain. It almost brings me to tears just thinking about it.

He understands and loves you just as much. Your isolation? He sees you. Your unending pain? Jesus knows exactly what that feels like. He loves you. He wants you to be joyful and filled with hope. My prayer for you is that you will feel his warm embrace.

### PRAYER

Lord, this isn't what I expected my life to be like. I feel so isolated — like no one could ever understand what I am going through. I pray to feel Your presence as I walk through my day. Even when I feel that no one around me sees me as I really am, I pray for Your peace. Help me to feel Your love. In Your name, amen.

### QUESTIONS FOR REFLECTION

- In what ways do you feel that no one understands you?
- This month, I encourage you to make a list of the top three ways you feel that no one can understand you. After completing your list, look through the Gospels for similar situations that Christ walked through while on earth.
- What did you find? Do you feel more understood?
- Invite Jesus to join you as you write your insights and thoughts as a prayer.