

## THE WORD OF DISTRESS

**John 19:28-29**

JESUS \_\_\_\_\_ THE SCRIPTURES  
\_\_\_\_\_ ABOUT HIM.

**Psalm 22:15**

**Psalm 69:3,21**

*“When you pricked Jesus Christ, when you stabbed Jesus Christ, He literally bled Scripture. He knew the Scripture so well, He thought about the Scripture so pervasively, it so saturated and permeated His whole being and His imagination and His feelings and His will and His knowledge that it shaped Him instinctively. The Scripture shaped every part of Him.....His nobility, His courage, His peace, His faith all happened because He was saturated with Scripture.”*

*Tim Keller*

**332 PROPHECIES GIVEN HUNDREDS,  
SOMETIMES THOUSANDS OF YEARS  
BEFORE JESUS.**

**THE CHANCES THAT ONE PERSON COULD  
FULFILL ALL OF THESE ACCIDENTALLY IN  
A LIFETIME ARE 1 IN 84 FOLLOWED BY 97  
ZEROS.**

- 20 of these were fulfilled in the last 24 hours of Jesus' life on earth.
- Zechariah 11:12 - He will be sold for 30 pieces of silver.
- Psalm 41:9 - He will be betrayed by a friend.
- Psalm 31:11 - He will be deserted and denied by His disciples.
- Psalm 22:18 - Soldiers will gamble for His clothes.
- Psalm 35:1 - He will be accused by false witnesses.
- Isaiah 53:4-5 - He will be humiliated, wounded and bruised.
- Isaiah 53:7 - He will stand silent before His accusers.
- Psalm 22:16 - His hands and feet will be pierced.

*Mark Adams*

*"Why did Jesus proclaim His thirst from the cross? To lay just one more plank on a sturdy bridge over which a doubter could walk...Since He did not want our heads to keep His love from our hearts, Jesus used His final moments to offer further proof that He was the Messiah." Max Lucado*

JESUS IS THE \_\_\_\_\_.

**Exodus 12:21-28**

**John 1:29**

THE \_\_\_\_\_ OF LIFE NOW DIES OF \_\_\_\_\_.

**John 4:10, 13-14**

THE FACT THAT YOU \_\_\_\_\_ DOES NOT MAKE YOU A FAILURE ANYMORE THAN \_\_\_\_\_ WAS A FAILURE!

**Hebrews 12:1-3**

**James 1:2-4**

THIS WORD FROM THE CROSS TELLS US THAT JESUS \_\_\_\_\_ WHAT YOU ARE \_\_\_\_\_.

## **JESUS= "THE THEANTHROPIC PERSON"**

*"I could never myself believe in God if it were not for the cross. In the real world of pain, how could one worship a God who was immune to it? I turn to that lonely, twisted, tortured figure on the cross, nails through hands and feet, back lacerated, limbs wrenched, brow bleeding from thorn-pricks, mouth dry and intolerably thirsty, plunged in God-forsaken darkness." John Stott*

**Hebrews 4:14-16**

**Fill in the blanks:** fulfilled, prophesied, passover lamb, water, thirst, suffer, Jesus, understands, going through



## MONDAY - JESUS' THIRST

Read John 19:28-29. Jesus is nearing six hours on the cross and the end of His human life. Physiologically, what would have been going on in His body, mind and emotions? Why do you think He asks for a drink now?

Read Hebrews 4:14-16. How can knowing Jesus suffered so greatly on the cross give you confidence in approaching Him and depending on Him today?

## TUESDAY - MY THIRST

Read John 4:14 & 7:37-38. How has Jesus satisfied your thirsts and longings in life? In what ways are you most tempted to try to satisfy your thirsts and longings outside of Jesus?

What specific “thirst” or “longing” do you need to trust Jesus to satisfy this week?

## WEDNESDAY - SCRIPTURE FULFILLED

Read John 19:28-29 & Psalm 22:14-15. In light of this Psalm written hundreds of years before Jesus, what is the significance of Jesus asking for something to drink?

Psalm 69:21. Why was the detail of vinegar important for John to include?

## THURSDAY - THE HISSOP

Read John 19:29. John makes it a point to specify the hyssop plant. Read Exodus 12:22 and Leviticus 14:4, 6. What is the significance of the branch of hyssop being used to satisfy Jesus' thirst?

How does it bolster your faith to see all the details of this fulfilled prophecy?

## FRIDAY - THE SPONGE

Drinking from a cup while hanging on a cross was not possible. Most likely, one of the Roman soldiers who was assigned to crucify Jesus gave Him the wine vinegar from his own supply and used his own sponge to get it to Him. A soldier would have had no obligation to do this.

Read 1 Peter 2:22-24, How could these verses be used to describe what the soldiers observed as Jesus hung on the cross? How would Jesus have been different than anyone else they crucified?

## SATURDAY - ENDURANCE

Jesus said, "I thirst" to strengthen Himself and ease His throat so that He might cry out His final words from the cross "with a loud voice". He endured it all in order to carry out His mission to save us.

Read Hebrews 12:1-3, No one is physically trying to crucify us today, but what are the biggest struggles you face in following Jesus right now? How can what Jesus did on the cross help you to endure and not grow weary or lose heart?

### APPLY

Where have you become "thirsty" in your life? Where have you turned to something other than God to satisfy your thirst? Consider what Jesus did for you on the cross and what He offers you to truly satisfy all those longings.

### CHALLENGE

Every time you get thirsty this week, let it remind you to depend on Jesus to satisfy your thirst. Every time you quench your thirst with a drink, take a moment to thank Jesus, for enduring the cross in order to fulfill your deepest need and quench your deepest thirst.