

## **Pain**

n/a

### **Ready:**

"And I no longer live, but Christ lives in me. The life I now live in the flesh, I live by faith in the Son of God, who loved me and gave Himself for me." — Galatians 2:20

### **Set**

The Gospels indicate that Jesus was flogged, mocked, and spit upon. His wrists were nailed to the cross, crushing and severing nerves and producing excruciating bolts of pain in both arms. Jesus' feet were probably fastened with one iron spike driven through both feet. This type of crucifixion greatly interfered with normal breathing, especially exhaling. Adequate exhalation required lifting the body by pushing up on the feet and flexing the elbows. This put all the weight of the body on the foot wounds which caused even more pain. Each breath became more agonizing until; finally, he cried out in a loud voice, "It is finished!"

Jesus' crucifixion is an intense demonstration of pain, love, and sacrifice. Yet, today it has tragically become for some people nothing more than a diluted symbol of cheap jewelry or an expensive display of architecture. For Peter or John, or anyone else from the early church, there was nothing ornate about the cross. It was the greatest lesson of Jesus, and He died teaching it.

### **Go**

1. Have you ever felt the pain of a close loss, or more significantly the loss of a loved one?
2. How do you "medicate" your pain?

### **Workout**

Extra Reading: Romans 6:6; 1 Corinthians 2:2; 15:57

### **Overtime**

Extra Reading: Romans 6:6; 1 Corinthians 2:2; 15:57



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