

# Walk with Christ

## HIS LAST WORDS FROM THE CROSS

Walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

—Ephesians 5:2

### DAY OF REFLECTION STUDY GUIDE

**Good Friday,  
April 15, 2022**

7am-7pm

White Bear Campus

# Walk with Christ

Walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

—EPHESIANS 5:2

This Reflection is designed so it can be utilized in multiple settings.

## IN-PERSON DAY OF REFLECTION\*

The ideal experience is in-person at Calvary Church's White Bear Campus on Good Friday, April 15. The individual readings are enhanced with visuals to bring each scene to life. *\*In-Person Day of Reflection recommended for ages 8 and up.*

## ONLINE DAY OF REFLECTION, OR AT HOME THROUGHOUT HOLY WEEK

Experience it at home in one sitting, individually, or as a family. Or read one reflection each day of Holy Week, starting on Sunday, Monday or Tuesday.

**HERE ARE SUGGESTIONS FOR ITEMS THAT WILL HELP BRING EACH REFLECTION TO LIFE AT HOME:**

## REFLECTION ONE

**You will need:** A mirror. At the end of the reflection—take a look into it.

## REFLECTION TWO

**You will need:** Piece of paper, red marker/crayon/pen and scotch tape. A cross if you have one. At the end of the reflection write in red on the paper “My Sin.” Tape it to the cross.

## REFLECTION THREE

**You will need:** Sticky note or paper and scotch tape. At the end of the reflection—write one way you will serve someone this week.

## REFLECTION FOUR

**You will need: A cross.** Families—set it up so that the chairs face away from the cross. Then have everyone turn their chairs to face the cross before you begin.

At the end—listen to How Deep the Father's Love for Us—

<https://www.youtube.com/watch?v=1vmY2ztb5xc> and/or When I Survey the Wondrous Cross—

<https://www.youtube.com/watch?app=desktop&v=EzxRovCHTUs>

## REFLECTION FIVE

**You will need:** A small cup of water and a basin, elements for communion. Bread, crackers/grape juice, wine or even water. At the end, pour a little water into your basin.

## REFLECTION SIX

**You will need:** A picture of the world and pieces of paper with a pencil. Trace both of your hands symbolizing the hands of God. At the end—place the hands you traced on/by the world. Listen to He's Got the Whole World in His Hands. Rejoice! He really does!

<https://www.youtube.com/watch?v=loxSB4b4tGw>

# Walk with Christ

## INTRODUCTION

“I’m going to the bathroom to read.” Elvis Presley

“Pardonnez-moi, monsieur.” Marie Antoinette—when she stepped on her executioner’s foot on the way to the guillotine.

Surgeon Joseph Henry Green was checking his own pulse as he lay dying. His last word: “Stopped.”

When [Wilson] Mizner was on his deathbed, a priest said, “I’m sure you want to talk to me.” Mizner told the priest, “Why should I talk to you? I’ve just been talking to your boss.”

“Oh wow! Oh wow! Oh wow!” Steve Jobs <sup>1</sup>

“Die my dear? Why that’s the last thing I’ll do!” Groucho Marx

Most people do not plan what their final words will be. But as the Creator, it stands to reason that Jesus Christ would have carefully crafted his final words to be prophetic, profound, and comforting.

The Romans crucified criminals to discourage those considering similar behavior. It was very persuasive. When a person was nailed to a cross, to provide a little relief from the pain that engulfed their legs, chest, and arms, the victim would keep their body in continual motion. When Jesus spoke from the cross it resulted in additional torture to what his body was already experiencing. This adds even more significance to his final words.

Before getting started, pause for a moment. Jesus did not just speak these words to those at the foot of the cross. They were spoken and preserved so that all could hear. Ask God to use Christ’s words to speak directly to your heart as you walk through his journey to the cross during this Day of Reflection.

# Walk with Christ

Therefore, it was necessary for him [Jesus Christ] to be made in every respect like us, his brothers and sisters, so that he could be our merciful and faithful High Priest before God. Then he could offer a sacrifice that would take away the sins of the people.

—HEBREWS 2:17 (NLT)

## REFLECTION ONE Jesus Christ—The High Priest

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.

Jesus said, “Father, forgive them, for they do not know what they are doing.”

—LUKE 23:33-34

Consider all the people at the cross that had sinned against and hurt Jesus in some way. Not only did the soldiers, religious leaders, Pilate, and Herod cause Jesus’ pain—so did some of his closest friends. No sin is so great that it is beyond the forgiveness Jesus extends to each of us. Romans 5:8 says, “While we were still sinners, Christ died for us.”

In the Old Testament, on the Day of Atonement, the high priest would go into the Holy of Holies and offer the blood of the sacrifice to the Lord, so that the people would be forgiven.

Jesus, our High Priest, did not just offer a sacrifice—he became the sacrifice.

Such a high priest truly meets our need—one who is holy, blameless, pure, set apart from sinners, exalted above the heavens. Unlike the other high priests, he does not need to offer sacrifices day after day, first for his own sins, and then for the sins of the people. He sacrificed for their sins once for all when he offered himself.

—HEBREWS 7:26-27

## Further Reflection

The Greek word for forgive is “apheimi.” It means “to send forth.”<sup>2</sup> How far did Jesus ask the Father to send forth our sin? “He has removed our sins as far from us as the east is from the west” (PSALM 103:12 NLT).

Because Jesus lives forever, he has a permanent priesthood. Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them.

—HEBREWS 7:24-25

## Ask Yourself

Who do you need to forgive today?

The people at the cross didn’t ask to be forgiven. They didn’t admit their sin or even show any remorse. For a parent it is often harder to forgive someone who hurts their child than it is to forgive someone who hurts them. Jesus not only forgave those who hurt him but implored his Father to forgive them as well. And the Father did.

Jesus forgave the soldiers who tortured and mocked him. Has anyone ever physically, harmed you? Mocked you? Ask your Father to forgive them and help you forgive.

Jesus forgave those in religious leadership. Has anyone in religious authority ever hurt you? Ask your Father to forgive them and help you forgive.

Jesus forgave his disciples—his friends—that let him down. Have you had a friend that betrayed you? Ask your Father to forgive them and help you forgive.

People in public authority wrongly accused Jesus. Has a boss, teacher, parent, or unfair ruling by a judge hurt you? Ask your Father to forgive them and help you forgive.

Sometimes the hardest person to forgive is yourself. Jesus, the high priest, has interceded with the Father on your behalf. You are forgiven. Ask Jesus to help you forgive yourself.

**Forgiving others does not mean that you let unsafe people back into your life.** The church can direct you to resources if you need help.

## Prayer

Dear Jesus,

Your disciple Peter struggled with forgiveness when he asked you how many times he had to forgive someone. Up to seven times? You answered “seventy times seven.” Help me to forgive other people’s sin as you have forgiven mine. Today I forgive \_\_\_\_\_. And if they continue to sin against me—help me to continue to forgive. Amen (BASED ON MATTHEW 18:21-22, LUKE 11:4)

## Before You Go

Take in the PowerPoint of Jesus’ journey to the cross and notice the people that would need his forgiveness. There is at least one more—glance in the mirror on the way out and you will spot him/her.

# Walk with Christ

Jesus, remember me when you come into your kingdom.

—LUKE 23:42

## REFLECTION TWO Jesus Christ—the King

There was a written notice above him, which read: THIS IS THE KING OF THE JEWS.

The only thing Jesus was wearing when they put him on the cross was a crown the soldiers had made for him—out of thorns. The soldiers, religious leaders and the crowds gathered round to make fun of this ‘king.’ Even one of the criminals also on a cross insulted him.

One of the criminals who hung there hurled insults at him:  
“Aren’t you the Messiah? Save yourself and us!”

But the other criminal rebuked him.  
“Don’t you fear God,” he said, “since you are under the same sentence?  
We are punished justly, for we are getting what our deeds deserve.  
But this man has done nothing wrong.”

Then he said, “Jesus, remember me when you come into your kingdom.”

Jesus answered him, “Truly I tell you, today you will be with me in paradise.”

—LUKE 23:36-43

Both criminals asked to be saved. One wanted deliverance from the torture and pain of this life.

The other criminal ‘got it’ when no one else who should have, did. He realized that Jesus was THE King and as such, asked Jesus to save him in the next life. What a relief it must have been when Jesus answered, “Truly I tell you, today you will be with me in paradise” (LUKE 23:43).

## Further Reflection

When a criminal was put to death on a cross, the soldiers scrawled out the identity of his crime on a sign that was then hung around his neck.<sup>3</sup> The sign was written in all three modern languages to ensure that anyone they passed by would know exactly why the victim was being punished. Later it would be nailed above their head as a further warning to all who came by.

Pilate ordered Jesus’ sign to read, “THIS IS THE KING OF THE JEWS.” The religious leaders of the day pressured Pilate to change it to “this man claimed to be king of the Jews.” Pilate caved in to pressure from the crowd and sentenced Jesus to death. Now, he stood firm. “What I have written, I have written” (SEE JOHN 19:21-22). Pilate unwittingly declared the truth. Jesus really was the King!

He [Jesus Christ] is the faithful witness, the first to rise  
from the dead and the ruler of all the kings of the world.

—REVELATION 1:5 (NLT)



## Ask Yourself

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins” (COLOSSIANS 1:13-14).

While Jesus forgave both criminals—only one acknowledged him as king. Because he did he is now with Jesus in his kingdom. Have you accepted Jesus’—THE King’s payment, his redemption, his forgiveness for your sin through his death on the cross? If so, you will join him (and the criminal on the cross) one day in paradise.

If you have not, you can make that decision today or whenever you are ready.

If so, use the following prayer to solidify your decision and/or let it celebrate your gratitude.

## Prayer

Dear Jesus,

I believe in you and today I thank you that you have forgiven all of my sin—past, present, and future. I recognize that the wages of sin is death and I accept your free gift which is eternal life through your death on the cross for me which paid for my sin. Help me to walk in the way of love, just as you loved me and gave yourself up for me—as a fragrant offering and sacrifice to God. Amen.  
(BASED ON ROMANS 5:8, 6:23, EPHESIANS 5:2)

## Before You Go

“I have been crucified with Christ . . .” (GALATIANS 2:20)

While the two criminals are the only ones that can say they were physically crucified with Christ—a part of you was also. Your sin—past, present, and future—was there.

What if you had to wear a sign with your sin on it for all the world to see? What would it say?

“He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed” (1 PETER 2:24 NLT).

Think of a sin you are guilty of. This is your crime. By the cross, you will find a paper attached to a lanyard. Write your specific sin in red on the attached paper—or simply write “my sin” then hang it on Jesus’ cross. Jesus bore it for you so you can be with him in his kingdom someday.

# Walk with Christ

The Son of Man did not come to be served,  
but to serve, and to give his life as a ransom for many.

—MATTHEW 20:28

## REFLECTION THREE Jesus Christ—The Son of Man

“Near the cross of Jesus stood his mother—when Jesus saw his mother there...  
He said to her, ‘Woman, here is your son...’ ” (JOHN 19:25-26).

Mary, the mother of Jesus, stood near the cross where her son hung in excruciating agony.

The night before, she celebrated the Passover meal with others in Jerusalem and fell peacefully asleep, thinking her son had done the same. With the dawn, that peace quickly transitioned to panic as Mary was greeted with the startling news that Jesus had been arrested.

Mind-numbing fear turned to overwhelming despair as he was found guilty, beaten beyond recognition, and sentenced to death. Death on a cross!

How could Pilate condemn her perfect son to such a horrifying, painful criminal’s death? He had never done anything wrong in his life. She should know—she was his mother!

Thirty-three years earlier an angel appeared to her and announced that she was highly favored. She, Mary, would give birth to the Son of God! He prophesied that her son’s kingdom would never end. Jesus was that son. Conceived by the Holy Spirit. Christ the Lord! (SEE LUKE 1:28-33).

Yet another prophecy was issued when Jesus was only eight days old. Simeon, a prophet at the temple, warned her that “a sword will pierce your very soul” (LUKE 2:35 NLT). Never could she have imagined how frightfully correct his words would be. As she stood at the foot of the cross, Mary saw her precious little boy, now grown, writhing, and moaning in agony, tortured beyond imagination. She was powerless to help him. There was nothing she could do. Except stay.

Mary didn’t have to go to the cross that day. It would have been proper and acceptable for her to remain in Jerusalem or watch from a distance. No matter how bad things got—Mary did not turn away.

But did she fall apart? Did she collapse into a heap? No. The Bible says Mary “stood” near the cross. Jesus’ mother stood strong and courageous while a sword pierced her heart and broke it into a million little pieces.

It is one thing to know the end is coming. It is another to know it has arrived. Jesus turned water into wine upon her request. He raised Lazarus from the dead. Why did he not save himself now? Or would he? There was still time.

As Mary heard Jesus say to John, “Here is your mother,” hope was extinguished. The unimaginable was going to happen. Jesus was going to die. “From that time on, this disciple took her into his home” (JOHN 19:26-27).



## Further Reflection

Interestingly, when someone is hurt and especially when it comes time to die, many people—whether it be a child, all-star athlete, accomplished businessperson, or an inmate on death-row—call out for their mother.

Jesus looked down and saw his mother’s face as she hovered near the cross. He heard her cries. He felt her deep angst—helpless to do anything except be there for him, as she was while he was growing up. Even in excruciating agony, Jesus, the Son of Man, did not think of himself. In his last moments on earth, instead of crying out for his mother, his focus was on her needs.

## Ask Yourself

Jesus never stopped serving.

Think of the last time Jesus used someone to serve you. It could have been a co-worker, teacher, spouse, child, waitress, sibling, check-out clerk, or countless others.

Spend a moment thanking Jesus for that person.

## Prayer

Dear Jesus,

You put others’ needs ahead of your own, even when in pain. Help me to live by your example. Show me who you would like me to serve today. And help me to be obedient and do it humbly and in love. Amen. (PRAYER BASED ON GALATIANS 5:13).

## Before You Go

Paul encourages us in Galatians 5:13 to “serve one another humbly in love.”

On the sticky note provided, write down one way you will serve someone. Place it where you will see it when you get home. Throw it away after the assignment is completed.

Some suggestions:

Do the dishes. “Pay it forward” in the drive through. Buy food for/donate to the food shelf. If you are living at home and have a sibling—do their chores. Ask how you can help your teacher. Mow a neighbor’s grass. Send an encouraging email, text, or card to someone who is hurting. Babysit for free. Volunteer at church. Be open to what God lays on your heart.

**IMPORTANT: When you get to the next room—turn the chair to face the cross.**

**Today you will not be one who turns their back on Jesus.**

# Walk with Christ

He was despised and rejected—a man of sorrows, acquainted with deepest grief.  
We turned our backs on him and looked the other way.  
He was despised, and we did not care.  
—ISAIAH 53:3 (NLT)

## REFLECTION FOUR Jesus Christ—Man of Sorrows

On the evening before Jesus was crucified:

They went to a place called Gethsemane, and Jesus said to his disciples, “Sit here while I pray.” He took Peter, James, and John along with him, and he began to be deeply distressed and troubled. “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.”

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. “Abba Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

—MARK 14:32-36

An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

—LUKE 22:43-44

Jesus was deeply distressed. Troubled. His soul was overwhelmed with sorrow to the point of death. He was in such anguish “his sweat was like drops of blood.” Was it because he was afraid?

Of all the words to describe what Jesus was feeling, fear is not one of them. Jesus assured his disciples earlier, saying, “I tell you, my friends, do not be afraid of those who kill the body and after that can do no more” (LUKE 12:4). Jesus was not afraid. He was sorrowful. Sorrowful to the point of death. Why?

First John 4:8 says, “God is love.” It has been said that to be separated from the love of God is hell. The physical pain Jesus endured was nothing compared to the knowledge that bearing our sins would result in God forsaking him. Would he experience hell so that we could have heaven?

At noon, darkness came over the whole land until three in the afternoon (MARK 15:33).

Three long hours of darkness and silence. Suddenly, the silence is broken.

And at three in the afternoon Jesus cried out in a loud voice, ‘Eloi, Eloi, lema sabachthani?’ (which means ‘My God, my God, why have you forsaken me?’) (MARK 15:34).

## Further Reflection

The term “forsaken” means to be abandoned or deserted. Why was Jesus forsaken?

Jesus asked this question not because he didn’t know the answer, but because he desired his audience to think about its significance. The Jewish people at the time would have recognized immediately that Jesus quoted the first verse of Psalm 22—a Messianic Psalm.

Much of the significance of quoting just one line from Psalm 22 is lost to us today. To those who heard Jesus' cry, the point was clear. Having memorized the psalm in their youth, their hearts and minds would have been flooded with the themes from the rest of it: "anguish... no rest... scorned... despised... mocked... insults... mother's breast... mouth parched... 'he trusts in the Lord, let the Lord rescue him'... pierced hands and feet... cast lots for clothes... sword." The psalmist ends with

They will proclaim his righteousness, declaring to a people yet unborn:  
He has done it! (PSALM 22:1-31).

Separation from the Father was an anguish Jesus deeply dreaded but ultimately bore. We will never experience what caused Jesus such great sorrow: being forsaken. Separated from God. Hell. All because Jesus did. He was forsaken for us.

God made him who had no sin to be sin for us, so that in him we might become the  
righteousness of God (2 CORINTHIANS 5:21).

## Ask Yourself

The enemy wants you to think that God isn't there or that he doesn't really care.

Was there a time in your life when you felt forsaken by God?

Is someone in your life right now who feels forsaken?

Tell Jesus about it. Ask him to give you/them his peace whenever you/they are tempted to think God is not there or God doesn't care. Because Jesus is with us, we never need to be afraid.

Peace I leave with you; my peace I give you.  
I do not give to you as the world gives.  
Do not let your hearts be troubled and do not be afraid.  
—JOHN 14:27

## Prayer

Dear Jesus,

I declare your righteousness! You have done it! Because of your righteous death, I don't need to fear the only thing that matters: separation from God. Neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth nor anything else in all creation, will be able to separate me from the love of God that is in you—Christ Jesus my Lord. Amen. (BASED ON PSALM 22:31 AND ROMANS 8:38-39)

## Before You Go

Close your eyes and listen to the words of the song that is playing.

How Deep the Father's Love for Us and When I Survey the Wondrous Cross. The words can be found on page 18.

**BEFORE YOU LEAVE: Turn your chair to face away from the cross for the next person.**

**In the next room, be sure to pick up a small bottle of water.**

# Walk with Christ

Whoever believes in me [Jesus], as the Scripture has said,  
rivers of living water will flow from within them.

—JOHN 7:38

## REFLECTION FIVE Jesus Christ—The Source of Living Water

Jesus knew that his mission was now finished, and to fulfill Scripture he said,

“I am thirsty.” A jar of sour wine was sitting there, so they soaked a sponge in it,  
put it on a hyssop branch, and held it up to his lips.

—JOHN 19:28-29 (NLT)

Dehydration was a natural consequence of crucifixion. Jesus was thirsty. Thirsty as a man. His body ached for the water he created in the beginning. But he was also thirsty in another sense. Jesus was consumed with a thirst that longed to be reunited with God, his Father.

You, God, are my God, earnestly I seek you;  
I thirst for you, my whole being longs for you,  
in a dry and parched land where there is no water.

—PSALM 63:1

Soon the wait would be over.

When he had received the drink, Jesus said, “It is finished” (JOHN 19:30).

Earlier, Jesus attended the Festival of the Tabernacles:

On the last and greatest day of the festival, Jesus stood and said in a loud voice, “Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.

—JOHN 7:37-39

Jesus Christ, our source for living water, would never be thirsty again.

## Further Reflection

Did the believers in the New Testament ever receive this living water?

Luke wrote about what happened forty days after Jesus’ death and resurrection:

Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

—ACTS 2:2-4

Not only did the new believers receive the Holy Spirit—we do, too.

The Father, as he had promised, gave him [Jesus Christ] the Holy Spirit to pour out upon us.

—ACTS 2:33 NLT

## Ask Yourself

Are you longing for a fresh outpouring of his living water—his Holy Spirit—into your life? Take a sip of the cool, refreshing, and necessary water as you ask Jesus for more of his. Feel God’s love and his Spirit pour into you, refreshing your soul.

## Prayer

Living water was poured out on us because Jesus’ blood was poured out for us.

I am poured out like water, and all my bones are out of joint.  
My heart has turned to wax; it has melted within me.  
My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth;  
you lay me in the dust of death.

—PSALM 22:14-15

In remembrance of what Jesus Christ did for you on the cross, partake in communion.

And he [Jesus] took bread, gave thanks and broke it, and gave it to them, saying,  
“This is my body given for you; do this in remembrance of me.”

In the same way, after the supper he took the cup, saying,  
“This cup is the new covenant in my blood, which is poured out for you.”

—LUKE 22:19-20

Dear Heavenly Father,

Thank you for the gift of your love that is being poured into my heart through your Holy Spirit, which you have given to me. As I take this bread, I am so thankful that you sacrificed your body for me. And as I drink this cup, I am so grateful for your blood that was poured out for me. Amen. (BASED ON ROMANS 5:5 AND LUKE 22:20).

## Before You Go

**Pour some of the water into the fountain and imagine God’s love being poured into you.**

# Walk with Christ

“Father, into your hands I commit my spirit.”

—LUKE 23:46

## REFLECTION SIX Jesus Christ—The Son of God

There is only one element about the crucifixion that is humane, if you even want to call it humane. Soldiers would offer the criminal wine with gall to dull the pain, making it easier for them to drive nails into the hands and feet of the condemned person. Instinct would cause the criminal to desperately fight against it. Jesus was offered the gall-infused wine, but when he realized what it was, he refused to drink it. Nothing dulled the pain of what he endured for us.

He was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

—ISAIAH 53:5

He [Jesus Christ] is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

—I JOHN 2:2

At last, “It is finished!” (JOHN 19:30). Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last (LUKE 23:46).

The Greek term Luke uses for “commit” is the word *paratikhmi*. The term was “commonly used for making a deposit. Thus, the term conveys a sense of trust... “I entrust My spirit.”<sup>4</sup> Jesus Christ is declaring that God is his Father and his Father’s hands are completely trustworthy.

## Further Reflection

Jesus completely trusted the hands of his Father. And his Father entrusted everything into the hands of his son, Jesus. “The Father loves the Son and has placed **everything** in his hands” (JOHN 3:35, EMPHASIS ADDED).

**Consider God’s hands.** (See page 17 for a chart with full verses.)

God’s Authority—JOHN 3:55

God’s Eternal Promise—JOHN 10:28-30

Victory—PSALM 20:6

Healing—LUKE 4:40

Strength and Power—I CHRONICLES 29:12

Guidance/Being Held—PSALM 139:1H

Blessing—PSALM 139:5

Discipline—PSALM 32:4

Courage—EZRA 7:28

Eternal Pleasure—PSALM 18:35

Refuge—PSALM 17:7

Unity—2 CHRONICLES 30:12

Help—ISAIAH 41:10

Everything—I CHRONICLES 29:14

Covered—ISAIAH 51:16

Work of His Hands—ISAIAH 64:8

Secure—ISAIAH 43:13

Life—JOB 12:10

Safe—ISAIAH 49:16

Love—DEUTERONOMY 33:3



## Ask Yourself

What do you need from the hand of God today?

Pause a moment to feel his hand upon you.

Is it on your head? Your heart? Your shoulder? Your back? Your hand?

Ask for God's hand to bless whatever area of your life needs his touch today.

## Prayer

My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they will never perish. No one can snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father's hand. I and the Father are one.

—JOHN 10:27-30 NLT

Dear Jesus,

Among all the presents that I receive from your hand, the greatest gift is eternal life. Thank you for the assurance that because of what you did on the cross I am safely held in the Father's powerful hand. No one can ever snatch me out. Amen.

## Before You Go

“For I hold you by your right hand. I, the LORD your God” (ISAIAH 41:13 NLT).

By the display, you'll find cutouts of hands. Take one and write your name on it.

Place “your hand” in God's care. NOTHING will ever snatch you out of it!

To Christ's disciples, the world looked very bleak as they watched Jesus Christ—the one they thought was going to be their Messiah—die. They had no idea that this is what the Messiah came to do. As you exit, let the music remind you that no matter what is going on in your life—your Father has got the whole world in his hands. Sunday is coming! Christ is risen indeed!

## He's Got the Whole World in His Hands

*Written by an anonymous source from the oral tradition of African Americans  
Recording by The O'Neill Brothers (YouTube 2017)*

He's got the whole world—in his hands

He's got the whole wide world—in his hands

He's got the whole world—in his hands

He's got the whole world in his hands!

He's got you and me sister—in his hands

He's got you and me brother—in his hands

He's got the little bitty baby—in his hands

He's got the WHOLE WORLD in HIS HANDS!

## FROM THE AUTHOR

I might have missed it if not for doing research on fear. I decided to find out when, if ever, Jesus experienced fear, taking for granted that he was fearful in Gethsemane. Imagine my surprise when I found out the word “fear” was nowhere to be found. But sorrow was. Immense sorrow so agonizing “his sweat fell to the ground like great drops of blood” (LUKE 22:44).

Still clinging to the surety that Jesus must have experienced some fear before being handed over to the authorities, I looked up what sorrow meant. The word “sorrow” means deep distress, sadness, or regret especially for the loss of someone or something loved.<sup>6</sup> The source of Jesus’ sorrow was not the physical pain he would endure. The thought of separation from his Father was so intense that angels were sent to minister to him.

When Jesus “cried out with a loud voice” on the cross that God had forsaken him, the term “cried out” in the Greek meant to “scream up.” “In the Scriptures this combination of words is occasionally used for a guttural scream perhaps more like a deep roar or a passionate groan.”<sup>5</sup> “He was despised and rejected—a man of sorrows, acquainted with deepest grief” (ISAIAH 53:3).

The truth is—Jesus never had to be separated from his Father. He could have quit right then. Why didn’t he? Because if he hadn’t gone through with it, he would have been separated from us. Love and sorrow met that day—and love won. “For the joy set before him, he [Christ] endured the cross” (HEBREWS 12:2).

Man of Sorrows. After recognizing how aptly this title of Christ fit in this scenario, I took a closer look at the other recordings from the cross that spoke to his divinity. And that is how this year’s reflection was born. Jesus Christ was THE High Priest, THE King, Son of Man, Man of Sorrows, Source of living water, the Son of God, and many more I haven’t fully uncovered yet. Jesus truly walked in the way of love—for us—by giving himself up as a fragrant offering and sacrifice to God. Because he did—I will never be in hell—separated from God. I owe him everything.

The Day of Reflection is a ministry of the Power Hour that meets on Wednesday nights to pray. We would like to recognize the team effort it takes to make it come to fruition. Thanks to Diane Lysiak for previewing and helping to edit again this year. Thanks to Marie T. Palecek who not only edited but made the text so much richer by her suggestions—I almost always implemented them! Nancy Boucher—her creative insight for staging the reflections to bring them to life are always amazing. Thank you to Bruce McClay and his facilities team and to all the volunteers whose contributions make the day more meaningful. Thanks to my husband Neal Dutton for his support and patience with me. And to Pastor Shawn Winters and all of the pastors at Calvary for their support. Thank you also to Cheryl Brunkow for her expertise in designing and putting the booklet together—she is awesome! And to Nita Hodney and the office staff for getting it all out there. Together, we are the body of Christ in action!

I tried to be as accurate as possible in compiling the reflection and I take full credit for any errors it may contain.

May you feel the hand of God’s blessing upon you this day,

## GOD'S POWERFUL HANDS

<b>God's Eternal Promise</b> I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. I and the Father are one. —JOHN 10:28-30 (NIV)		
<p style="text-align: center;"><b>Everything!</b></p> <p>But who am I, and who are my people, that we should be able to give as generously as this? Everything comes from you, and we have given you only what comes from your hand. —1 CHRONICLES 29:14 (NIV)</p>	<p style="text-align: center;"><b>Help</b></p> <p>So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. —ISAIAH 41:10 (NIV)</p>	<p style="text-align: center;"><b>Covered</b></p> <p>I have put my words in your mouth and covered you with the shadow of my hand—I who set the heavens in place, who laid the foundations of the earth, and who say to Zion, "You are my people." —ISAIAH 51:16 (NIV)</p>
<p style="text-align: center;"><b>Unity</b></p> <p>Also in Judah the hand of God was on the people to give them unity of mind to carry out what the king and his officials had ordered, following the word of the Lord. — 2 CHRONICLES 30:12 (NIV)</p>	<p style="text-align: center;"><b>Strength and Power</b></p> <p>Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. —I CHRONICLES 29:12 (NIV)</p>	<p style="text-align: center;"><b>Victory</b></p> <p>Now this I know: The Lord gives victory to his anointed. He answers him from his heavenly sanctuary with the victorious power of his right hand. —PSALM 20:6 (NIV)</p>
<p style="text-align: center;"><b>Courage</b></p> <p>Because the hand of the Lord my God was on me, I took courage and gathered leaders from Israel to go up with me. —EZRA 7:28 (NIV)</p>	<p style="text-align: center;"><b>Eternal Pleasure</b></p> <p>You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. — PSALM 18:35 (NIV)</p>	<p style="text-align: center;"><b>Refuge</b></p> <p>Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes. —PSALM 17:7 (NIV)</p>
<p style="text-align: center;"><b>The Work of His Hands</b></p> <p>Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand. —ISAIAH 64:8 (NIV)</p>	<p style="text-align: center;"><b>Healing</b></p> <p>At sunset, the people brought to Jesus all who had various kinds of sickness, and laying his hands on each one, he healed them. —LUKE 4:40 (NIV)</p>	<p style="text-align: center;"><b>Discipline</b></p> <p>For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. —PSALM 32:4 (NIV)</p>
<p style="text-align: center;"><b>Safe</b></p> <p>See, I have engraved you on the palms of my hands; your walls are ever before me. —ISAIAH 49:16 (NIV)</p>	<p style="text-align: center;"><b>Life</b></p> <p>In his hand is the life of every creature and the breath of all mankind. —JOB 12:10 (NIV)</p>	<p style="text-align: center;"><b>Secure</b></p> <p>Yes, and from ancient days I am he. No one can deliver out of my hand. —ISAIAH 43:13 (NIV)</p>
<p style="text-align: center;"><b>Love</b></p> <p>Indeed, he loves his people; all his holy ones are in his hands. —DEUTERONOMY 33:3 (NLT)</p>	<p style="text-align: center;"><b>Blessing</b></p> <p>You go before me and follow me. You place your hand of blessing on my head. —PSALM 139:5 (NLT)</p>	<p style="text-align: center;"><b>Guidance/Hold Me</b></p> <p>Your hand will guide me, your right hand will hold me fast. —PSALM 139:10 (NIV)</p>

Beth L. Dutton

## REFLECTION FOUR SONG LYRICS

### Songs Sung by Selah

#### How Deep the Father's Love for Us

How deep the Father's love for us  
How vast beyond all measure  
That He should give His only Son  
To make a wretch His treasure

How great the pain of searing loss  
The Father turns His face away  
As wounds which mar the Chosen One  
Bring many sons to glory

Behold the man upon a cross  
My sin upon His shoulders  
Ashamed, I hear my mocking voice  
Call out among the scoffers

It was my sin that held Him there  
Until it was accomplished  
His dying breath has brought me life  
I know that it is finished

I will not boast in anything  
No gifts, no power, no wisdom  
But I will boast in Jesus Christ  
His death and resurrection

Why should I gain from His reward?  
I cannot give an answer  
But this I know with all my heart  
His wounds have paid my ransom

How Deep The Father's Love For Us  
lyrics © Capitol CMG Publishing

#### When I Survey the Wondrous Cross

On which the Prince of Glory died  
My richest gain I count but loss  
And pour contempt on all my pride

See from His head, His hands, His feet  
Sorrow and love flow mingled down  
Did e'er such love and sorrow meet  
Or thorns compose so rich a crown?

Were the whole realm of nature mine  
That were a present far too small  
Love so amazing, so divine  
Demands my soul, my life, my all

Songwriters: Isaac Watts / Norman J. Clayton

When I Survey the Wondrous Cross  
lyrics © Capitol CMG Publishing, Integrity Music,  
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## BIBLIOGRAPHY

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The scripture quoted in this reflection comes from the NIV translation unless otherwise noted. All Scripture was taken from [biblegateway.com](http://www.biblegateway.com)

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# Notes

Handwriting practice area consisting of 20 horizontal dotted lines.



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