**7 Message Series:**

**I Thirst**

**John 19:28-29**

**April 2nd, 2023**

**DAILY DEVOTION**

Find a rhythm in God’s word this week! Follow this 5 day plan on your own or with your group!

[**https://my.bible.com/reading-plans/22186**](https://my.bible.com/reading-plans/22186)

**INSPIRATION**

“Sometimes there's not a better way. Sometimes there's only the hard way.”

― Mary E. Pearson

“A man on a thousand mile walk has to forget his goal and say to himself every morning, 'Today I'm going to cover twenty-five miles and then rest up and sleep.”

– Leo Tolstoy, War and Peace

“Life is not a PG feel good movie. Real life often ends badly. Literature tries to document this reality, while showing us it is still possible for us to endure nobly.”

― Matthew Quick

**ICE BREAKER**

1. Most of us are creatures of habit, and when it comes to “getting something to drink” it’s frequently coffee, diet coke or a Monster energy drink. But if you are totally physical drained after work on a blistering summer day, what is the one thing that (for you) will quench that overwhelming thirst? Water, Iced Tea, Lemonade, KoolAid…

**DEEP DIVE**

**Read this out loud**

An excerpt from the message this week:

“We do know that without water – we will not make it. A person can survive about 3 days without water.

We have been looking at the 7 statements that Jesus said while he was being crucified. As we know, this was a brutal way to die. It was used to inflict pain and suffering. Before Jesus was even nailed to a cross his body was ripped apart by Roman Soldiers who used a whip that was filled with glass and metal to rip apart the flesh and bones of a person.

Pilate was hoping that if he just did this to Jesus that would be enough for the mob. Whipped within an inch of his life. Jesus was endured 2 of these brutal tactics.

Jewish law forbid a person to be whipped like this more than 40 times – most people died during this process..”

**Read I Peter 2:24 and John 19:28-29 and then answer the following questions:**

*I Peter 2:24 He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness, by his wounds you have been healed.*

*John 19:28-29 Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “I am thirsty. A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips.*

1. Jesus was fully human, and at the same time fully God. Most people find it easy to see Jesus as one, but struggle with the other. For you, which tends to be more difficult and why?
2. Today, when we say someone is “only human”, that usually implies to be human is to do sinful things. But the Bible affirms Jesus never sinned. Because of that most of us have trouble seeing Jesus as human.

What events do you recall from the life of Jesus that show he was sometimes hungry, thirsty, childish, angry, frustrated, totally exhausted or tempted? Explain your understanding of how he could be this way - and yet not sin?

**Read this out loud**

An excerpt from the message this week:

We learn from this little phrase (I thirst) that Jesus was human and God at the same time.

Just because he was God didn’t mean that he was immune to physical pain and trauma. He is physically hurting – he wanted just a little relief. Sometimes we forget that he was just like us.

After Jesus was baptized, he went into the desert – and Satan met him there – and remember what the first temptation was…?

**Read Matthew 4:1-4 and answer the following questions:**

*Matthew 4:1-4 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God’”.*

1. What things do you think God was trying to accomplish by taking Jesus into this wilderness temptation situation?
2. Explain Jesus' point in his response to Satan. Do you think Jesus says this statement primarily for Satan, or for himself and why?
3. Do you think Jesus “learned” things here from this experience (and throughout his life). Explain your answer. If “Yes”, how can God (who knows everything) learn things?

**Read this out loud**

An excerpt from the message this week:

Jesus never did anything shameful. We have. And all of that stuff shameful behavior was placed on Jesus. He was stripped naked before his own mother and his loved ones – and before a mocking crowd. Shamed in front of the religious leaders – they all called him names and treated him with disgust.

Wave upon wave of shame fell on him. He never lied – he never stole anything – he never lusted – he never stopped believing. Not only did he endure a tremendous amount of physical pain – his spiritual pain was intense.

How did he endure? Because I give up so easily. I mean well. But endurance is a struggle. It is so much easier to give up.

**Read Hebrews 12:1-3 and answer the following questions:**

*Hebrews 12:1-3 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

1. Endurance: Give us specific examples of long, hard, difficult things we commonly must endure, or choose to endure in life (i.e. sports development, physical challenges, academic or career or business steps, health, or relationships?)
2. What is an example of something you have had to endure that took you to your limits?
3. What are the various things that make those events so hard to persevere through?
4. What have you found has helped you endure?

**Additional Study**

If you have time during your Small Group or you want to study more about endurance and Jesus experience on the cross, read and consider the following passages:

* Psalm 22:1-18 (Prophecy by David 1000 years before of Jesus on the cross)
* Isaiah 53:1-12 (Prophecy by Isaiah 700 years before of the cross)

**NEXT STEPS**

1. Endurance – What is something you are having to endure through now. What is something you can do to work through that in a better way?

**PRAYER**

In your group pray and thank God for enduring the suffering and shame of the cross to make the payment for all our sins so we can be saved from them and life forever with Him.

**SERVE YOUR COMMUNITY**

Establish a regular rhythm of serving together! Below are some service opportunities.

* BENSON - Serve with us at ABIDE every other 2nd Saturday.
* MILLARD - Serve with us at Heartland Hope every other 4th Saturday.
* FREMONT - Serve with us at LifeHouse on Tuesday evenings (email your Campus Pastor).
* OMAHA - Serve with us at Open Door Mission every other 4th Saturday.
* Or get to know your community, are there any needs/volunteer opportunities?