LAST WORDS

STUDY GUIDE



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Begin The Journey

Lent is a season to examine our hearts and minds...to calibrate where we are in our spiritual journey, as we reflect on the sacrifice of Jesus, and to look expectantly to the glorious celebration of his resurrection from the dead. So, we come to this season of Lent, to open ourselves to the transforming power of the grace of God with this prayer..."God, make me more like Jesus, so that I can live more like Jesus."

With that in mind, we will spend this 40 Day Journey reflecting on the last words Jesus spoke on the cross. The Gospels record seven statements spoken by Jesus in the six hours he endured the cross. These last words summarize the ministry of Jesus and demonstrate to us the work of God in our life and how we can live in the world.

We should pay attention to the last words. Many times, they are a summary of what a person was about and what motivated them. Take the last words of abolitionist Harriet Tubman who died in 1913 surrounded by family and friends, who had gathered to sing with her. In her last moments, she passed away while singing the words "swing low, sweet chariot." Or even John Wesley, whose last words summarized his ministry when spoke, "best of all, God is with us."

The Last Words of Jesus similarly reflect what was on the heart and mind of Jesus knowing that these were his last moments with those who had walked with him over the past three years. Jesus spoke of forgiveness, paradise, family, being thirsty and his mission on earth. The Last Words are profound, human and full of grace. This seems especially poignant as we continue to navigate rapid change and transition in our culture. We are all living in a paradigm shift that, in many ways, is a long period of struggle, change, and uncertainty.

Jesus is speaking to us in our struggle and uncertainty. The Last Words of Jesus will speak to us as we reflect on what Jesus wanted us to know in his final moments. As you reflect on the words of Jesus and the scriptures in this study, you may add this prayer: "God, make me more like Jesus, so that I can live more like Jesus."

Why 40 days?

In the Bible, 40 days is a time of preparation, testing and focused attention.

It rained for 40 days and nights (Genesis 7:12)

Moses spent 40 days and nights on Mount Sinai (Exodus 24:18)

Moses prayed for 40 days and nights (Deuteronomy 9:18)

Israelites spies in Canaan for 40 days (Numbers 13:25)

After Elijah fled Jezebel, he traveled for 40 days and nights (1 Kings 19:8)

Jesus was tempted in the desert for 40 days and nights (Matthew 4:2)

There were 40 days between the resurrection and ascension of Jesus (Acts 1:3)

How to Use This Study Guide

This Study Guide is the companion to our sermon series, "The Last Words of Jesus." Here you will find the scripture readings for each day, a place for reflection, and spiritual practices to help you use this 40 Day journey to grow closer to God and reflect the love of God to the people in your life.

There is a devotional at the beginning of each week and scripture readings for each day.

The days are marked out so you can catch up or read ahead. No problem if you get behind! There are "days off" to help you catch up.

The study is designed with readings and reflections for each day to help you develop the practice of reading scripture each day.

There are reflection questions and spiritual practices to help you live the scriptures you are reading.

This study is designed to be used as a personal spiritual practice that is shared in community. So share in your Sunday School or small group sessions. We will also dive deeper into the sermon texts on Wednesday nights.

The most important thing is to make this book your own as a way to set aside the next 40 days as a time of focused growth in your relationship with God.

Preparation

RESILIENCE: MATTHEW 26:36-46; LUKE 22:39-46

This has been one of the most difficult periods that many of us have faced in our lifetime. It is a mix of personal difficulty, loss, grief, exhaustion, and change. The list goes on and on. It's in these moments that we can ask God, "why"? Is any of this necessary? Is there a purpose in it? When will it come to an end?

We all face the question, "why is there suffering?" It doesn't matter if you believe in God or you are an atheist, we all experience a world in which we cannot avoid the truly difficult times in life. The question is, "how will we respond?"

The Scriptures do not tell us why there is suffering in the world. Suffering is not part of God's plan and God does not cause it. The Scriptures do, however, speak a lot about how God enters into the suffering of the world through Jesus, to redeem it, rescue us from it and how we are to live resiliently in the face of it as we await the resurrection.

This will be our focus for this season of Lent. In Lent, we prepare for the glorious celebration of Easter by remembering that we live in the time in-

between with the hopeful expectation of when everything that is broken in the world will be set right. Jesus warned us that life is not easy and that hardship awaits. The question for us is how do we live when we face uncertain times?

The invitation that Jesus gives is to live with Spirit-enabled resilience. Resilience is the ability to live and thrive through difficulty. This is not a mere bare-through-it hoping it comes to an end. It is an act of growing our souls in the love and discipline of Jesus so that we reflect the love, forgiveness, strength and grace of God in the most difficult of seasons.

That is what Jesus does in the Garden of Gethsemane when the disciples let him down. That's what Jesus does as he comes face-to-face with Pilate. That's what Jesus does as he endured the cross for us. Jesus gives us a picture of Spirit-enabled resilience that can transform your life and prepare you to radiate the love of God when the world needs to see it most.



Eat *this* book

LUKE 4:1-5:26

How did Jesus prepare for his ministry?

How can you prepare for what God will do in and through you during the next 40 days?

FORGIVEN LUKE 5:25-32

"Father, forgive them, for they know not what they are doing."

The first words spoken by Jesus on the cross aren't just words, they are a prayer...a prayer for forgiveness. The first words Jesus speaks are not words to the crowd, or to his disciples, but to his father in Heaven..."Father, forgive them." But who are the "them" that Jesus is praying for?

Was Jesus praying for the Roman soldiers who were nailing his hands and feet to the cross? Perhaps it is the crowd that surrounds him and only moments ago were crying out "crucify him." Perhaps Jesus was praying for the religious leaders who had gathered to condemn him and hand him over to Pilate and Herod, who. themselves, missed who stood before them as they questioned his claims to be king, while demanding a sign to wow their guests. Perhaps Jesus was praying for his disciples who had abandoned him, including Peter who only a few hours before claimed to not know him. Are these the "them" Jesus was praying for? Yes, but not just them. Jesus was also praying for you and for me and all those who had come before.

We are all in need of forgiveness.

We have all messed up...missed the mark...hurt others...fallen short of living the way we were created to live in the image of God. We are all in need of forgiveness. If you reflect on your life, the choices you have made, the words you have said, even the thoughts that filled your mind, it is clear we are all at the mercy of God. That's what Jesus prays for in his last moments. That you would be forgiven. The Great Physician has come to heal your brokenness and to set you free because that's the cure we need the most in this life.

Who do you need to forgive? Offering forgiveness is not easy. Often, it begins with a prayer to God, "Father forgive them, for they don't know what they are doing." Forgiveness is a process. It may take some time. Take the first step in the journey by imagining letting go of the hurt. Release yourself from holding on to the past. Begin by saying the words of Jesus on the cross and see where God leads you.

DAY 2: MATTHEW 6:5-15

Who do you need to forgive?
Those that have harmed you? Words that were said? Perhaps, you need to forgive yourself. Make a list of those that you want to forgive and pray the prayer that Jesus prayed on the cross over them.

Eat *this* book

\bigcirc	What is the connection between God's forgiveness and our forgiveness? Why is it hard to forgive and receive forgiveness?
\bigcirc	DAY 3: MATTHEW 18:21-35 Why did Jesus give a parable to illustrate the importance of forgiveness? How do you see yourself in the story?
\bigcirc	DAY 4: COLOSSIANS 3:1-17 How do we "bear" with each other? How can you bear with those in your life right now?
\bigcirc	DAY 5: PSALMS 51:1 How does this Psalm give us a way we can pray when we have fallen short? What does it mean that God is compassionate?
\bigcirc	DAY 6: MICAH 7:19 What kind of imagery does this passage use to describe how God forgives our sin?

"Whosoever will reign with Christ in heaven, must have Christ reigning in him on earth."

ASSURANCE LUKE 23:43

"Today, you will be with me in Paradise"

In this passage, the author wants to draw our attention to the contrast between the two criminals. The first criminal calls Jesus' messianic status into question. Initially, it seems that he is just like the crowd—mocking and slandering Jesus. But perhaps his attitude is more accurately characterized by his demand. He demands of Christ, "if [he] is the Messiah," to save himself and the two criminals.

On the other hand, the second criminal points out that Jesus is wholly innocent; the wording of the passage even seems to reinforce Christ's sinless nature. So, he rebukes the first criminal and reminds him that his demand and blasphemy of Christ only adds to his already bleak situation. The second criminal then asks Christ to remember him when he comes into his kingdom, and it is at that point that Jesus responds, "Truly, I tell you, today you will be with me in paradise."

Has this thought ever crossed your mind: "If God was true, then this wouldn't have happened?" This

kind of statement is characterized by demand. When we think about God as having responsibility for the evils of our world, we're acting just like the first criminal; we hold God responsible for evil in our lives and our world.

This kind of idea is common among both Christians and non-Christians. It might even be what Rev. Adam Hamilton would call a "half-truth." When we have the "why did God do this to me" mindset, we are saying, "If you are God, then get us out of this." Consider the first criminal's words; do we sound like that sometimes?

When we approach God in simple and sincere faith, we can rest in the assurance of grace. Throughout this Lenten season, be reminded that God is with us in all things. Not only is God available, but God truly understands our suffering. Ask yourself, "How is my relationship with God? Have I demanded anything of God?"

This week, pray with an intentional principle from Christ. Is there someone you don't like? Pray for them. Is there a person in your life that you're fighting with? Offer a prayer for them by asking God to bless them.

Eat **this** book

\bigcirc	What does God hope for the world? How can the light of Christ shine in your life?
\bigcirc	DAY 9: HEBREWS 11:1-16 How does faith in God call us into action? How does hope drive the people of God?
\bigcirc	DAY 10: ROMANS 8:31-39 When have you felt distant from God? How can we strengthen oursives against distress?
\bigcirc	DAY 11: EPHESIANS 6:14-20 How does Paul address his captivity? What tools has God provided for us so that we can navigate life?
\bigcirc	DAY 12: COLOSSIANS 2:1-5 How can we grow in our understanding of the mystery of Christ? When do you experience doubt?

"In a storm, I think, 'What if the gospel be not true? Then thou art, of all men, most foolish. For what has thou given up thy goods, thy ease, thy friends, thy reputation, thy country, thy life?'"

FAMILYJOHN 19:25-27 & MARK 3:35

"Behold, your son!...Behold, your mother!"

It has been a time and season of rapid change. We don't have to look any further than the terms "social isolation" and "social distance." I remember those first few weeks of the pandemic when we all learned what it meant to maintain enough distance from someone else. We all got a feel for standing six feet away from another person. We covered our faces, wore gloves and exchanged handshakes for waving from a distance.

All these precautions for an airborne virus only exasperated the pandemic we were already living in - loneliness. Sociologists point out that we feel more alone than we ever have before and that was before social isolation. Even with all the new and unique ways we can connect, we still feel lonely. The reality is, we were created for community. Not to just be in the same proximity, but to be known and to know people in our life. We were created to be part of a family.

That's why these words of Jesus are so touching and profound. As he hangs on the cross, we see his

concern for his mother. Perhaps, Jesus' eyes met the tearful eyes of his mother as she looked upon the son she carried in her womb. Her son who brought angelic visits and the scorn of her little town. Her son, who left home to call disciples and taught people about the Kingdom of God. Her son, who claimed to be the Messiah and yet was hanging on a tree. This is not how it was supposed to go.

At that moment, Jesus had concern for his mother. In her suffering and grief, she would not be alone. "Behold your son!...Behold your mother." Jesus honored his mother by placing her in a new family.

Families come in all shapes and sizes. Some are bound by blood, others by covenant, and some by a lifetime of being there for each other. We all need a family. A group of people who will be with you through the highs, lows, trials and celebrations in life. The people who know and are known by you. Who are those people for you? How can you be a family for another person?

Make a list of the people that are part of your family. It can be your biological family, church family or close friendship. Pray for each person by name at least once during Lent.

Eat *this* book

\bigcirc	What examples of hardship and family do you see? What examples do you see in your life?
\bigcirc	DAY 14: 1 CORINTHIANS 13:1-13 How is love defined in this passage? Where have you seen examples of this kind of love in your life?
\bigcirc	DAY 15: EPHESIANS 5:21-33 How does Jesus show us mutual submission in our families? How can you love and serve your family the way Jesus does for you?
\bigcirc	DAY 16: PSALM 139:1-18 How does this Psalm describe the ways that Godknows and loves you?
\bigcirc	DAY 17: ECCLESIASTES 4:12 Who are the people that are always there for you? Give thanks to God for them.

"I learned more about Christianity from my mother than from all the theologians in England."

CONNECTION MATTHEW 27:46 & MARK 15:34

"My God, My God, why have you forsaken me?"

Have you ever had a moment when you felt like God was distant? Have you felt like your prayers were just hitting the ceiling?

Of course, the ceiling cannot stop God from hearing our prayers, yet that's what it feels like sometimes. Prayer is a relationship that mirrors how close we feel to God. There are times in which we feel especially close and times in which we feel distant. This is most acute in times of distress. Perhaps you feel that way now. We can think, "God, are you there?" This is a lot like the prayer that Jesus prayed from the cross.

When Jesus cried out, ``My God, my God, why have you forsaken me?" Jesus was quoting Psalm 22. Jesus is identifying with the psalmist and the words of the psalm giving us one way to understand the cross. In this moment, Jesus felt like God was distant.

Most of us have felt that way at some point in our lives. In those times when we experience our darkest moment. Maybe when someone we love passes, experiencing injustice or suffering, or we aren't sure what tomorrow will bring and we lose confidence in the future.

These are the times when we know that Jesus felt something like what we are feeling. Jesus entered the darkest moments of life and at least for a moment, felt like God was distant. We know that God was not distant from Jesus and God is not distant from you. By quoting the psalm, Jesus reminds us that even in our darkest moment, God is not distant from us. While the psalm begins with the cry of abandonment, it moves to a place of hope.

v. 24 "For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help."

Today, if you are feeling alone, I want to encourage you to pray Psalm 22. As you pray the psalm you are connected to Jesus during his time on the cross. In that moment, Jesus is assuring you that as you cry for help, that you are not alone.

DAY 18: PSALM 22:1-31

How close do you feel to God today? On a scale of 1-10 (10 being closest) Indicate how close you feel to God and why. Spend some time in reflection in prayer with God.

Eat *this* book

\bigcirc	Reflect on a difficult time in your life. How was God present to you in your difficulty?
\bigcirc	DAY 19: PHILIPPIANS 1:12-26 How might God be bringing good out of times of struggle in your life?
\bigcirc	DAY 20: GENESIS 32:22-32 Jacob wrestles with the angle and leaves with a limp and a blessing. What blessings and "limps" have you experienced in your struggles?
\bigcirc	DAY 21: PSALM 44:1-26 How does the writer of this Psalm appeal to their past history with God? How does this Psalm capture the experience of feeling distant from God?
\bigcirc	DAY 22: PSALM 143:1-12 How can this Psalm be a prayer your pray when you feel distant from God?

"The best of all is, God is with us."

SATISFIED JOHN 19:28

"I am thirsty."

In this passage, as Jesus is crucified, he reminds us of our simple human needs with the quote, "I thirst." In many of Jesus' last moments, we are reminded of his humanity. Not only was Jesus God—he was also man; fully God, fully man. The humanity of Christ isn't often explored. Words of the classic hymn "Lead me to Calvary" come to mind:

Lest I forget Gethsemane, Lest I forget thine agony, Lest I forget thy love for me, Lead me to Calvary

Imagine your greatest love or your deepest feeling. Maybe, in part, that's how Jesus feels in his love of us. It's easy to get lost in the divinity of Christ. Maybe sometimes that makes us forget that his emotional capacity as a human would have been just like ours. That means that Jesus suffered like we would, he cried like we would, and he thirsted like we would. Indeed, this quote from Christ alludes to Psalm 69, where David points out, perhaps prophetically, that only the satisfaction provided by God will ever be enough. What do you

thirst for? What is the desire of your heart?

Many of us pine after all sorts of wonderful things: a great career, a perfect family, no financial concerns, no worries, etc. When we get caught up in desire, it's easy to lose track of the basics of our faith. In Jesus' own words, "But seek ye first the Kingdom of God, and His righteousness; and all these things will be added unto you." (Matt. 6:33) Maybe God won't make us a millionaire (we wish!), but God knows our needs and God knows our desires. Indeed, Jesus' words in Matthew go on to remind us to be intentional toward the present reality of the Kingdom of God.

The simple truth of faith here is: God will provide. If we live the life that Jesus taught us to live—a life that isn't centered upon our own wants and desires but the needs of others, there we will find the abundance of God. So, ask yourself, "Do I want the right things? Where is the concern of today placed?" If we shift our interest to God's kingdom vision, we will find more than we could ask or imagine.

DAY 24: IOHN 6:35-40

What are you concerned about today? How does that thing feel? Enter in prayer this week acknowledging that God understands and cares about how we feel. How did that affect your prayer this week?

Eat *this* book

\bigcirc	What does it mean that Jesus is the "bread of life?" Why was it hard for people to believe in Christ?
\bigcirc	DAY 25: PSALM 145:13-21 How is God on your side today? Why does David praise the Lord?
\bigcirc	DAY 26: ROMANS 15:8-13 How is this passage similar to the Psalms? How does God "satisfy" in this passage?
\bigcirc	DAY 27: 1 PETER 2:4-10 Now that we have recieved mercy, what should we do? How are we made into a living sacrifice for God?
\bigcirc	DAY 28: PHILIPPIANS 4:10-13 How can we learn to be content in any situation? What does trust in God provide?

"May we all thus experience what it is to be, not almost only; but altogether Christians."

PURPOSEMATTHEW 27:46 & MARK 15:34

"It is finished"

There is certainly a sense of exuberant joy and relief when you finish something important. My mind quickly goes to late nights in college writing papers and the joy of turning them in. It was more than joy, it was as if a weight had been lifted off. Whether it was a big project or task at work, you've probably had that combination of relief and joy as the weight of the experience was over.

I wonder if this is what it was like for Jesus as he hung on the cross. Some see these words, "It is finished" as a whispered prayer of defeat. Others see the words as a shout of victory. I think of the words being pushed out of a tired and broken body that has a sense of completion of purpose, while giving up the weight of the world knowing that he has carried the sin of humanity and broken its weight forever.

This was Jesus' purpose. Upon the cross, Jesus entered into the worst part of humanity and broke the curse of sin and shame forever. This was the culminating moment of Jesus' life. For three years, Jesus told his disciples he would go to Jerusalem and give his life. This was the moment. It is finished.

Which leads to the question, "what was finished on the cross?" There are multiple explanations as to what Jesus did on the cross or more accurately, how it is that Jesus saves us by his death on the cross. These are called atonement theories. Atonement basically means, "to make whole again" because that's what Jesus does for us, each other and our relationship to God. It is profound, beautiful, mysterious, and defies explanation, but we know we are lost without it. The cross means that love, redemption and grace can overcome the darkest moments in our life

DAY 29: JOHN 1:29-39

Take time each day this week to reflect on what the cross means to you. Give thanks to God for the gift of salvation each day.

Eat **this** book

\bigcirc	What does it mean for Jesus to be the "lamb of God?" How does Jesus help us see God in our lives?
\bigcirc	DAY 30: JOHN 3:14-17 What do you notice about this passage? What does it mean for you to believe in Jesus today?
\bigcirc	DAY 31: JOHN 12:23-36 How did Jesus refer to his death in this passage? How did Jesus understand his death?
\bigcirc	DAY 32: JOHN 15:9-17 What does this passage mean to you? How can you demonstrate sacrificial love to those in your life?
\bigcirc	DAY 33: LUKE 22:19-20. How does Jesus describe the meaning of his death in the Last Supper? How can your table be a place where you remember the love and sacrifice of Jesus?

"...faith is a divine evidence and conviction, not only that 'God was in Christ, reconciling the world unto himself,' but also that Christ 'loved me, and gave himself for me.'"

Good Friday

CERTAINTYLUKE 23:46

"Into your hands I commit my spirit"

This final quote by Christ, again is taken from the Psalms. In Psalm 31, David writes, "Into Your hands I commit my spirit; redeem me O Lord, the God of truth." The Psalmist here reminds us, yet again, of the present reality of the Kingdom of God. There, David describes himself as broken pottery, surrounded by fear, ridicule, and hate. Yet, the final line of his poem reminds us, "Be strong and take heart, all you who hope in the Lord."

The last couple of years have been incredibly uncertain. We've had to learn how to adapt to quickly changing, and evermore tense realities of the present day. In the midst of uncertainty though, we can know, with all assurance, that God's faithfulness will never pass away—it is never out of reach. Christ's final words on the cross echo this timeless truth and remind us of God's unchanging presence in and over our lives.

Today, let us commit our spirits to the Lord. As we follow God's righteous paths, we can be certain that we will triumph in life and in death- all things work together for good for those who love the Lord. Take the certainty of God's unending faithfulness with you as we move forward in these uncertain and tense times. Step into each day with the growing assurance of God's goodness. Together, through community, and by the grace of God, we can extend a helping hand to one another, an ear to listen, or a kind reminder that someone cares. Like Christ,"... we say with confidence, 'The Lord is my helper; I will not be afraid. What can mere mortals do to me?'" (Heb. 13:6)

DAY 35: PHILIPPIANS 2:4-11

What has been a primary source of worry for you this year? Is there anything out of your control that has been stressful? As you pray this week, reflect on these questions: Can I let it go? How can God help me cope with this worry? Ask God for strength.

Eat **this** book

\bigcup	How can we commit our spirits to God today? Where should our interests be?
\bigcirc	DAY 36: 2 TIMOTHY 2:14-19 How should our actions reflect our faith in Christ?
\bigcirc	DAY 37: 1 SAMUEL 16:1-7 How can knowing that God looks on the heart impact our ministry to others?
\bigcirc	DAY 38: LUKE 10:38-42 What is happening in this passage? What does this passage mean to you?
	DAY 39: EPHESIANS 2:11-16 How can remembering our coming to Christ encourage us today? How can we demonstrate the peace of Christ in our lives?

"Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can."

Easter Morning

JOHN 20:11-23

"Peace be will you"

11 Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb 12 and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

13 They asked her, "Woman, why are you crying?"

"They have taken my Lord away," she said, "and I don't know where they have put him." 14 At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

15 He asked her, "Woman, why are you crying? Who is it you are looking for?"

Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

16 Jesus said to her, "Mary."

She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher").

17 Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God."

18 Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her.

Jesus Appears to His Disciples 19 On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" 20 After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

21 Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." 22 And with that he breathed on them and said, "Receive the Holy Spirit. 23 If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."

Free Grace

by Charles Wesley

And can it be, that I should gain
An interest in the Saviour's blood?
Died he for me, who caused his pain,
For me, who him to death pursued?
Amazing Love! How can it be
That thou, my God, shouldst die for me?

Amazing Love! How can it be That thou, my God, shouldst die for me?

He left his Father's throne above, (So free, so infinite his Grace!) Emptied himself of all but Love, And bled for Adam's helpless race: 'Tis Mercy all, immense and free! For, O my God, it found out me!

Amazing Love! How can it be That thou, my God, shouldst die for me?

No condemnation now I dread, Jesus, and all in him, is mine: Alive in him, my living Head, And clothed in Righteousness divine, Bold I approach the eternal throne, And claim the crown, through Christ, my own.

Amazing Love! How can it be That thou, my God, shouldst die for me?