

LAST WORDS



WEEK OF 03/22/26

WORDS OF ANGUISH: "I THIRST"

JOHN 19:28-30

Silence (1-2 minutes)

Sit silently for a minute as a way to center your heart and invite the Holy Spirit to help you listen to and receive God's Word.

Opening Prayer (2-3 minutes)

Read: John 19:28-30

Devotional (30-45 minutes)

This past Sunday was the fifth in a series for Lent, entitled **Seven Words**, that is examining the last seven statements of Christ as He hung on the cross. Because these words came from the Savior's heart during a time of deep agony and were the last words He spoke publicly, they speak to our hearts today because they were precisely the words He wanted us to hear. Take a few moments to read and reflect on them at the start of this devotional.

1. *"Father, forgive them, for they know not what they do."*
2. *"Truly, I say to you, today you will be with Me in paradise."*
3. *"Woman, behold your son Behold, your mother."*
4. *"My God, my God, why have You forsaken Me?"*
5. *"I thirst."*
6. *"It is finished."*
7. *"Father, into your hands I commit my spirit."*

Read John 19:28-30 – *Jesus Thirsted in His Body: He Knows What It's Like To Be Human*

Christ said to His executioners: "I thirst." Because Christ was crucified at 9am that day (see Mark 15:25) and it was now about 3pm, the Savior had been on the cross for six hours and was extremely thirsty. It's important to note, Jesus had been offered something to drink twice earlier in the day.

1. Offer #1: Read Mark 5:23. Why did the soldiers offer this mixture to Jesus and why did He not take it?

2. Offer #2: Read Luke 23:36-37. Why do you think the Roman soldiers offered Jesus wine this second time? What can we learn from their posture and tone?
3. How does John 19:28-30 differ from the first two instances?
4. Please spend a few moments considering John 1:14 (*"And the Word [Christ] became man and lived for a time among us."*) and 1 Peter 2:24 (*"He Himself carried our sins in His own body on the cross... By His wounds you were healed."*). Jesus knows what it means to be hungry and to suffer physically. Why is that significant? How does that truth strike you today?

While Jesus Thirsted in Body, His Deeper Thirst Was To Finish the Father's Will | Here's what we need to know about the cross: Jesus was no victim. In John 10:15 and 10:18, Jesus said, "I lay down my life on behalf of the sheep" and "No one snatches it from Me, but I voluntarily lay it down."

5. How many times do the words "finished" or "fulfilled" occur in our passage for today?
6. Read John 19:28. What does this verse suggest about what was uppermost in Christ's mind during these last moments in His life?
7. Read Psalm 69:21. What bridge can we draw from the Psalms and John 19?

Everyone thirsts for something. In Jesus' case, He suffered and thirsted for our salvation and eternal life with Him. This Living Water is available to us as it was to the Samaritan woman at the well. Jesus can satisfy our deepest needs! ***Big Idea: Jesus thirsted so that we would never need to thirst again. He thirsted so that we could drink!***

8. "All this world can offer us is sour wine." How does this statement strike you today? What are the things you have been drawn to during moments of discouragement and vulnerability?
9. What is one way you can draw from the streams of God's living water this week?

Closing Prayer

Lord Jesus Christ, we come to You as thirsty people.

We remember that on the cross, You said, "I thirst."

Not because You lost control, but because You were finishing the Father's will.

You drank the cup we could not drink, so we could receive the water of life.

You were willing to thirst so our deepest thirst could be satisfied.

Forgive us for running to wells that cannot quench.

Turn our hearts from sour wine to living water.

We come to You now — empty, honest, and needy.

Fill us with Yourself.

We pray in the name of Jesus, who thirsted so we could drink and live.

Amen.