

## The 7 Words of Christ on the Cross: *Humanity*

*John 19:28*

### “Knowing all was now completed”

- Jesus’ work on the cross was coming to an end
  - He had suffered for the sins of humanity and would soon die for them
- He was there to fulfill God’s plan as revealed in Scripture

### “I am thirsty.”

- Διψῶ (dipso): to suffer thirst; figuratively, those who are said to thirst who painfully feel their want of, and eagerly long for, those things by which the soul is refreshed, supported, strengthened
- Jesus was feeling His humanity

### *Humanity*

- When Jesus was conceived by the Holy Spirit in Mary; God took on our humanity
- Jesus experienced what it meant to be human in every way; but without sinning (Heb. 4:14-15)
- He lived a human life
- He was tempted as a human
- He suffered as a human
- And He died a human death
- Whatever we are going through, He has been there!
  - And can sympathize with us!

### So What?

- Because Jesus took on humanity, He knows how to help us in our struggles
- Are we asking for His help now?

**Meditation Verse:** *Hebrews 4:15*