



Did you know, WHY?

We all know that Jesus Christ took the punishment for our sins so that we might not have to suffer the consequences of our transgressions. By his stripes we are healed.

But do we know the unpleasant facts and the depth of pain HE had gone through?

Recollect that one instance....when we were blamed and scolded for a small thing which, either our sibling or our friend had done and the kind of anger and ill feeling that we had then.. We take the blame only for those whom we love the most. Isn't that true?

The unending pain and executions HE suffered for us are...

- 1) After the Passover celebration, HE knew that HIS time has come, HE took HIS disciples to Gethsemane to pray. HIS sweats turned into drops of blood "sweating blood". This is a rare medical condition called hematohidrosis, where the capillary blood vessels that feed the sweat glands break down. Blood released from the vessels mixes with the sweat, therefore, the body sweats drops of blood. **This happens in mental anguish or high anxiety.**

Hematohidrosis makes the skin tender, and dehydrated..

Did you know, WHY? HE took the mental anguish so that we can be mentally at peace.

In Mathew 26:38

"my soul is deeply grieved to the point of death".

- 2) HE walks for two and half miles. HE had sleepless night. **Did you know, WHY? So that we can sleep peacefully without fear or anguish.**
- 3) HE was flogged from shoulder down to the upper legs. The strips used for whipping had metal balls which pierced into the skin and muscles tearing out chunks of flesh. HE was drenched in blood. **Did you know, WHY? HIS body was distorted so that you and me can have a good, clean body where HE can reside.**

Mark 15:17

They put a purple robe on him, then twisted together a crown of thorns and set it on him.

- 4) Crown of thorns was placed on HIS head, which pushed into the skin and damaged the nerve causing intense pain. Did you know, WHY? HE took the thorns so that we think correctly with no ill thoughts.
- 5) HE took the nail on HIS Hands. Did you know, WHY? so that we can do HIS good work.
- 6) HE took the nail on HIS feet. Did you know, WHY? so that we can walk in HIS path.

As Jesus was hanged on the cross, the weight of HIS body pulled down the diaphragm restricting the movement leading to enlargement of lung cavity and automatic air inhalation. Difficulty in movement of diaphragm upward and exhalation lead to suffocation which lead to increase in carbonic acid in blood due to building up of carbon dioxide in the blood. Non-movement of diaphragm ----> difficulty in exhaling ---> decrease in oxygen → causing damage to tissues and leaking of capillaries -> pericardial effusion, pleural effusion and myocardial infraction.

HE went through unbearable stabbing pain for US. What has HE seen in us? Are we worthy/eligible/qualified/deserve for the PAIN HE has taken for us?

Did you know, WHY?

Because, HE LOVES us to the extent of death and resurrection.

Shalom to all!

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