**Sermon Series:**

**BARS FROM THE CROSS**

**Sermon Title:**

**SPEAKING WHAT WAS SPOKEN**

**John 19:28 [NIV]**

**28**Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “I am thirsty.”

**Matthew 27:45-49 [NIV]**

**45**From noon until three in the afternoon darkness came over all the land. **46**About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli, lemasabachthani?” (which means “My God, my God, why have you forsaken me?”). **47**When some of those standing there heard this, they said, “He’s calling Elijah.” **48**Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink. **49**The rest said, “Now leave him alone. Let’s see if Elijah comes to save him.”

**PRINCIPLE POINT:**

ON THE CROSS, JESUS SHOWED HIS **HUMANITY** AND **VULNERABILITY** WHEN HE CRIED OUT, “I AM THIRSTY,” AND “MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME?”

**PRACTICE POINT:**

JUST LIKE JESUS DID, WE TOO CAN **DRAW** NEAR TO GOD WHEN HE FEELS FAR AWAY BY **CONNECTING** TO HIM THROUGH **HIS WORD**.

Jesus’ cry of desolation, ‘*My God, my God, why have you forsaken me?*’ … does not mean ‘Why have you left me forever?’

* Jesus knew that He was **LEAVING THE WORLD**.
* Jesus knew that He was **GOING TO THE FATHER**.
* Jesus knew that He **WOULD RISE AGAIN**.
* Jesus knew that He was **DYING FOR OUR SINS**.

Believers can be encouraged that Jesus, too, knows what it is like to feel like God is far away, and he shows us what to do in those darkest moments:

* Cry out to God in **PRAYER** and lean upon God’s **WORD** for what to **SAY**.



Project 3:45 is a simple, effective way to read the entire New Testament in one year. The plan involves reading one chapter per day five days a week and uses the weekends to catch up if you missed any days. The plan was named for the average of the three minutes and forty-five seconds that it takes to read one New Testament chapter (obviously this time will vary due to individual reading rates, chapter lengths, and etc., but you get the point). It’s never too late, start today!