

Last Words from the Cross: Finished

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John 19:28-30

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Reflection & Discussion Questions

It is sometimes hard to sustain good things

We trend toward chaos and death.

*Why do we have to fight so hard to hold on to the good stuff?

*Where have you seen this entropy principle to be true in your life? Relationally, physically, spiritually?

It was accomplished, fulfilled, complete

Read and discuss John 19:28-29(ESV)

²⁸After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst." ²⁹A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth. ³⁰When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit.

*What do these verses tell us about Jesus?

*How do Jesus's words here resonate with you? How are they good news for you?

*What does finished mean here?

Our sin and brokenness leaves us in spiritual entropy

But then God injected his mercy and grace into the system.

Read and discuss Ephesians 2:1-9 (ESV)

***2** And you were dead in the trespasses and sins ² in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³ among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast.*

*What does this passage tell us about God? About us?

*How do these words strip us of our illusions to help ourselves?

We are trapped unless God comes to our aid

'It is finished' means we each needed something that we could not do for ourselves.

*How does our understanding of grace relate to our ability to ask for help?

*What does it mean to live at the foot of the cross daily?

*Where is he showing you your need for spiritual help? Or what weakness do you need to acknowledge?

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Visual reflection (Visio Divina)* [It Is Finished](#) by Anthony Falbo

Song for reflection [Man of Sorrows](#) by Hillsong Worship