



Practice Resurrection

**Lenten Reflections
on the Seven Last Words of Jesus**

Thirsty

"I am thirsty."

~ John 19:28



*You are invited to light a candle as a sign that Jesus is present with you in Spirit.
You can print off the image on the last page for you or your children to colour.*

*Feel free to sing along with the songs.
Please read the **bold print**.*

WELCOME

The grace of the Lord Jesus Christ,
the love of God,
the communion of the Holy Spirit,
and the fellowship of the saints be with you all.

SINGING ~ *Cause Your Face (Psalm 80)*

Cause your face to shine
And we will find our way.

—Tom Wuest

SETTING THE TABLE

Take a moment to become aware of your tongue and your throat. Remember a time you've been thirsty. What did it feel like?

In today's Bible reading Jesus uses some of his last words to announce that he is thirsty. Why did Jesus speak *those* words from the cross?

WORD OF GOD, WORD OF LIFE ~ JOHN 19:28-30

Knowing that everything had now been completed and, so that the scripture should be completely fulfilled, Jesus said, "I am thirsty."

A jar full of sour wine stood there; so, putting a sponge soaked in the wine on a hyssop stick, they held it up to his mouth, and he took a drink.

Pause your playback device and take a few quiet moments to let the Word of God sink in. Let the Spirit draw your attention to certain words, images, thoughts, and feelings.

RESPONDING TO THE WORD

~ THIRSTY ~

"I am thirsty."

(John 19:28)

Pause your playback device and try one of the following exercises today.

(You can give some or all of the others a try in the days to come if you have time and interest.)

1. Drink a glass of water. As you swallow the water, be aware of how it feels on your tongue and cheeks. Notice the sensation of it running down your throat into your stomach. Pay attention to our very simple human need for food and drink. As you do so, remember Jesus' statement for thirst. Do you think it was hard for Jesus to say, "I am thirsty"? Is it ever hard for you to admit a weakness—to say when you need something?
Take some time to write your thoughts down, or share them with a friend or family member.
2. Describe a time when you were really thirsty. What did you need? How did you know what you needed? How was your need met?
What do you thirst for—good or bad—today? Over the next week, pay attention to the ways in which God satisfies your thirst with Living Water.
3. Who speaks words like these today? Are there people who are vulnerable – hungry and thirsty?—people who need care for their bodies? What might God be inviting you to do (or not do) to quench someone's thirst?

SONG FOR THE DAY ~ *We Come*

Our hearts are empty without You,
Barren and cold
But for the bold
Hope that You Yourself
Planted within.

In the mighty name of God,
In the saving name of Jesus,
In the strong name of the Spirit,
We come,
We cry,
We watch,
We wait,
We look,
We long for you.

Sometimes we long for the morning,
For a refrain
From etchings in pain,
Yet our loneliness
Draws us to You.

—*Steve Bell*

CLOSING PRAYER

**O Christ, by praying for those who crucified you,
you lead us to forgive without counting the cost.**
O Christ, by opening paradise to the repentant thief, you awaken hope in us.
O Christ, by remaining faithful until death, you show us the road to greater love.
**O Christ, by taking the burden of sin upon yourself,
you reveal to us the way of generosity.**
O Christ, come and help our weak faith.
O Christ, create a pure heart in us; renew and strengthen our spirit.
O Christ, your Word is near; may it live within us that we might live in you.
Amen.

BLESSING ~ *To Him Who is Able (Jude 24-25)*

To him who is able to keep you from falling
and to present you before his glorious presence
without fault, and with great joy,

To the only God, our Saviour
be glory, majesty, power and authority
through Jesus Christ, our Lord
before all ages, now and forevermore

Amen, Amen.

—Brian Moss



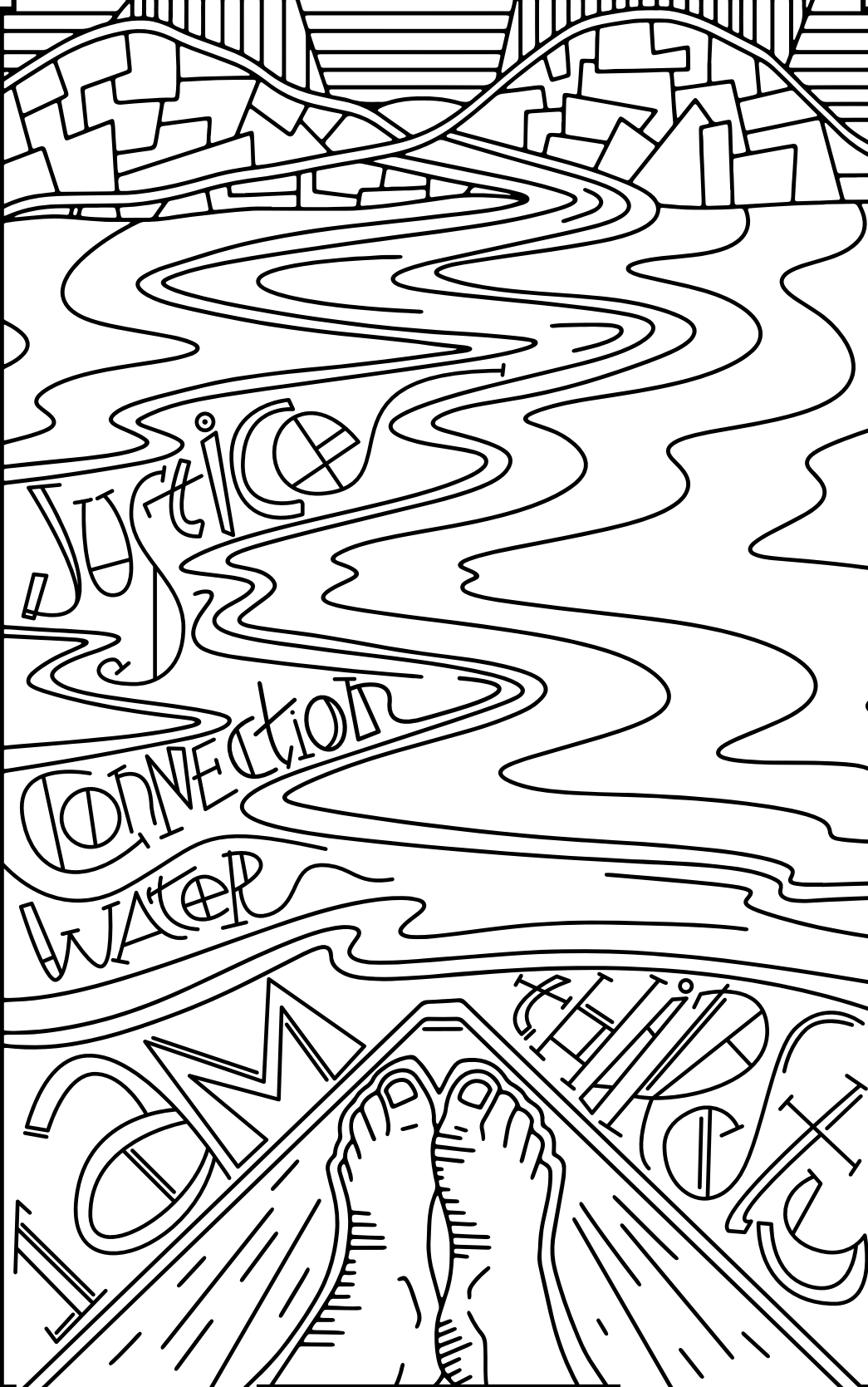
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GOD, FORGIVE THEM, FOR THEY DO NOT KNOW WHAT THEY

WHY HAVE YOU FORSAKEN ME? I AM THIRSTY. IT IS FINISHED. GO, INTO YOUR HANDS I COMMIT MY SPIRIT.



ARE DOING. TELL ME TODAY YOU WILL BE WITH ME IN PARADISE. HERE IS YOUR SON. HE IS

WHY HAVE YOU FORSAKEN ME? I AM THIRSTY. IT IS FINISHED. GO, INTO YOUR HANDS I COMMIT MY SPIRIT.

Thirsty