

WHAT HE SAID ABOUT NEED - 5

Seven Sayings From the Cross

I thirst.
— JOHN 19:28

Principle #5:
Let your need be known—
ask for help.

There is no one so
spiritual that you can
make it through a “bad
day” without people
to help you.

The other six statements of Jesus from the Cross appear more “in character.” They are cries we would expect—forgiving sinners, promising paradise, caring for His mother. But, “I thirst?” Jesus’ statement is a reminder of His humanity. But the lesson for us all is centered in *why* Jesus made known His need, not only that He did. In this sequence of three verses, it seems that Jesus asked for a drink so that He could make a clear profession of faith, “It is finished!”

Jesus’ example provides a very practical point for our own discipleship: There is no one so spiritual that you can make it through a “bad day” without people to help you. At various times in our lives, all of us need someone who can help clarify the stance we’re taking in trusting God, without encouraging us toward self-indulgence or self-pity.

WELCOME

What’s the best thing that happened to you this week?

WORSHIP

Focus your worship around Jesus’ ability to identify and sympathize with our weakness (Hebrews 2:14-18 and 4:14-16).

WORD

Read John 19:28-30

1. How does the drink offered Jesus in this passage differ from the drink which he had earlier refused (Matthew 27:34)? Why did Jesus refuse the first drink, but ask for the second?
2. This passage reflects the humanity of Jesus. What other examples of Jesus’ humanity come to mind? Is there a particular example that you relate to more than others? If so, why?
3. From Jesus’ request, it seems that He needed to clear His voice. The announcement to follow (vs 30) was not to be muted or choked out but trumpeted so that all could hear. But for that moment, Jesus needed help. If this is the case, what are the implications for your own life?
4. Do you sometimes fall into the trap of self-dependence? Do you have difficulty asking others for help? Do you see the need for help as a weakness, rather than focusing on the strength of what you can do with assistance?
5. Comment on the following: “*At various times in our lives, all of us need someone who can help clarify the stance we’re taking in trusting God, without encouraging away from our commitment to God’s values, or toward self-indulgence or self-pity.*”

WORKS

Has there been a need in your life that you have been hesitant to share? Learn from Jesus’ example and be willing to be transparent and share your need. Galatians 6:5 encourages each of us to “carry his own load” (lit., “*responsibilities*”). However, Galatians 6:2 directs us to “carry each other’s burdens (lit., “*things that overwhelm*”). Take a moment to confide a personal need with a partner and then pray for one another.