

## **Jesus Bled From His Hands**

*Thomas said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe it." ...Then Jesus said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." (John 20:25-27)*

Jesus was nailed to the cross for our sins. We use our hands to do so many things—some good and some bad. Christ bled from His hands and that blood cleanses us so that we might serve.

Take a nail in your hands and take time to reflect on these questions:

- How have you used your hands for good?
- How have you used your hands for evil?
- Have you ever hurt someone with your hands?
- Written a note that was hurtful?
- Stolen something?
- Destroyed something that belonged to someone else?

Read these scriptures of hope and promise:

*"Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts." (James 4:8)*

*"Who may ascend the hill of the LORD? Who may stand in his holy place? Those who have clean hands and a pure heart!" (Psalm 24: 3-4)*

Respond:

Go to the altar and symbolically wash your hands in the water as a sign of being cleansed of your sins. As you wash your hands, imagine Jesus washing your hands for you, offering you forgiveness.

## **Blood Poured From Jesus' Side**

*“One of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water.” (John 19:34)*

*“Woe to you, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. You are Blind! First clean the inside of the cup and dish, and then the outside also will be clean ... You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of dead men's bones and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness.” (Matthew 23:25-28)*

We all have things deep inside us that we try to hide from God and even from ourselves. There are sins we are ashamed of or that we might even think are unforgivable. But, Jesus bled from his side and blood rushed from deep inside him to wash away every sin that is buried deep inside you.

Take time to look at the spear and reflect on these questions:

- What sins do you keep buried deep down inside?
- What are you ashamed of?
- What have you not asked God to forgive you for?
- What have you not forgiven yourself of?

Read these scriptures of hope and promise:

*“For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God.” (1 Peter 3:16)*

*“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” (Romans 5:8)*

Respond:

Say a prayer thanking God for sending Christ to die for our sins. Ask Jesus to cover you with His blood and wash away all your sins so that you may be white as snow. Remember to tell Jesus how much you love Him.

## **Jesus Bled From His Head**

*“They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head.” (Matthew 27:28)*

We all struggle with unclean thoughts. We lust after others and things. We think things that we shouldn't. But, Christ's blood covers those sins and washes them away.

Take time to reflect on these questions:

- What thoughts do you struggle with?
- What things do you lust after?
- What things do you desire that are unhealthy?
- When does your mind wander to unclean thoughts?
- How can you stay focused on God?

Read these scriptures of hope and promise:

*“How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!” (Hebrews 9:14)*

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.” (Romans 12:2)*

*“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”  
(Philippians 4:8)*

Respond:

Say a prayer asking God to forgive you and heal you of unclean thoughts. As a part of your prayer, you might even imagine Jesus' blood covering your head cleansing it.

## **Jesus Bled From His Feet**

Jesus bled from His feet. They nailed His feet to the cross to keep Him from falling from the cross. The same feet that walked on water and came to earth to walk the roads we walk—those feet bled for our sins.

Our feet take us everywhere we go. Sometimes, we walk the path that God has laid out for us, but, sometimes, we stray from the path. We trespass where we should not go, knowing that we are not where we should be.

Take off your shoes and look at your feet and take time to reflect on these questions:

- When have you walked God's path?
- When have your feet led you to places where you should not be?
- When have you trespassed by simply being somewhere you should not?
- Have you gone to a party where things happened that you should not have been involved in?
- Have you run from something God wanted you to do?

Read these scriptures of hope and promise:

*“For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.” (Psalm 56:13)*

*“Your word is a lamp to my feet and a light for my path.” (Psalm 119)*

*“Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love ... he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.” (John 13:1,5)*

Respond:

Now, step into the baby powder and walk down the path. As you walk, pray that you will learn to walk in God's path. Imagine Jesus washing your feet as you wipe your feet clean.

## **Jesus Bled From His Back**

*“Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified.” (Mark 15:15)*

*“When the servant girl saw him there, she said again to those standing around, ‘This fellow is one of them.’ Again he denied it. After a little while, those standing near said to Peter, ‘Surely you are one of them, for you are a Galilean.’ He began to call down curses on himself, and he swore to them, ‘I don't know this man you're talking about.’” (Mark 14: 69-71)*

*“Then one of the Twelve—the one called Judas Iscariot—went to the chief priests and asked, ‘What are you willing to give me if I hand him over to you?’ So they counted out for him thirty silver coins. From then on Judas watched for an opportunity to hand him over.” (Matthew 26: 14-16)*

Take time to reflect on these questions:

- Have you ever turned your back on Jesus?
- Have you ever denied being a Christian or knowing about Jesus?
- Have you ever chosen to do something that you knew God would not want you to do?

If so, you have turned your back on Jesus. When they whipped Jesus, His back was torn apart, and He bled for the times when we would deny or betray Him.

Read these scriptures of hope and promise:

*“But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance, and gentleness.” (I Timothy 6:11)*

*“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” (Romans 5:8)*

Respond:

Take time to think about how Christ forgives us knowing that we would betray Him. Remember that Jesus would forgive Peter's denial, and Jesus forgives you.