

# Wound 1

## The Sweat of Jesus

### *Reshaping Our Wills*

*“And being in an agony He prayed more earnestly; and His sweat became like great drops of blood falling down to the ground.” Luke 22:44*

*“Hematidrosis” is a medical term used to describe the explosion of capillaries surrounding the sweat glands. While this physiological phenomenon is not common, neither is it unknown. It happens under times of extreme stress and anxiety when the human body tries to sweat faster than it normally does, which causes the blood vessels around the sweat glands to burst, creating a reddish-pink color in every drop of perspiration. The microscopic skin tissue then explodes and excretes both blood and pigment.*

*Medical scientists have documented several cases of hematidrosis. A traumatized young girl who had extreme anxiety during war suffered hematidrosis when gas exploded in a house near her. On another occasion a Catholic nun who was threatened by sword-carrying soldiers suffered hematidrosis and bled from every part of her body. She eventually died of anxiety, hemorrhaging even though her assailants never touched her. More recently, at the end of the twentieth century, seventy-six cases of hematidrosis have been documented.*

*While the extent of blood loss with hematidrosis is normally minimal, its occurrence results in the skin being excessively tender, fragile, and sensitive to touch or abrasions. This is likely what happened to Jesus in the Garden of Gethsemane.*

The only Gospel writer who includes the detail that Jesus sweat drops of blood was Luke. This is not surprising, as he was the only Gospel writer who was also a medical doctor.

This AM, I want to teach us a new word.  
HEMA-TI-DROSES...

Today we start to look at the 7 Wounds of Christ.

- Every wound in Christ represents a wound in us.
- Every wound in Christ represents an act of surrender of Christ to fulfill God the Father’s purposes.
- And every wound of Christ wins a distinct victory for all of us as Christ’s followers.

#### **A. Christ’s Surrender**

Read Matthew 26:36-46.

This is the first of the seven wounds. It sets in motion all the rest. It is perhaps the most unusual.

The issue here is the will. *“Not as I will, but as You will.”* Three times He repeated this same

prayer. So at least six times Jesus pleaded with the Father regarding His will. Every wound represents a choice Jesus made to surrender to the will of Father God. This wound was the first of the seven and was in many ways the most excruciating. It says of Jesus that He had already, *“set His face like a flint.” Isaiah 50:7*  
*“Nevertheless, not my will, but Yours be done.” Luke 22:42*  
*“Let this cup pass from me.” Luke 22:42*

Illustration. Perhaps the most vivid contemporary picture we have of Jesus’ passionate struggle is captured on film in *Lord of the Rings*. J.R.R. Tolkien originally published his classic story in 1954, describing a mission of utmost importance. Now, this morning, we can understand that Tolkien was vividly portraying the exertion of Christ to, against all odds, fulfill His mission of utmost importance.

Gethsemane literally means “olive press.” It is here that Jesus’ will was crushed into fine oil—much like anointing oil. The distinct name “Christ” means “messiah” or “anointed one.” The Hebrew Scriptures promised that an anointed one would come. *“The Spirit of the Lord God is upon me, for the Lord has anointed me to bring good news to the poor; He has sent me to bind up the brokenhearted, to proclaim liberty to the captives and the opening of the prison to those who are bound.” Isaiah 61:1-2* Christ is the fulfillment of this Scripture because of His surrender in Gethsemane. Three years prior Jesus took the scroll of Isaiah in the synagogue of Nazareth and read these identical words. At the time He sent a shockwave through His Jewish audience when He announced, *“Today, the Scripture has been fulfilled in your hearing.” Luke 4:21* On this day in Gethsemane, however, the anointed one was being crushed like olives and setting in motion God’s redemptive plan.

## **B. Our Healing**

This first wound of Christ corresponds to the first wound of humanity—the wound to our wills. This wound of Christ inflicted in a garden takes all the way back to another garden—the Garden of Eden. It was in Eden that Adam and Eve, the first two representatives of humankind, were created by a loving Father God and given open access to His manifest presence. It was also in this garden that Adam and Eve intentionally violated the love parameters of God’s covenant and chose to disobey. Their act of disobedience led to the corruption of their wills and the wounding of the genetics of humankind. The will of every one of us has been twisted ever since. Even the Apostle Paul candidly wrote, *“I cannot do what I want, but I do the very things that I hate.” Romans 7:15*

In the Garden of Eden, Adam and Eve rejected the cup of blessing.  
Now, in the Garden of Gethsemane, Jesus drinks the cup of cursing.  
In Eden, the serpent prevailed over Adam.  
In the Garden, Jesus prevailed over the serpent.

<u>Garden of Eden</u>	<u>Garden of Gethsemane</u>
Humanity sinned	Christ obeyed
Humanity lost God's manifest presence	Christ restored God's manifest presence
Humanity rejected the cup of blessing	Christ drank the cup of cursing
Humanity wanted to be like God	Christ chose to be like us
Humanity disappointed God	Christ pleased God
Humanity ruined everything	Christ redeemed everything
Serpent won	Serpent lost

### **C. Receiving Your Healing**

If Christ can change your will, He can change your life. Praise the Lord for the blood of Christ which was shed to redeem your will and mine. Christ's blood not only paid to free us from the penalty of sin, Christ's blood was shed to free us from the power of sin. Today, Christ is risen from the dead. His wounds are healed. He is our wounded healer to minister healing to our will. He can change your life because He can change your will.

## Wound 2

### The Face of Jesus

#### *Recovering Our Identity*

*“Then they spit in His face and struck Him. And some slapped Him.” Matthew 26:67*

*The adult body has sixty thousand miles of blood vessels. It’s hard to imagine, but we actually have so many veins, arteries, and capillaries in our bodies that if they were somehow placed end to end, they would stretch around the earth at the equator two and a half times.*

*The blood itself is profoundly complex. Every second four million red blood cells give up their lives to make our bodies function efficiently, and every second exactly four million new blood cells leap from our bone marrows to continue the process. Every minute our blood cells make a full circuit back to our hearts. Every red blood cell has a four-month lifespan and circles the body approximately two hundred thousand times. The internal purification of the body is highly sophisticated, and it all takes place because of the blood.*

*Without blood poisons would pile up inside our bodies like garbage in the streets, since every organ in the body is constantly dumping toxic waste—carbon dioxide, urea, and uric acid—into the blood stream and picking up fresh oxygen and fuel. The heart is a ten-ounce muscle that contracts one hundred thousand times every day. It pumps two thousand gallons of blood around our circulatory systems every day. In the course of a lifetime, it will beat two and a half billion times and pump the equivalent of sixty billion gallons of bloody fluid, seemingly without ever taking a break. Only three weeks after conception, a preborn baby has a faint heartbeat. At fourteen weeks following conception, the infant heart pumps the equivalent of seven gallons a day.*

*We do not normally view blood as a cleansing agent but as a staining agent. When we get blood on our hands or clothes, we use soap, water, disinfectant, or detergent to wash it off as quickly as possible. Modern medicine, however, tells us what is counterintuitive—that rather than being stained by blood, we are actually washed by blood. This medical explanation of the cleansing process within our physical bodies is a remarkably accurate picture of a similar and parallel spiritual reality—we are actually washed internally by the blood of Jesus.*

This morning we come to the second of Christ’s seven wounds—the wound to His face. We move from the quiet Garden of Gethsemane to the Jewish Temple, where Jesus was pummeled with fists, slapped with open hands, and beaten with sticks of wood.

Our face represents our identity and our dignity. To lose face is to lose respect. To punch someone in the face typically manifests anger. To slap someone with an open hand shows disrespect. To hit someone in the face with wooden branches is torturous. To spit in someone’s face shows abject contempt. Jesus experienced all of this.

While Dr. Luke was the only Gospel writer to record the first wound to Jesus' sweat glands, all four Gospel writers include their own unique perspective on the second wound.

### **A. Christ's Surrender**

When Christ went before the Jewish court He was brutally beaten. He surrendered His face, His respect and dignity.

The prophet Isaiah said, *"I gave my...cheeks to those who pluck out my beard."* Isaiah 50:6  
Matthew wrote, *"Then they spit in His face and struck Him. And some slapped Him."* (Jews in front of the High Priest Caiaphas. Matthew 26:67) and *"They spit on Him and took the reed and struck Him on the head."* (This was in front of the Roman Governor. Matthew 27:30.)

Mark wrote, *"And some began to spit on Him and to cover His face and to strike Him, saying to Him, 'Prophesy!' And the guards received Him with blows."* (This again is the Jews. Mark 14:65.) and *"They were striking His head with a reed and spitting on Him and kneeling down in homage to Him."* (The Roman soldiers. Mark 15:19.)

Luke wrote, *"The men who were holding Jesus in custody were mocking Him as they beat Him."* (Luke 22:63)

John wrote, *"One of the officers standing by struck Jesus with his hand."* (John 18: 22) and *"They came up to Him saying, 'Hail, King of the Jews,' and struck Him with their hands."* (John 19:3)

Face = identify, dignity; both how others see us and how we see ourselves.

### **B. Our Healing**

What we are discovering as we look at the 7 wounds of Christ is that every wound corresponds to a different level of surrender on Christ's part and a distinct victory He accomplished for us. Everyone struggles with identity issues. Psychologists tell us that 80% of women are consistently anxious over how they look.

Illustration. For many years, psychologists have been throwing around the statistic that 80 percent of women are consistently anxious and stressed out about how they look. Recently, the cosmetic company, Dove, decided to sponsor a social experiment to test its accuracy. Their results were shown in a YouTube video that was watched by fifty million people in the first week or so and an additional one hundred thirty million have seen it since.

They hired FBI forensic artist, Gil Zamora, with over three thousand criminal sketches under his belt. He was told to draw two sketches of a number of women, sight unseen. Gil was told to draw the first sketch listening to the way the women described themselves, and the second according to the way a random stranger described them. At the end of the experiment every woman was handed the two drawings from the artist and the results were shocking. In virtually every case, the picture drawn by the description of the total stranger was lifelike, realistic and accurate. The picture drawn by the woman's own description, on the other hand, was unkind, distorted, grossly overemphasizing a perceived flaw in her appearance. Zamora said, "I never imagined how different the two sketch portrayals would be. What has stayed with me are the emotional reactions the women had when they viewed the composite sketches side by side. I think many of these brave women realized that they had a distorted self-perception that had affected parts of their lives in significant ways." You can view the YouTube video yourself. Just Google 'Real Beauty Sketches.'

As entertaining as this experiment was, most of us do not need a YouTube video to remind us of our unhealthy dose of low self esteem. Restoring our self-worth and recovering our identities is part of why Christ came and why He died. More specifically, it is why Christ gave His face to those who spat, slapped, punched and hit Him with sticks. He took on Himself the wounds to our damaged dignity and lost identity.

### **C. Our Response**

The wounds to His face had nothing to do with the forgiveness of sins. That was essentially the crucifixion. These wounds are not part of the crucifixion; these wounds are distinct and separate from crucifixion.

The wounds to His face- Jesus knew who He was, but He laid aside His dignity and His identity.

*Isaiah 53:2 "He grew up before Him like a young plant and like a root out of dry ground. He had no form or majesty that we should look at Him and no beauty that we should desire Him."*

*Isaiah 53:3 "He was despised and rejected by men... He was despised and we esteemed Him not. Surely He bore our griefs/sorrows."*

*Philippians 2:5-7 "Christ Jesus who, though He was in the form of God, did not count equality with God a thing to be grasped, but emptied Himself [made Himself nothing.]"*

What has it been for you? Bullying? Loneliness and depression? Insecurity or self-hatred? These are deep things, but as we've said, Jesus was not wounded so that He could maintain a superficial relationship with you. He wants to go deep with you. He wants to open you up to the dark, wounded places in your life. Best of all, He loves you. As the apostle John wrote, *"We love because He [Jesus] first loved us."* This is the essence of Jesus' second wound. You, too, can learn firsthand that when you are in Christ, God loves you as Christ. If you trust Him, He can even teach you to love yourself for who you really are. In Christ, you are your best version of yourself.

## Wound 3

### The Back of Jesus

#### *Regaining Our Health*

*“Then Pilate took Jesus and flogged Him.” John 19:1*

*Flagellation, or the practice of scourging, was a disgusting punishment. A short leather whip with bone or metal studs penetrated its victims’ outer layer of skin and literally created ribbons of human flesh on their backs.*

*The Greek term for “scourged” is phragelloo, which in Latin is translated flagellum, meaning “whip.” While the Jews scourged their criminals with a penal thirty-nine lashes, the Romans were more excessive. When a criminal was assigned to execution, Roman scourging was a preliminary torture intended to weaken the victim through shock and blood loss. Without scourging, a victim of crucifixion might remain on the cross for several days. With scourging, however, a victim died within a matter of hours.*

*The Roman flagellum, or short whip, had a strong, thick handle with three thirty-inch strips of leather in which small iron balls or sharp, jagged pieces of sheep bone were tied at different intervals. The initial blows with the whip opened the victim’s skin and underlying subcutaneous tissue, ripping into the paraspinal muscles on the back as well as the serratus anterior muscle and the trapezius and latissimus dorsi. Subsequent blows tattered the underlying pectoralis major and pectoralis minor muscles as the whip strands wrapped around the back and reached the chest. Once these layers were ravaged, repetitive blows could cut through the three layers of intercostal muscles, causing the superficial and cutaneous vessels of the trunk to be lacerated. The victim’s blood loss was substantial, and the person’s lacerated, bloody skin literally looked like shredded meat.*

This morning we come to the third of Jesus’ seven wounds, and it is easily the most gruesome.

#### **A. Christ’s Surrender**

We are walking in the Old City of Jerusalem, down what is known as the Via Dolorosa, or the path of pain. It comes in the East Gate, or the Lion’s Gate, from the Garden of Gethsemane to the Jewish temple, and then to the Roman palace of Pilate, where Jesus would receive His death sentence.

*Matthew 27:26 “Then they released for them Barabbas and having scourged Jesus, delivered Him to be crucified.”*

*Mark 15:15 “So Pilate, wishing to satisfy the crowd, released for them Barabbas and having scourged Jesus, he delivered Him to be crucified.”*

*John 19:1 “Then Pilate took Jesus and flogged Him.”*

This describes one of the most hideous forms of torture and mutilation ever conceived by people against other people. Such flogging/scouring- short whip of multiple strands of leather jagged pieces of metal, legs/arms, shredding the skin, muscle, tendons.

Every time the arm of the Roman soldier would bring down the whip, any decent person would wince. Every angel in Heaven must have grimaced with every blow.

*Isaiah 50:6 "I gave my back to those who strike me."*

Don't miss the point-- every wound is significant. Jesus submitted to this gruesome mutilation in order to receive in His own body our physical wounds, sicknesses, diseases.

*Isaiah 53:4 "Surely He took up our sorrows and carried our sicknesses."*

*Isaiah 53:5 "By His wounds (stripes/scouring) we are healed."*

Many people try to suggest that this is not talking about physical healing, but spiritual healing. However, we need to allow Scripture to interpret Scripture. Notice what it says in Matthew 8:17...

*"That evening they brought to Him many...and healed all who were sick.*

*This was to fulfill what was spoken by the prophet Isaiah: 'He took our illnesses and bore our diseases.'"*

Here we see Christ heal physical illnesses and Matthew connects that with Isaiah's prophecy that Christ would minister physical healing.

Jesus' act of determination is modeled by the Navy SEALs. Two of the most decorated Navy SEALs, Jocko Willink and Leif Babin, wrote a book, *Extreme Ownership*, in which they recorded the twelve principles by which the SEALs operate. Every principle reinforces the central theme that separates Navy SEALs from all other enlisted people: extreme ownership. Extreme ownership means that one doesn't pass the buck, doesn't point fingers nor blame anyone else. Instead, one takes responsibility. Every member of the Navy SEAL group assumes 100 percent responsibility not only for themselves but also for everyone else on their team. Just imagine serving on a team that actually practiced this principle! No one in history ever took 100 percent responsibility for himself and his teammates the way Jesus did.

## **B. Our Healing**

As we have seen, every wound in Christ corresponds to a wound in us. Specifically, the gruesome mutilation of His back corresponds to our physical wounds.

This is the essence of the atonement for our physical needs.

He, Jesus, He Himself, He alone took our illnesses and bore our diseases.

Heart disease, liver disease, blood disease, lung disease, kidney disease, mental disease. You name it. If it's our enemy, Jesus took it up Himself. He exerted extreme ownership!

## **C. Our Response**

Illustration. It would be foolish to suffer physically if there was a known cure. If you could go to the pharmacy and purchase medication without any adverse side effect that you could take to get rid of your headache, heart disease, liver disease, or any other form of illness, it would be

foolish to leave it sitting on the shelf at your local drug store. In the same way, Christ offers healing—physical healing, divine healing. Jesus is a Healer, and He offers you healing today.

*Romans 8:11 “If the spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit, who dwells in you.”*

## Wound 4

### The Head of Jesus

#### *Reclaiming Our Dignity*

*“And they stripped Him and put a scarlet robe on Him, and twisting together a crown of thorns, they put it on His head and put a reed in His right hand.*

*And kneeling before Him, they mocked Him, saying, “Hail, King of the Jews!”  
And they spit on Him and took the reed and struck Him on the head.” Matthew 27:28-30*

This morning we come to the fourth wound of Christ, the wound to His head.

Read Matthew 27:28-30

Read John 19:1-2, 5

Illustration. “Paradise Lost” English poet John Milton, 1674 epic poem. 12 major sections in 12 volumes, 10,000 lines of verse, following the Biblical story of the temptation of Adam and Eve and the fallen angel, satan, and the fall and expulsion from the garden. Milton actually described that they lost the manifest presence of God, but never lost the omnipresence of God. Nothing more clearly represents the fall than the thorns and nowhere would the thorns be less likely to be placed, than on Christ’s head. A mocking crown. He who is crowned in glory as the king of glory is now the one wearing the crown of thorns. Picture, the fall has crowned Him.

#### **A. Christ’s Surrender**

Illustration. A crown is normally a distinguishing symbol of honor, glory and power. It reflects the value given to the one wearing it. It is easy to recall impressive crowns throughout history. The Czech Republic owns the Bohemian crown, a 22-karat gold crown with an assortment of almost one hundred jewels. Denmark has a solid-gold crown weighing an impressive 6 pounds, 6 ounces. Bulgaria has an elaborate set of crowns valued at \$17 million. Austria keeps its crown jewels in the Imperial Treasury in Vienna, and this crown holds a single 36-carat diamond worth in excess of \$16 million. The priciest crown of all is owned by Queen Elizabeth of England—boasting five rubies, eleven emeralds, seventeen sapphires, three hundred pearls and an astounding three thousand diamonds. The largest and heaviest crown was worn by King Tupu IV, ruler of Tonga, the smallest country in the world, in the South Pacific islands. His crown weighed an overwhelming 460 pounds, 13 ounces. Several servants were required to stand on either side of the Tonga king’s head to keep the crown from snapping his neck. Obviously, the irreverent disrespectful Roman soldiers had no intention of making a prophetic symbol to be placed on Jesus’ head. They probably never heard of the book of Genesis, nor this result of humanity’s sin, but what a perfect image to put on Christ as He was prepared for His own execution, but our own redemption! It could not have been more perfect.

*“Cursed is the ground because of you; in pain you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field.” Genesis 3:17-18*

*“The reason the Son of God appeared was to destroy the works of the devil.” 1 John 3:8*

## **B. Our Healing**

1. Christ took our curse, both personally and systemically.

*"Cursed is everyone who hangs on a tree." Galatians 3*

Nothing demonstrates this more than the crown of thorns.

Illustration. The Shroud of Turin reveals numerous head wounds like puncture wounds across the forehead.

2. Christ took our curse in order to give us His glory.

*Psalm 3:3 "You, O Lord, are a shield about me. You are my glory and the lifter of my head."*

*Psalm 103:2-5 "Bless the Lord, O my soul, and forget not all His benefits, who forgives all your iniquities and heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good, so that your youth is renewed like the eagles."*

3. Christ's redemption was not only for us individually, but Christ died to redeem all of creation. The physical universe.

*Revelation 21:1 "Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more."*

*Romans 8: 23 "And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies."*

## **C. Our Response**

Christ surrendered His dignity in order to redeem your dignity.

*"You, oh Lord, are a shield about me. You are my glory and the lifter of my head." Psalm 3:3*