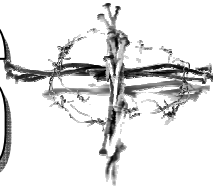


# 246



## HE CHOSE THE NAILS Lesson 04— The Hands that Nailed

\*Have students discuss previous lessons as a group.

### I. Is There A Difference in My Life?

A. Jesus went through his final painful hours on earth to show...

1. How to LIVE a godly life- standing for God & loving people (**Eph. 5:1-2; I Peter 2:21**)
2. He UNDERSTANDS our hurts and struggles (**Hebrews 2:18**)
3. That He gave up everything to show me He LOVES me (**Philippians 2:7-8**)

B. God gives us the FREEDOM to decide how we will respond to all Christ has done for us

1. We can continue to live in SIN, despite all Christ did for us (**Romans 6:1-2, 6**)
2. We can live lives PLEASING to the One who gave His life for us (**Galatians 2:20**)

### II. What Happened On That Cross

The cross was saved for those who committed the worst of crimes. It was so horrific, that Roman citizens were exempt from this punishment and it was usually reserved for foreigners or slaves. According to Jewish Law, ones hung on a cross showed they were accursed by God (*Deut. 21:22-23*). Jesus was laid on a piece of wood, probably splintered, possibly stained with the blood of the one who was nailed there before. A Roman Soldier would have placed a 5 inch iron spike probably in Jesus wrists (also used from the previous victim), and then pounded it into the cross. This would have instantly caused *causalgia*, the medical term referring to the most exquisite pain a human can withstand. This unbearable act sent pain like lightning through the entire body of Christ. The pain would increase with every movement and even with a breeze or noise and would continue until death. After the hands were nailed, the feet would have been nailed either individually in the side of the cross or on top of each other on the front with 7 inch spikes. The way the person was nailed to the cross was up to how much pain the soldiers wanted their victim to experience. It is unknown as to if the full cross was stood up with Christ on it or if the cross beam was lifted up with Christ just attached by the hands...either way, when stood upright, the jerking stop would have been the most excruciating pain known to man (the word "*excruciating*" means "out of the cross"). While on the cross, Jesus' breathing would have been difficult, causing Him to place His weight onto His feet and rotate His wrists on the nails as He stood to grasp a full breath.

The weight of Christ's body and the weight of our sins would be held to the cross by those few bloody nails. It was those nails that held MY sins to HIS cross.

### III. The Application

A. Jesus has paid the price for all of my sins

\*He permanently nailed them to the cross

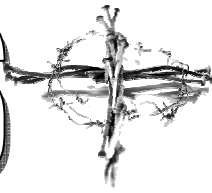
B. We must leave our sins at the cross

\*Imagine ripping the hands back off the cross, just to nail them back on

\*Give teens masonry nail, block of wood, & note card. Have teens write habitual sin to card & nail to wood



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# HE CHOSE THE NAILS

Lesson 04—  
The Hands that Nailed

**Ask Yourself:** What sins do I struggle with letting go of?

**Ask Yourself:** What is stopping me from finally nailing that sin to the cross?

**Ask Yourself:** What am I going to do about it TODAY?

## “I Forgive You”

*The list of our weaknesses. Would you like anyone to see yours? Would you like them made public? How would you feel if they were posted high so that everyone, including Christ himself, could see?*

*May I take you to the moment it was? Yes, there is a list of your failures. Christ has chronicled your shortcomings. And, yes, that list has been made public. But you’ve never seen it. Neither have I.*

*Come with me to the hill of Calvary, and I’ll tell you why.*

*Watch as the soldiers shove the Carpenter to the ground and stretch his arms against the beams. One presses a knee against a forearm and a spike against a hand. Jesus turns his face toward the nail just as the soldier lifts the hammer to strike it.*

*Couldn’t Jesus have stopped him? With a flex of the biceps, with a clench of the fist, he could have resisted. Is this not the same hand that stilled the sea? Cleansed the Temple? Summoned the dead?*

*But the fist doesn’t clench ... and the moment isn’t aborted.*

*The mallet rings and the skin rips and the blood begins to drip, then rush. Then the questions follow. Why? Why didn’t Jesus resist?*

*Between his hand and the wood there was a list. A long list. A list of our mistakes: our lusts and lies and greedy moments and prodigal years. A list of our sins.*

*Dangling from the cross is an itemized catalog of your sins. The bad decisions from last year. The bad attitudes from last week. There, in broad daylight for all of heaven to see, is a list of your mistakes.*

*The list God has made, however, cannot be read. The mistakes are covered. The sins are hidden. Your sins are “blotted out” by Jesus.*

*This is why he refused to close his fist. He saw the list!*