

Psalm 22:15 NLT - 15 My strength has dried up like sunbaked clay. My tongue sticks to the roof of my mouth. You have laid me in the dust and left me for dead.

Psalm 69:21 NLT - 21 But instead, they give me poison for food; they offer me sour wine for my thirst.

The thirst He would suffer, even the sour wine He was offered was prophesied in the Psalms. And the hyssop branch used to apply the blood of the Passover lamb was used to offer that sour wine to the lamb of God on that Passover at Calvary.

God has proved Himself faithful to fulfil prophecy and Christ was obedient to death on the cross to offer us freedom from sin and death. Sometimes live still like slaves to sin? What is one area in your life you need to ask for freedom in, what needs to be left behind?

WRAP-UP

Jesus willingly endured the cross for one reason, to redeem us from death to life and restore us to a right relationship with God. Thirst for relationship with the author of life, who gives New Life to anyone who simply asks and gives living water so we never thirst again. Jesus makes a way and remembering his sacrifice helps to know we belong to him who has paid the price.

MEMORY VERSE

³⁴ So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. ³⁵ Your love for one another will prove to the world that you are my disciples."

- John 13: 34 NIV

PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members' needs: _____

Challenge- Spend some time this week listening to your body, every time you have physical thirst, thank God that he sent a son to die for us, to make a way. Then live into that new relationship, spend some time at the end of you day with your heavenly father.

"I Thirst" **7: A Lenten Series #5**

INTRODUCTION

Thirst is something we all can relate to, an experience that we all have felt. To be thirsty or to thirst is human, we all can identify a time we have been thirsty. In the words of my Grandmother, "You should have been drinking water before you were thirsty!" She was really big on hydration!! Jesus experienced thirst while in the process of dying for our sins and it's in John's Gospel that we see his words have even bigger meaning to fulfill scripture and bring an end to his suffering, to pay the price for our sins. It's these last few words we hear from Jesus while he is in distress, that we need to ask ourselves, what do we thirst for? Jesus had a lot to say about living water and how if we drink, we will not be thirsty no more.

Ice Breaker

When is the last time you were really thirsty? What did you do to get that thirsty? How did that thirst change your mood, outlook and/or focus?

Key Passage

John 19:28-29 NKJV - 28 After this, Jesus, knowing that all things were now accomplished, that the Scripture might be fulfilled, said, "I thirst!" 29 Now a vessel full of sour wine was sitting there; and they filled a sponge with sour wine, put [it] on hyssop, and put [it] to His mouth.

STUDY QUESTIONS

1. WHAT DO YOU THIRST FOR MOST?

This can be a tough question but if we were honest, the answer or answers we give can show what is at our core. What is our basic need? For Jesus on the cross nearing the end, he shared his need, that he was thirsty. When we stop long enough to ask this deep question; what do

I value and want most? is it safety? security? deliverance? comfort? We probably all know what answer we are supposed to give... more Jesus, but it's out time, attention and focus that truly shows what we thirst most for.

So, be honest... what do you thirst for?

It's only once we name our need that we can ask God to help shift our focus to what Jesus focused on. What his ministry was all about and for that we need only to look at some of the last words Jesus spoke to his disciples before they left their Passover meal in John 13.

John 13:34-35 NLT - 34 So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. 35 Your love for one another will prove to the world that you are my disciples."

What we should thirst after is taking some of Jesus' last instructions to his disciples and making them our life's purpose. To know love, to be loved, and to love others is our greatest need and purpose in life. That was the heart of Jesus's ministry as he gave his new commandment. We should thirst for love, to show love and to know what it means to live in God's love. Our focus should be on that, to be a people that are seen as loving and not a people that are seen as thirsty for more stuff. To thirst for harmony and not titles, to desire peace and not first place. The apostle Paul learned this and passed on his wisdom on how he has learned to live, not thirsty for anything this world has to offer.

Philippians 4:11-13 NLT - 11 Not that I was ever in need, for I have learned how to be content with whatever I have. 12 I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. 13 For I can do everything through Christ, who gives me strength.

So, after recognizing what you thirst most for, what do you want to do to change your focus?

2. Jesus is our connection to God

In Jesus's final minutes on the cross, we see his final need, he announces that he thirsts, and his humanity is on full display. He is the God/man, in one person 100% God and 100% man and to limit

either of those 100%'s would be to discredit who Jesus truly and fully was. He came to be our connection with God! To live a perfect life, yet to also live every part of a human life... the pains and joys, the triumphs and the sorrows. Jesus doesn't just connect with us as humans... he was one!!! Through Jesus' sacrifice and death and three days later resurrection we can now experience what he promised to a Samaritan woman he met at a well.

John 4:10, 13-15 NLT - 10 Jesus replied, "If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water." ... 13 Jesus replied, "Anyone who drinks this water will soon become thirsty again. 14 But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life." 15 "Please, sir," the woman said, "give me this water! Then I'll never be thirsty again, and I won't have to come here to get water."

This is the promise, that through Jesus we can connect with our heavenly father. That our human condition, a bunch of unfaithful sinners - can be redeemed, and we can now be called sons and daughters of the Most High God. It's only because Jesus was one with us that his gift of death, in our place set us free from sin.

Jesus paid the price so we can have a relationship with God. So, what do we do with that?

What can we do to improve our connection with God? Is your relationship with God that of a loving father that you want to spend time with? or is your relationship more like you and a genie in the lamp- You give your wishes, you call them prayers, and hope He grants them? God knows us, he knows our human condition and he knows your needs. He wants to spend time with you and hear your heart. My challenge for you this week is take a step to move from asking to connecting. Maybe just for a few minutes in prayer, just be quite and still... and ask God to speak to you, not then... but throughout the whole week... to speak to you and grow your relationship and work on your connection.

3. Prophecy Fulfilled

Jesus' life and death were prophesied throughout the Old Testament. When He said "I thirst" it was in fulfillment of prophecy, and proof of God's faithfulness to his promise of freedom from our sins.