

## The Death That Gives Life

John 19:28–37

**Big Idea:** Because Jesus finished the work of redemption, life begins when the self-surrenders.

**Key Truth:** The cross is not an invitation to try harder—it’s a call to trust in Christ alone.

### I. The Savior – Self-Reliance Must Surrender (v. 28–30)

#### Key Greek Insight

- **Tetelestai (τετέλεσται)** – “*It is finished*”
  - Root: teleō = to complete, accomplish, bring to its intended end
  - Used in commerce: **Paid in full**
  - Not partial. Not ongoing. **Complete. Final. Settled.**
- **Dipsaō (διψάω)** – “*I thirst*”
  - Not just physical thirst—points to fulfillment of Scripture (Psalm 69:21)
  - Jesus is consciously completing the mission

**Truth to Anchor:** You are not saved by what you feel or produce— you are secured by what Christ has already completed.

**Reflection:** Where am I still trying to “add” to what Jesus already finished?

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**Action Step:** Identify one area where you’re striving—and surrender it in prayer daily this week.

### II. The Sabbath – Self-Righteousness Must Stop (vv. 31–33)

#### Key Greek / Hebrew Insight

- **Sabbaton (σάββατον)** – Sabbath
  - From Hebrew **Shabbat (שַׁבָּת)** = to cease, to stop, to rest
  - Not just physical rest—a **declaration that the work is done**
- **Katharizō (καθαρίζω)** (*implied in their concern for purity*)
  - To cleanse, to make ceremonially clean
  - They were focused on outward purity... while missing the One who makes hearts clean

**Truth to Anchor:** Religion says, “Do more.” Jesus says, “It’s done—come rest.”

**Reflection:** Am I living from a place of rest... or trying to prove I belong?

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**Action Step:** Where are you exhausted trying to measure up? Lay it down—and thank Jesus that you already belong in Him.

### III. The Sovereignty – Self-Rule Must Submit (v. 34–37)

#### Key Greek Insight

- **Nussō (νύσσω)** – “Pierced”
  - To stab or pierce deeply
  - A real, physical confirmation of death
- **Martyria (μαρτυρία)** – “Testimony” (v. 35)
  - A witness statement, courtroom language
  - John is saying: *This is not myth. This is verified truth.*

#### Key Hebrew Connection

- **Pesach (פסח)** – Passover
  - The lamb whose blood spared God’s people (Exodus 12)
  - Not one bone broken → fulfilled in Christ
  - Jesus is not just a victim—He is the **Lamb**

**Truth to Anchor:** What looks like chaos is often God fulfilling something you can’t yet see.

**Reflection:** What am I trying to control that God has already placed in His hands?

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**Action Step:** Name it. Release it. Pray: “*Lord, I trust Your plan more than my control.*”

## Heart-Level Questions

- What did I lay down on Sunday?

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- Have I picked it back up?

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- What step of obedience am I avoiding?

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- Who do I need to forgive?

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