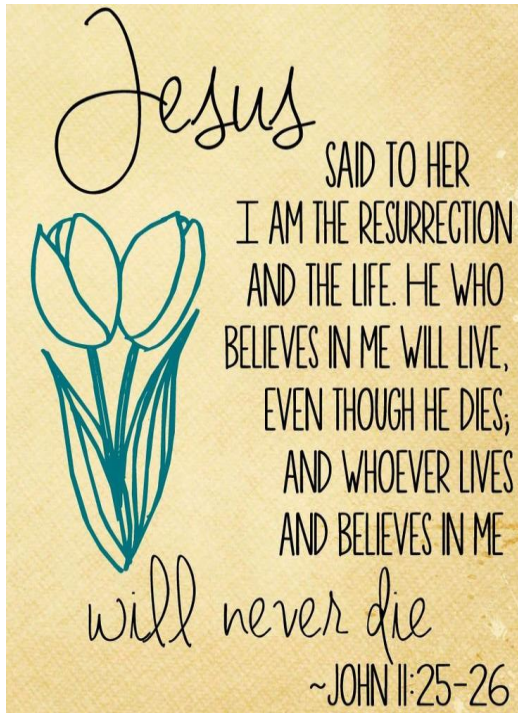




Bridges of Love

JESUS SAID TO HER, "I AM THE RESURRECTION AND THE LIFE." John 11:25



He is risen—He is risen indeed!

This Easter, we remember that the empty tomb is not just a moment in history, but a living promise for us today. Through Jesus' resurrection, we are given hope that overcomes fear, light that breaks through darkness, and life that conquers death.

No matter what we are facing, Easter reminds us that God's love is stronger than any struggle. Just as the stone was rolled away, so too can the burdens in our lives be lifted through faith.

At the age of 33, Jesus was condemned to death. At the time, crucifixion was the "worst" death. Only the worst criminals were condemned to be crucified. Yet it was even more dreadful for Jesus. Unlike other criminals condemned to death by crucifixion, Jesus was to be nailed to the cross by His hands and feet.

Each nail was 6 to 8 inches long. The nails were driven into His wrist, not into His palms as is commonly portrayed. There's a

tendon in the wrist that extends to the shoulder. The Roman guards knew that when the nails were being hammered into the wrist, that tendon would tear and break, forcing Jesus to use His back muscles to support Himself so that He could breathe.

Both of His feet were nailed together. Thus, He was forced to support Himself on the single nail that impaled His feet to the cross. Jesus could not support Himself with His legs because of the pain, so He was forced to alternate between arching His back then using His legs just to continue to breathe. Imagine the struggle, the pain, the suffering, the courage. Jesus endured this reality for over 3 hours. Yes, over 3 hours! Can you imagine this kind of suffering? A few minutes before He died, Jesus stopped bleeding. He was simply pouring water from his wounds.

From common images we see wounds to His hands and feet and even the spear wound to His side... But do we realize His wounds were actually made in his body. A hammer driving large nails through the wrist, the feet overlapped and an even larger nail hammered through the arches, then a Roman guard piercing His side with a spear. But before the nails and the spear, Jesus was whipped and beaten. The whipping was so severe that it tore the flesh from His body. The beating so horrific that His face was torn and his beard ripped from His face. The crown of thorns cut deeply into His scalp. Most men would not have survived this torture.

He had no more blood to bleed out, only water poured from His wounds. The human adult body contains about 3.5 liters (just less than a gallon) of blood.

He had three nails hammered into His members; a crown of thorns on His head and, beyond that, a Roman soldier who stabbed a spear into His chest. All these without mentioning the humiliation He suffered after carrying His own cross for almost 2 kilometers, while the crowd spat in his face and threw stones (the cross was almost 30 kg of weight, only for its higher part, where His hands were nailed).

Jesus had to endure this experience, to open the gates of Heaven, so that you can have free access to God.

So that your sins could be "washed" away. All of them, with no exception!

JESUS CHRIST DIED FOR US ALL!

May your heart be filled with peace, your home with joy, and your spirit with renewed hope. Christ is alive—and because He lives, we can face tomorrow.

Happy Easter! 🌿

The stone was rolled, the grave undone,

The night gave way to rising sun.

Hope breathed again, the battle won,

Through Christ, new life has just begun.

**In quiet hearts His love will stay,
A light to guide us on our way.**

No fear of death, no need to roam—

For in His grace, we've found our home.