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Sent: 3/25/2015 4:23:11 AM
To: "Undisclosed-Recipient:;"@eml8-vm.ftc-i.net
Cc:
Subject: Fw: Lent

From: [Mary Rose <mailto:missprissy60@centurylink.net>](mailto:missprissy60@centurylink.net)
Sent: Tuesday, March 24, 2015 9:07 PM
To: [Mary Rose <mailto:missprissy60@centurylink.net>](mailto:missprissy60@centurylink.net)
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JESUS' DEATH

60 seconds with God...
For The next 60 seconds, set aside whatever
You're doing and take this opportunity!& nbsp;
Let's see if Satan can stop this...

THE (SCIENTIFIC) DEATH OF JESUS

At the age of 33,
Jesus was condemned to the death penalty.

At the time crucifixion was the "worst" death. Only the worst
criminals condemned to be crucified. Yet it was
Even more dreadful for Jesus, for unlike other criminals
condemned to death by crucifixion, Jesus was nailed to the
cross by His hands and feet, rather than tied...

Each nail
Was 6 to 8 inches long.

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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.

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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 for long because of the
pain, so He was forced to alternate between arching His
back and using his legs just to continue to
breath. Imagine the struggle, the pain, the
suffering, the courage.

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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 remember the many wounds
made to his body. A hammer
driving large nails through the wrists, the feet overlapped
and a nail hammered through the arches, then a

Roman guard piercing His side with a spear. And...
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 was horrific.
The
Crown of thorns (two to three inch thorns) cut deeply into
His scalp. Most men
Would not have survived this torture.

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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.

Jesus poured all 3.5 liters of his 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 passed after carrying His own
Gross for almost 2 kilometers, while the crowd spat in his
Face and threw stones (the cross beam was almost 30 kg of
weight, to which His hands were nailed). Jesus was naked,
all his clothing was removed to humiliate Him in front of
everybody.

Jesus had to endure this experience,
So that you may have free access to God.

So that your sins can be "washed" away.