THE PASSION IN 3D™ · TEACHER KIT

THE PHYSIOLOGY OF THE CRUCIFIXION

Twelve classes · From the Upper Room to the empty tomb

CLASS 1 OF 12

1

THE UPPER ROOM AND GETHSEMANE

Upper Room → Mount of Olives
Thursday, ~9 pm – midnight

WHAT HAPPENED TO THE BODY

- Extreme stress floods the body with cortisol and adrenaline.
- Luke 22:44 describes sweat “as it were great drops of blood”: hematidrosis is rare but documented, and its reading here is debated.
- A sleepless night and the walk to the garden began the exhaustion that followed.

“...nevertheless not my will, but thine, be done”

LUKE 22:42 · KJV

CLASS 2 OF 12

2

ARREST AND THE NIGHT TRIALS

House of Annas and Caiaphas · the Sanhedrin
Thursday midnight – Friday dawn

WHAT HAPPENED TO THE BODY

- Blows to the face caused bruising and swelling around the eyes and mouth (John 18:22; Matthew 26:67).
- A night without sleep or water began early dehydration.
- He was led bound between courts while his friends abandoned him.

"He was oppressed, and he was afflicted, yet he opened not his mouth"

ISAIAH 53:7 · KJV

CLASS 3 OF 12

3

BEFORE PILATE AND HEROD

The Praetorium (Herod's palace or the Antonia, debated) · Herod Antipas
Friday, ~6 – 8 am

WHAT HAPPENED TO THE BODY

- Dehydration lowers blood volume and blood pressure.
- The walks back and forth across the city added up to roughly 2.5 miles (estimate).
- He reached the sentence already weakened in the legs and back.

"To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth"

JOHN 18:37 · KJV

CLASS 4 OF 12

4

THE SCOURGING

Courtyard of the Praetorium
Friday, ~8 am

WHAT HAPPENED TO THE BODY

- The Roman flagrum had leather thongs weighted with lead balls or bone.
- The lashes left red welts, bruises and torn skin across the back.
- Blood loss began hypovolemic shock; some scholars add chest trauma (one view).

"But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."

ISAIAH 53:5 · KJV

CLASS 5 OF 12

5

THE CROWN OF THORNS

The Praetorium
Friday, ~8 – 9 am

WHAT HAPPENED TO THE BODY

- The crown was likely a cap of thorny branches (the exact plant is debated).
- The scalp is rich in blood vessels, so even small wounds bleed.
- Thorns near the trigeminal and occipital nerves cause sharp pain in the face and head.

"Then came Jesus forth, wearing the crown of thorns, and the purple robe. And Pilate saith unto them, Behold the man!"

JOHN 19:5 · KJV

CLASS 6 OF 12

6

THE VIA DOLOROSA

From the Praetorium to Golgotha, ~650 yards (estimate)
Friday, ~9 am

WHAT HAPPENED TO THE BODY

- The patibulum, the crossbeam, weighed roughly 75–125 lb (estimate).
- Falls and the weight of the beam left bruises and abrasions on knees, face and shoulders.
- Weak from shock, he needed help: Simon of Cyrene was compelled (Mark 15:21).

"If any man will come after me, let him deny himself, and take up his cross daily, and follow me."

LUKE 9:23 · KJV

CLASS 7 OF 12

7

GOLGOTHA: THE NAILS

Golgotha
Friday, ~9 am (“the third hour,” Mark 15:25)

WHAT HAPPENED TO THE BODY

- The nails were square iron spikes about 5–7 inches long.
- A nail through the wrist would strike the median nerve; wrist or palm is debated (Greek cheir includes the wrist).
- A heel bone found in 1968 (Yehohanan) still holds a crucifixion nail.

“Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.”

1 PETER 2:24 · KJV

CLASS 8 OF 12

8

SIX HOURS ON THE CROSS: BREATHING

Golgotha
Friday, 9 am – 3 pm

WHAT HAPPENED TO THE BODY

- Hanging by the arms kept the chest stuck in the position of inhaling.
- To exhale he had to push up on the nailed feet.
- Cramps, fatigue and low oxygen strained the heart; darkness covered the land (Matthew 27:45).

"And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross."

PHILIPPIANS 2:8 · KJV

CLASS 9 OF 12

9

THE SEVEN LAST WORDS

Golgotha
Friday, 9 am – 3 pm

WHAT HAPPENED TO THE BODY

- Each word required a painful push up to draw breath.
- “I thirst” (John 19:28) reflects extreme dehydration.
- He received vinegar on hyssop, said “It is finished,” and cried with a loud voice.

“Father, forgive them; for they know not what they do.”

LUKE 23:34 · KJV

CLASS 10 OF 12

10

DEATH, THE SPEAR, BLOOD AND WATER

Golgotha
Friday, ~3 pm

WHAT HAPPENED TO THE BODY

- The exact cause of death is debated: asphyxia, shock and heart failure are the main views.
- His legs were not broken, as the Scripture said (John 19:31-33; Psalm 34:20).
- A spear pierced his side and “blood and water” came out (John 19:34).

“Greater love hath no man than this, that a man lay down his life for his friends.”

JOHN 15:13 · KJV

CLASS 11 OF 12

11

THE BURIAL

Garden tomb near Golgotha
Friday, before sunset

WHAT HAPPENED TO THE BODY

- Joseph of Arimathea and Nicodemus took the body down.
- They wrapped it in linen with about 100 lb of myrrh and aloes (John 19:39-40).
- A rock-cut tomb with a bench and a rolling stone; a guard and a seal were set (Matthew 27:62-66).

"And he made his grave with the wicked, and with the rich in his death; because he had done no violence, neither was any deceit in his mouth."

ISAIAH 53:9 · KJV

CLASS 12 OF 12

12

THE EMPTY TOMB

The tomb
Sunday at dawn

WHAT HAPPENED TO THE BODY

- The stone was rolled away from the tomb.
- The linen clothes lay there, and the napkin was folded in a place by itself (John 20:5-7).
- The risen body still bore the wounds: Thomas was invited to touch them (John 20:27).

"He is not here: for he is risen, as he said. Come, see the place where the Lord lay."

MATTHEW 28:6 · KJV