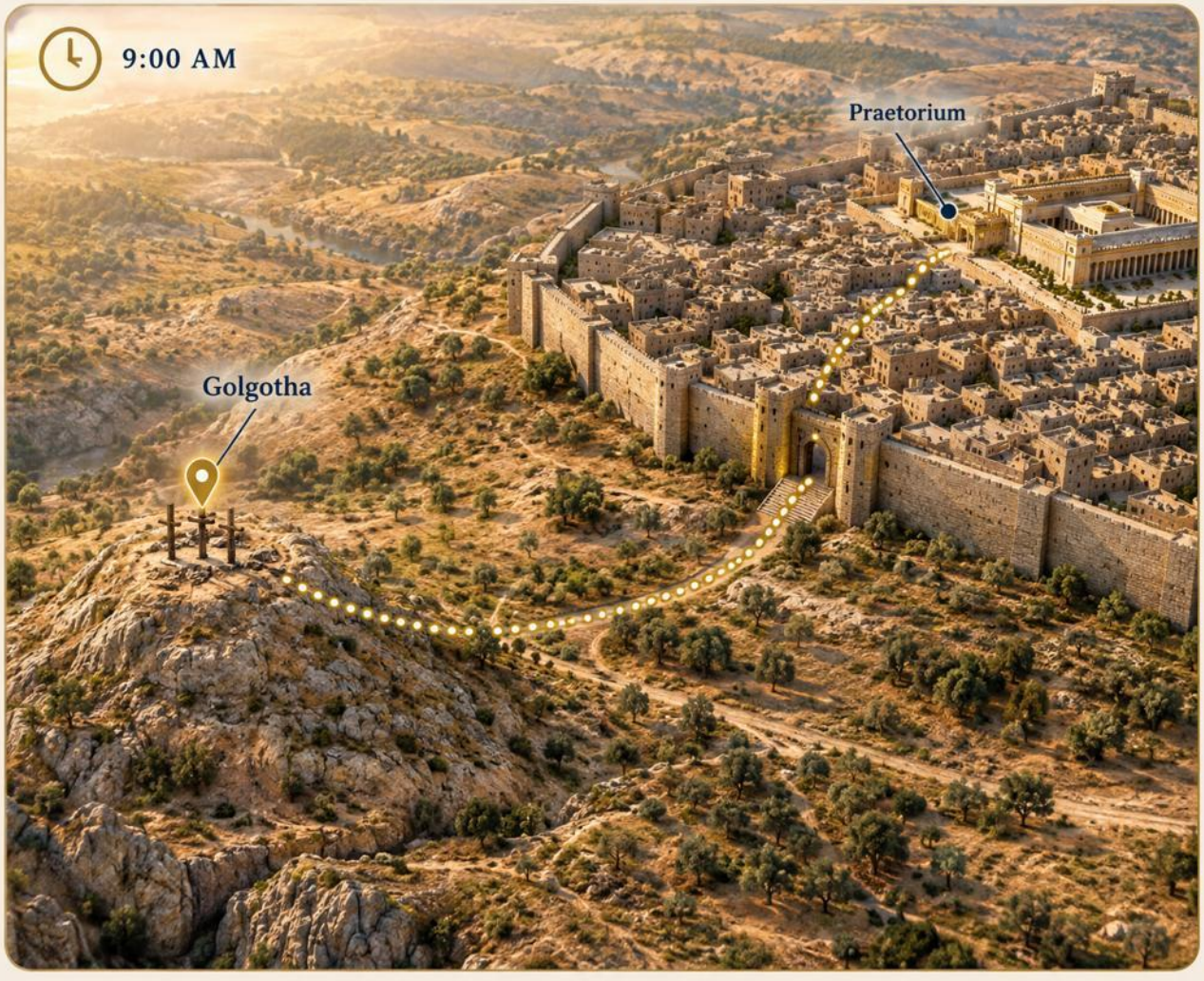
CLASS 7 · GOLGOTHA: THE NAILS

7 GOLGOTHA: THE NAILS

Outside the city wall, at the place called the skull, Roman soldiers nailed Jesus to the cross. Mark records the time: the third hour, about nine in the morning.

TIME
Friday, about 9 a.m. — the third hour (Mark 15:25)

PLACE
Golgotha, just outside the city wall



CLASS 7 · GOLGOTHA: THE NAILS

Golgotha, Outside the Wall



1. Rock outcrop of an old limestone quarry
2. The city wall and gate
3. Road leading out of the city
4. Upright posts (stipes) left standing
5. Garden with rock-cut tombs (John 19:41)

HISTORICAL NOTE

Excavations under the Church of the Holy Sepulchre found an old quarry outside the first-century wall, with rock-cut tombs nearby — consistent with John's account. The exact spot is still debated; the Garden Tomb is a second site proposed in the 19th century.

CLASS 7 · GOLGOTHA: THE NAIL

THE NAIL











MEDICAL INSIGHT

Roman nails were forged by hand, square in section and tapered. Edwards and colleagues (*JAMA*, 1986) describe spikes of about 5 to 7 inches; the nail found in a Jerusalem tomb measures about 4.5 inches (11.5 cm).

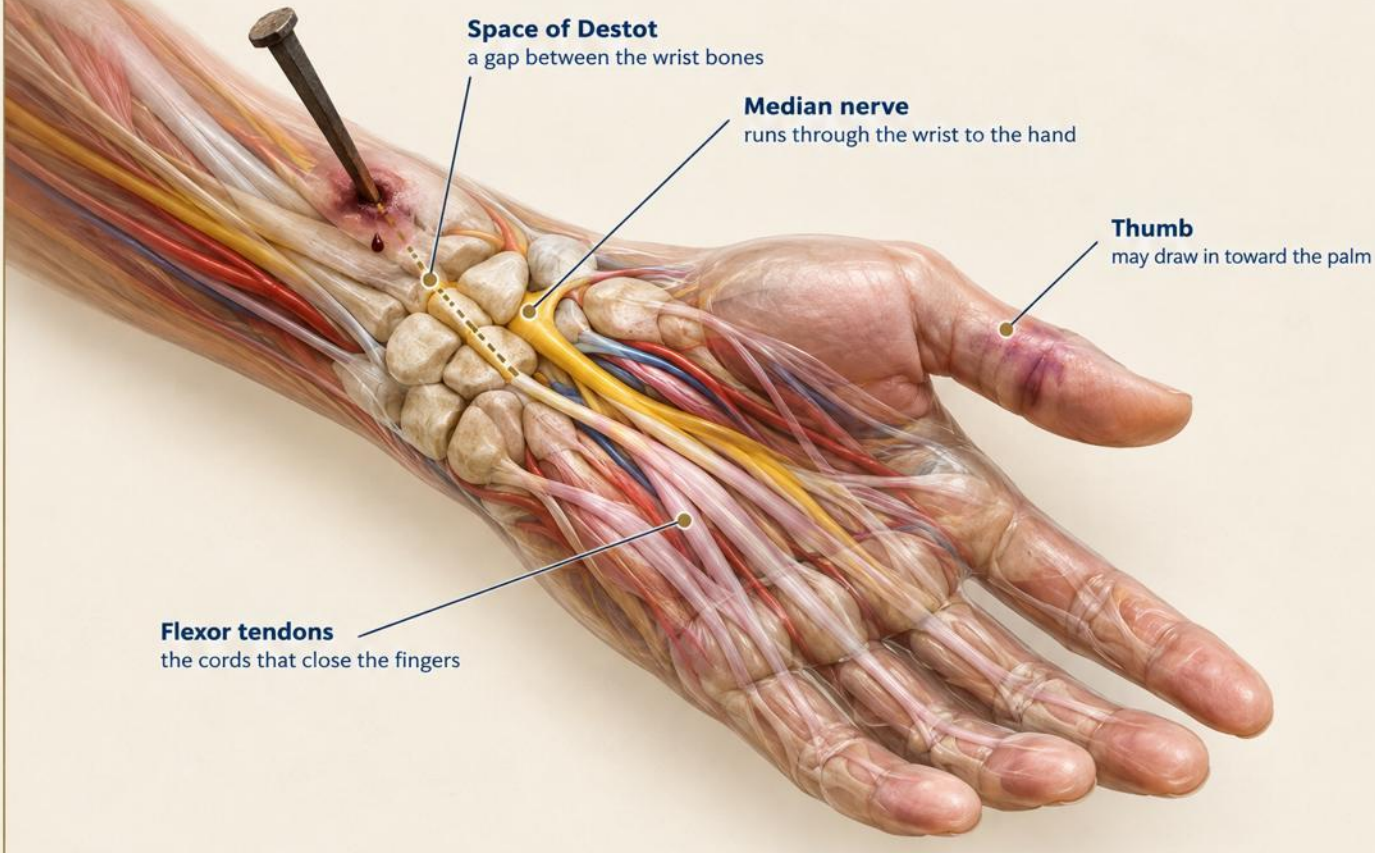
WHAT THE BODY ENDURED

In seconds, iron passed through skin, ligament and nerve.

CURIOSITY

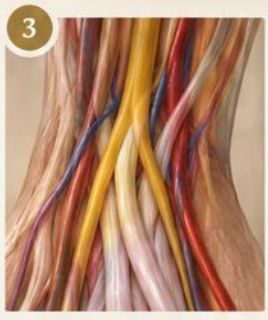
The Mishnah (Shabbat 6:10) mentions such nails kept as charms.

THE WRIST AND THE MEDIAN NERVE











MEDICAL INSIGHT

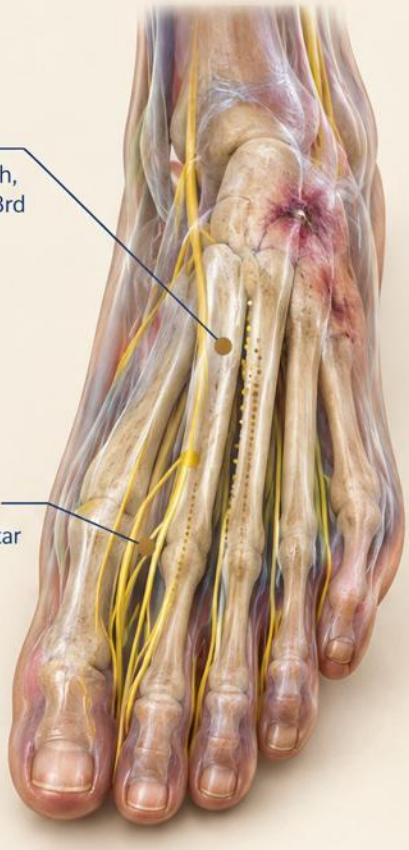
A nail through the wrist can pass between the small bones without breaking them and may injure the median nerve, causing a burning, lightning-like pain. Wrist or palm is debated: Zugibe argued for the upper palm angled to the wrist, and the Greek word *cheir* can include the wrist.

WHAT THE BODY ENDURED

Every movement of the arms pulled on an injured nerve.



THE FEET AND THE HEEL OF YEHOHANAN



Metatarsals
one proposed path, between 2nd and 3rd

Nerves of the foot
deep fibular and plantar



Calcaneus
the heel bone

Yehohanan's heel
nail still lodged, bent at the tip

1



2



3



4



MEDICAL INSIGHT

In 1968 an ossuary at Giv'at ha-Mivtar, Jerusalem, held the heel bone of a crucified man named Yehohanan, still pierced by an iron nail about 4.5 in (11.5 cm) long (Tzaferis, 1970). It proves the feet were nailed; how Jesus' feet were placed, the Gospels do not say.

WHAT THE BODY ENDURED

With the feet nailed, the body's weight rested on wounded bones and nerves.

The Position on the Cross

Titulus
the charge written above (John 19:19)

Patibulum
the crossbeam carried from the city

Stipes
the upright post set in the ground

Knees flexed
the legs ready to push up

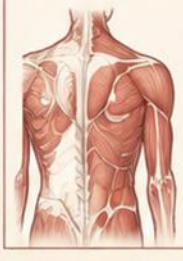


MEDICAL INSIGHT



Seneca notes that the Romans crucified in different positions. Most reconstructions show the arms on the crossbeam and the knees bent, so the body sagged and had to push up to breathe. A small seat (sedile) is mentioned by some ancient sources; for Jesus it is not recorded.

WHAT THE BODY ENDURED



The body hung from three wounds, with no position that brought rest.

CURIOSITY



CLASS 7 · GOLGOTHA: THE NAILS

What Scripture Says



Bruising
Discoloration from impact and pressure.

Welts
Raised red marks from the lash.

Nail marks
Small, dark-red marks on the hands.

And it was the third hour, and they crucified him.

MARK 15:25

CONTEXT

The third hour by Jewish reckoning: about nine in the morning.



And when they were come to the place, which is called Calvary, there they crucified him, and the malefactors, one on the right hand, and the other on the left.

LUKE 23:33

CONTEXT

Calvary comes from the Latin for skull; Golgotha is the Aramaic name.



For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet.

PSALM 22:16

CONTEXT

Written about a thousand years earlier, Psalm 22 reads like a description of the cross.

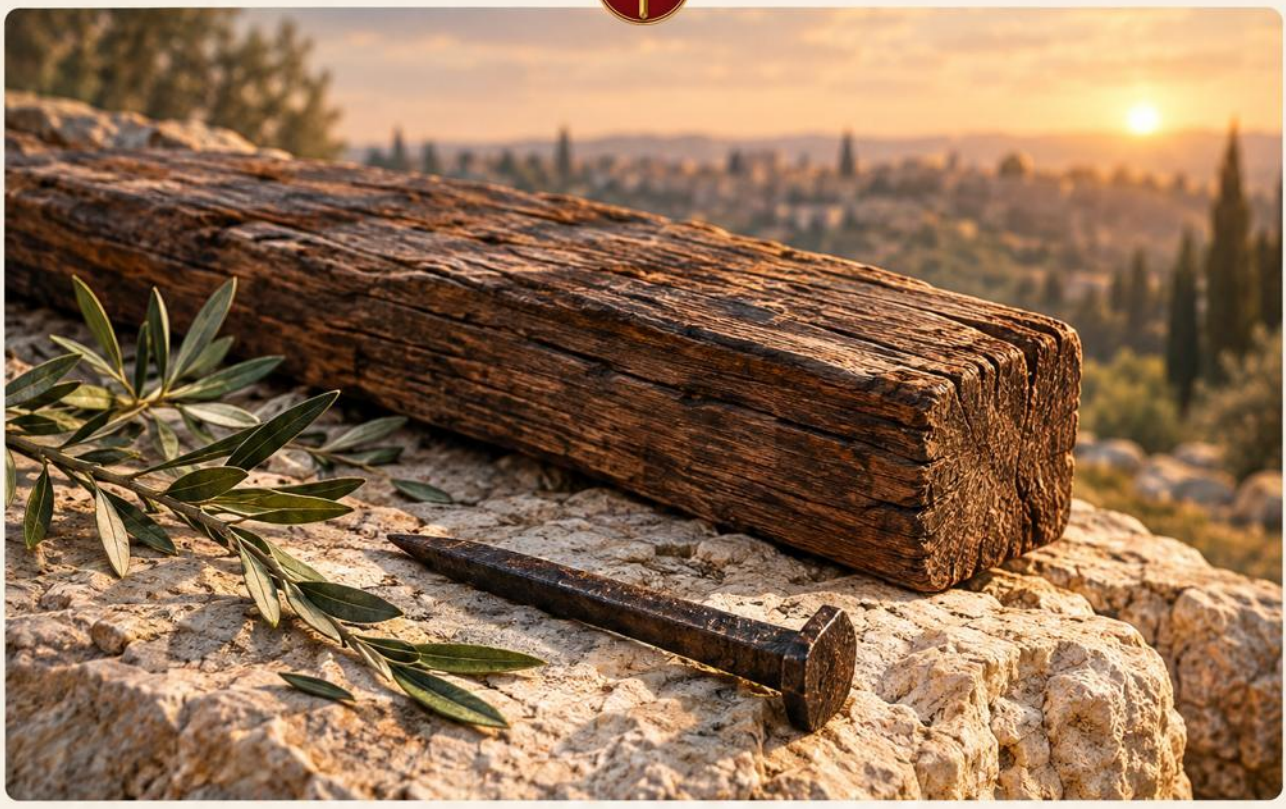


Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe.

JOHN 20:25

CONTEXT

Thomas, a week after the resurrection: the nails had left marks that could be seen and touched.



CLASS 7 · GOLGOTHA: THE NAILS

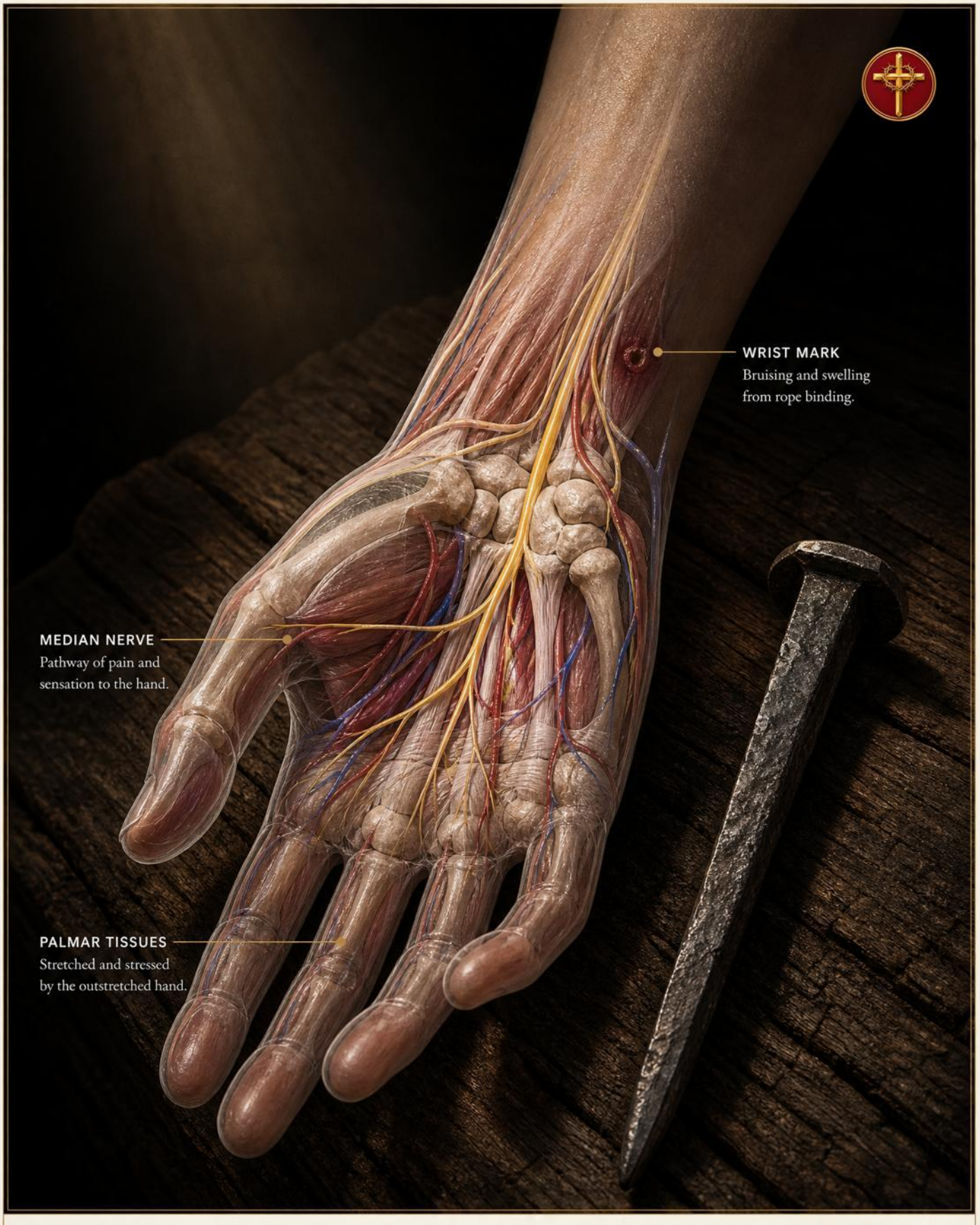
What the Nails Reveal

The nails were the soldiers' work, quick and routine. To Rome, this was one more execution at a busy road. Yet the hands they pierced had healed lepers, broken bread for thousands and blessed little children. Jesus did not resist. The same hands that could have called for help were opened on the wood and held there. Isaiah had written that he would be wounded for our transgressions, and the nails make that sentence concrete: real iron, real nerves, real pain. Faith does not need to look away from that. It looks closely, and finds not only cruelty, but a love that chose to stay. The marks of the nails would later become the very signs by which his friends recognized him.

REFLECT

Why do you think Jesus did not resist when the soldiers nailed him to the cross?

What does it mean to you that the risen Jesus still carried the marks of the nails?



CLASS 7 · GOLGOTHA: THE NAILS

Golgotha: The Nails

they pierced my hands and my feet — Psalm 22:16

TEACHER'S PAGE · CLASS 7

GOLGOTHA: THE NAILS

LESSON OBJECTIVE

Students will describe what the Gospels and history tell us about the nailing of Jesus and explain why the wrist-or-palm question is debated.

CLASS TIME

45

MINUTES

READING

Mark 15:22-32; John 19:17-24; Psalm 22:14-18

DISCUSSION QUESTIONS

1. Mark gives an exact hour (the third hour). Why do you think the Gospel writers record times so carefully?
2. How does the heel bone of Yehohanan help us read the Gospel accounts?
3. Psalm 22 was written about a thousand years before the cross. Which lines stand out to you, and why?

ACTIVITY

Pass around a picture of the Yehohanan heel bone. In pairs, list what archaeology confirms and what it leaves open (for example, wrist or palm). Share one item from each list with the group.

SUGGESTED TIMING

5′	10′	10′	10′	7′	3′
OPEN & PRAY	READ	THE PLATES	DISCUSS	ACTIVITY	CLOSE

TEACHER'S NOTES

MEMORY VERSE

"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

8 | SIX HOURS ON THE CROSS: BREATHING



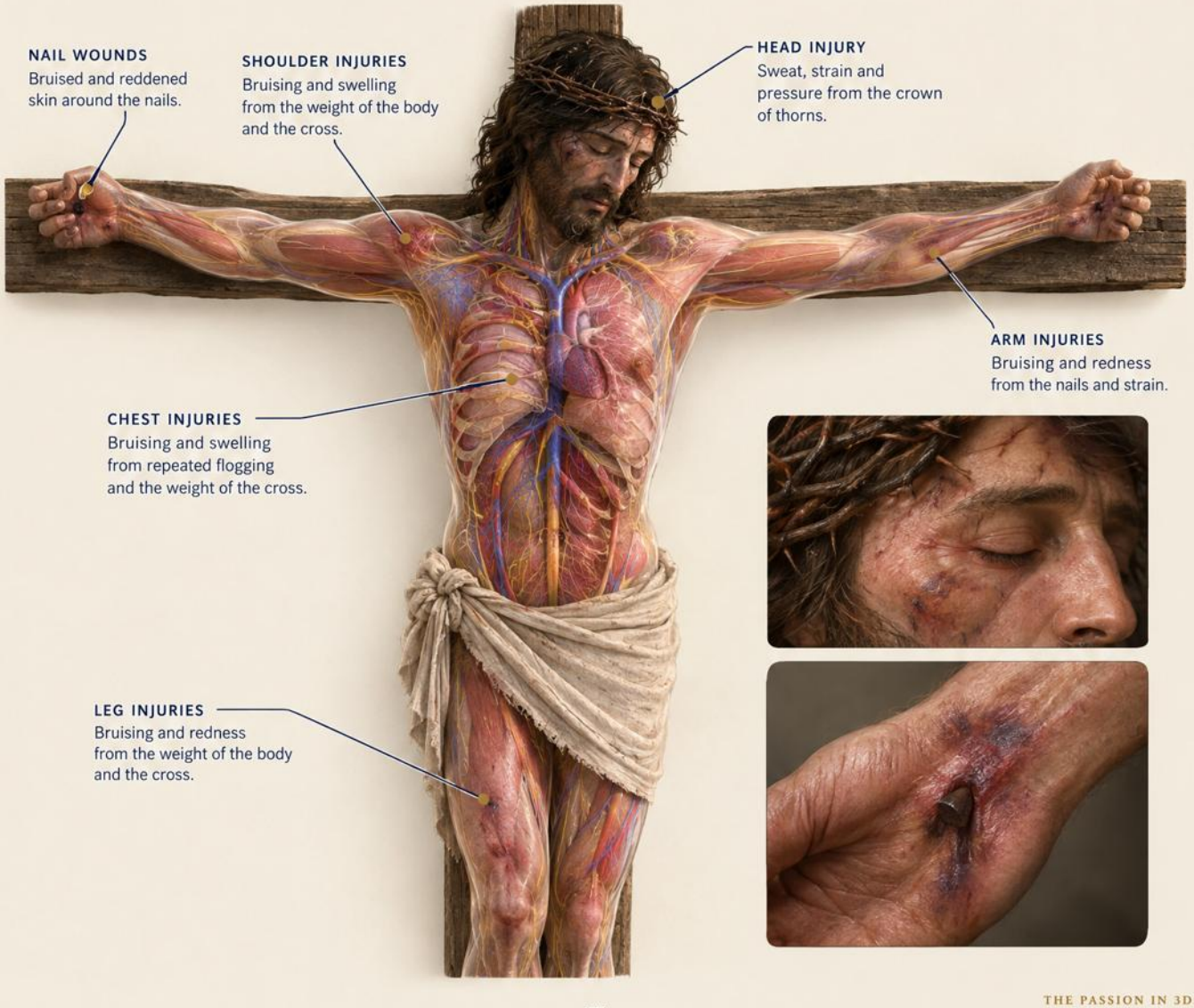
For six hours Jesus hung on the cross. Every breath was a struggle, and from noon until three in the afternoon darkness covered the land.

TIME

Friday, 9 a.m. to 3 p.m. — the third to the ninth hour

PLACE

Golgotha



CLASS 8 · SIX HOURS ON THE CROSS: BREATHING

GOLGOTHA AT MIDDAY



1. Three crosses, Jesus in the midst (John 19:18)
2. The road, where passers-by mocked (Matthew 27:39)
3. Soldiers casting lots for the garments
4. Women watching from afar (Mark 15:40)
5. The Temple beyond the wall

HISTORICAL NOTE

The Roman teacher Quintilian wrote that the most crowded roads were chosen for crucifixions, so that as many people as possible would see and be afraid. The cross was meant to be a public warning.

Hanging by the Arms

Pectoral muscles
stretched and cramping

Intercostal muscles
ribs held lifted

Lungs
filled, but hard to empty

Diaphragm
pulled down, little room to move

1



2



3



4



MEDICAL INSIGHT



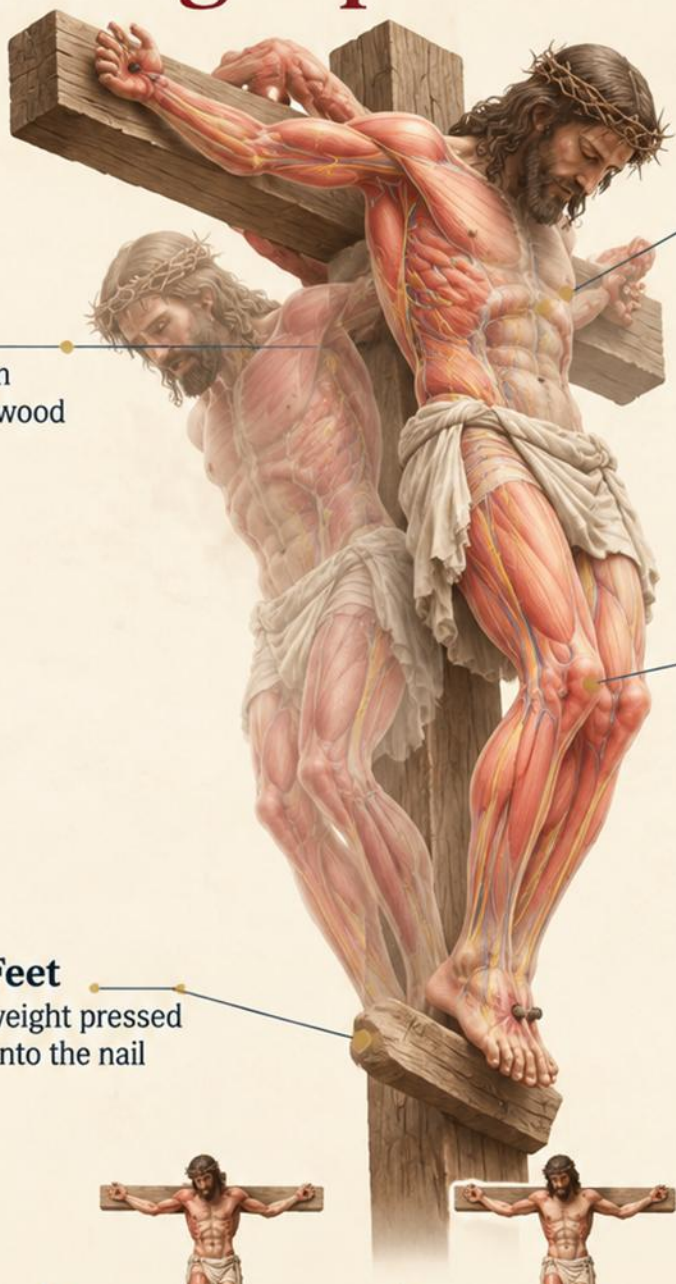
With the weight hanging from the arms, the chest is pulled into a breathing-in position. Edwards and colleagues argued that breathing out became the hard part: air could come in, but not easily go out.

WHAT THE BODY ENDURED



Minute by minute, the muscles of the chest and shoulders grew more exhausted.

Pushing Up to Breathe



Elbows
bending to raise the chest

Back
scraping on the rough wood

Thighs
straightening to lift the body

Feet
weight pressed onto the nail



1 Sag → 2 Push up → 3 Breathe out → 4 Sink back

Medical Insight



To breathe out, the crucified had to push up on the nailed feet and bend the elbows. One leading view holds that this cycle repeated for hours, until strength ran out.

What the body endured



Each breath pressed on the wounded feet and dragged the scourged back against the wood.

Curiosity



Zugibe's tests with volunteers pointed to shock instead; the debate continues.

Cramps, Oxygen and the Heart

Arm and leg muscles
cramping from overuse

Heart
racing to keep up



Blood
carbon dioxide building up

Blood volume
already low from the scourging









Medical Insight



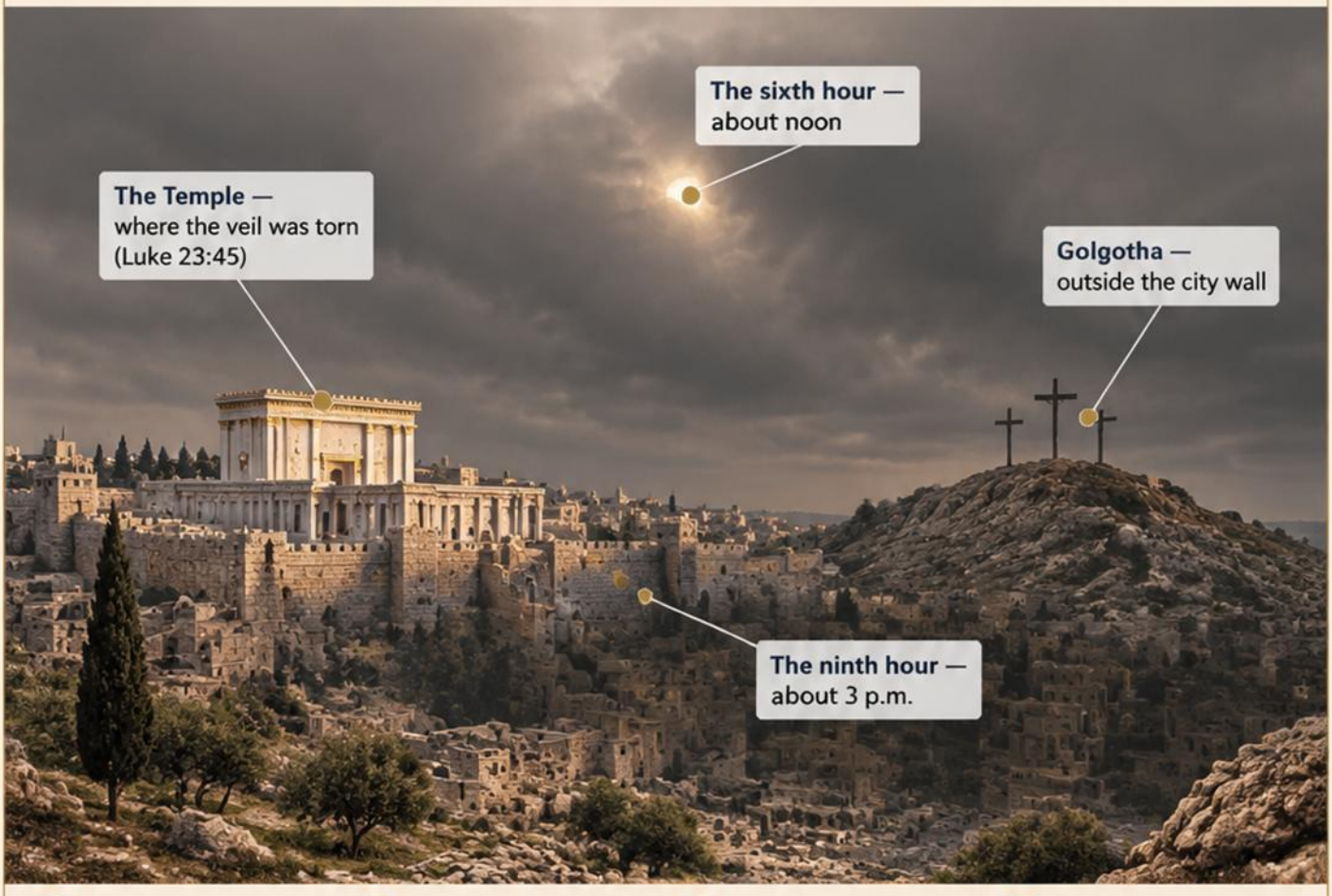
Exhausted muscles cramp, carbon dioxide builds up and the blood turns acidic, and the heart beats faster. Weakened by blood loss and dehydration, the heart worked under a heavy load for hours.

What the body endured



Six hours of cramps, thirst and a pounding heart, with no way to rest.

Darkness over the Land











HISTORICAL INSIGHT



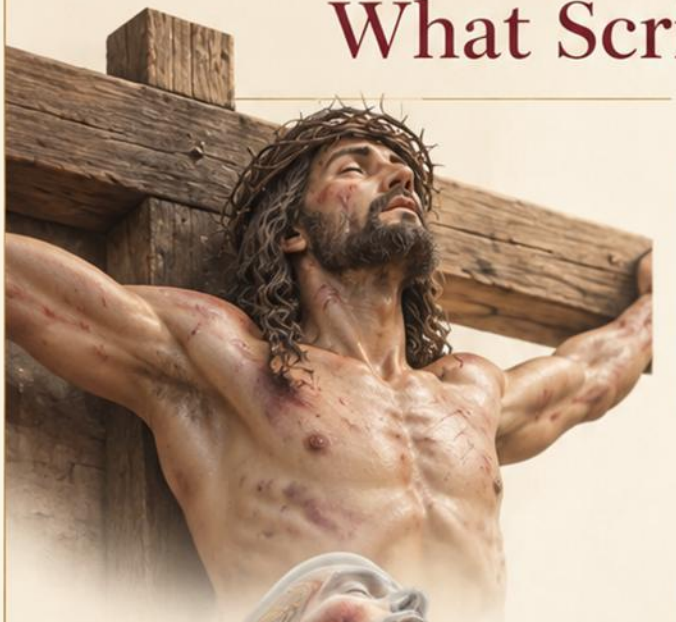
The Gospels record darkness from noon until three. Passover fell at full moon, when a solar eclipse cannot happen; many explanations have been offered, and Scripture does not give one.

WHAT THE BODY ENDURED



Three more hours of pain, now in darkness, with no relief in sight.

What Scripture Says



"Now from the sixth hour there was darkness over all the land unto the ninth hour."

MATTHEW 27:45

Context:
From about noon to about three in the afternoon.



"And they that passed by reviled him, wagging their heads, And saying, Thou that destroyest the temple, and buildest it in three days, save thyself. If thou be the Son of God, come down from the cross."

MATTHEW 27:39-40

Context:
The crosses stood by a road; the mockery added shame to the pain.



"I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels."

PSALM 22:14

Context:
The psalm describes a body drained of strength — words many readers connect with the cross.



"And the sun was darkened, and the veil of the temple was rent in the midst."

LUKE 23:45

Context:
Luke joins the darkness to the tearing of the Temple veil.



CLASS 8 · SIX HOURS ON THE CROSS: BREATHING

He Stayed

Six hours is a long time. Long enough for the crowd to grow bored, for the soldiers to gamble, for the sun to disappear at noon. On the cross, time is measured in breaths, and every breath had a price. The mockers said, come down from the cross, and in a sense they were right that he could have. But he stayed. He stayed through the cramps, the thirst and the darkness. Love is not only shown in one brave moment; it is shown in staying when every minute hurts. When we feel that God is far away in our own dark hours, the cross reminds us that Jesus knows what it is to endure, one breath at a time, and that he did it for us.

REFLECT

The passers-by said, come down from the cross. Why didn't he?
What have you had to keep going one step, or one breath, at a time?
What helped you?



CLASS 8 · SIX HOURS ON THE CROSS: BREATHING

Six Hours on the Cross: Breathing

Every breath meant pushing up on the nailed feet — from the third hour to the ninth.

TEACHER'S PAGE · CLASS 8

SIX HOURS ON THE CROSS: BREATHING

LESSON OBJECTIVE

Students will explain, in simple terms, why breathing was so hard on the cross and how the medical views differ.

CLASS TIME

45

MINUTES

READING

Matthew 27:39-50; Psalm 22:1-18

DISCUSSION QUESTIONS

1. Why did breathing out, not breathing in, become the hardest part of crucifixion?
2. Zugibe and Edwards disagree on how much asphyxia mattered. Why is it good to know where experts disagree?
3. What do the darkness and the mocking add to our understanding of those six hours?

ACTIVITY

Have everyone stand with arms raised for 60 seconds and try to say one sentence while holding the position. Then discuss what changed in their breathing (stop at once if anyone feels unwell).

SUGGESTED TIMING

5′	10′	10′	10′	7′	3′
OPEN & PRAY	READ	THE PLATES	DISCUSS	ACTIVITY	CLOSE

TEACHER'S NOTES

MEMORY VERSE

"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

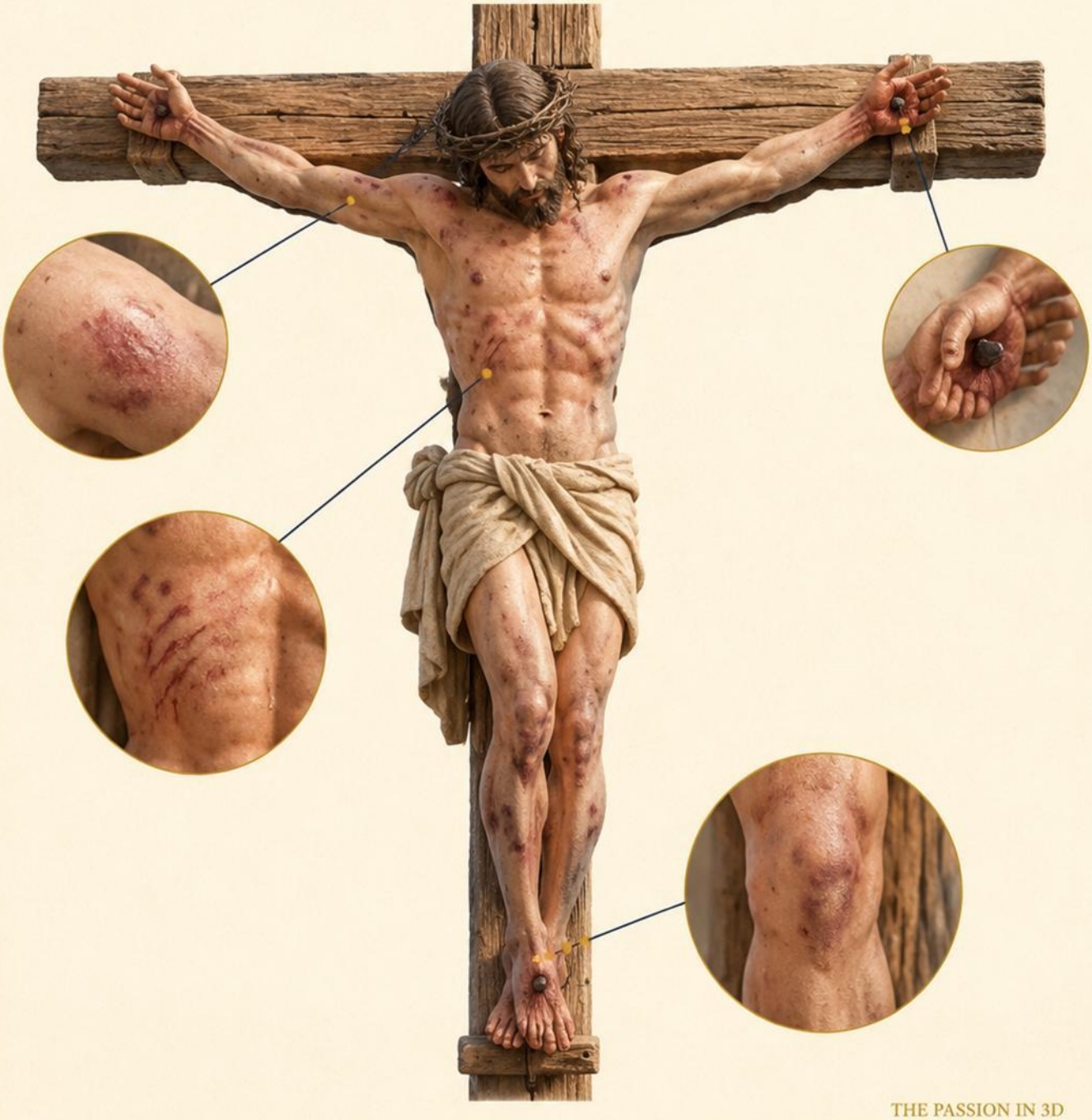
9 The Seven Last Words

From the cross Jesus spoke seven times: to the Father, to a thief, to his mother and his friend. Each word cost a painful breath.



9 AM – 3 PM

Golgotha





CLASS 9 · THE SEVEN LAST WORDS

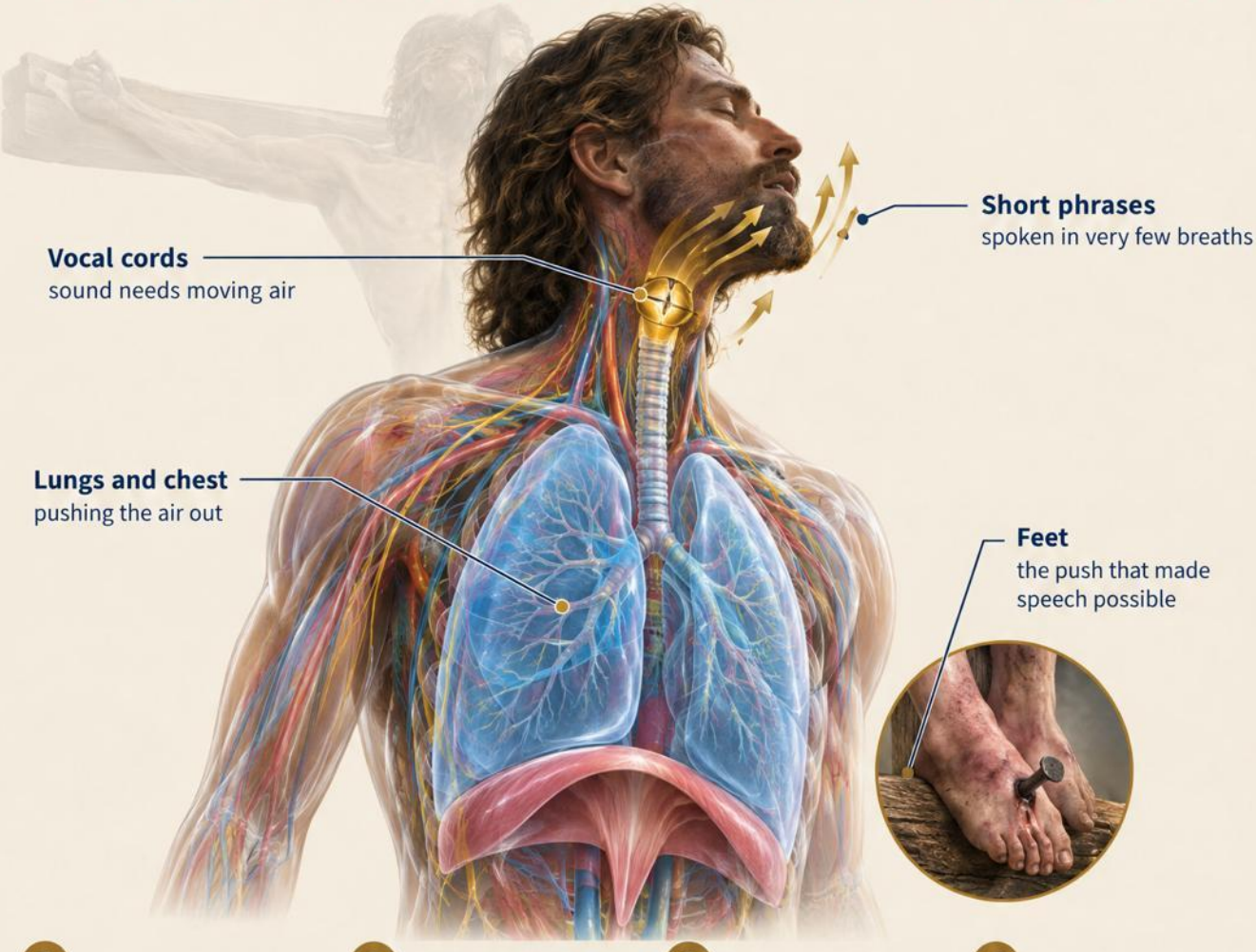
At the Foot of the Cross

1. A vessel full of vinegar (John 19:29)
2. Sponge on a stalk of hyssop
3. The seamless coat and the dice (John 19:23-24)
4. Where Mary and the beloved disciple stood
5. The crosses of the two others

HISTORICAL NOTE

The vinegar was probably posca, the cheap sour wine mixed with water that Roman soldiers drank. Earlier, Jesus had refused wine mingled with myrrh (Mark 15:23), a drink that dulled pain.

EACH WORD COST A BREATH











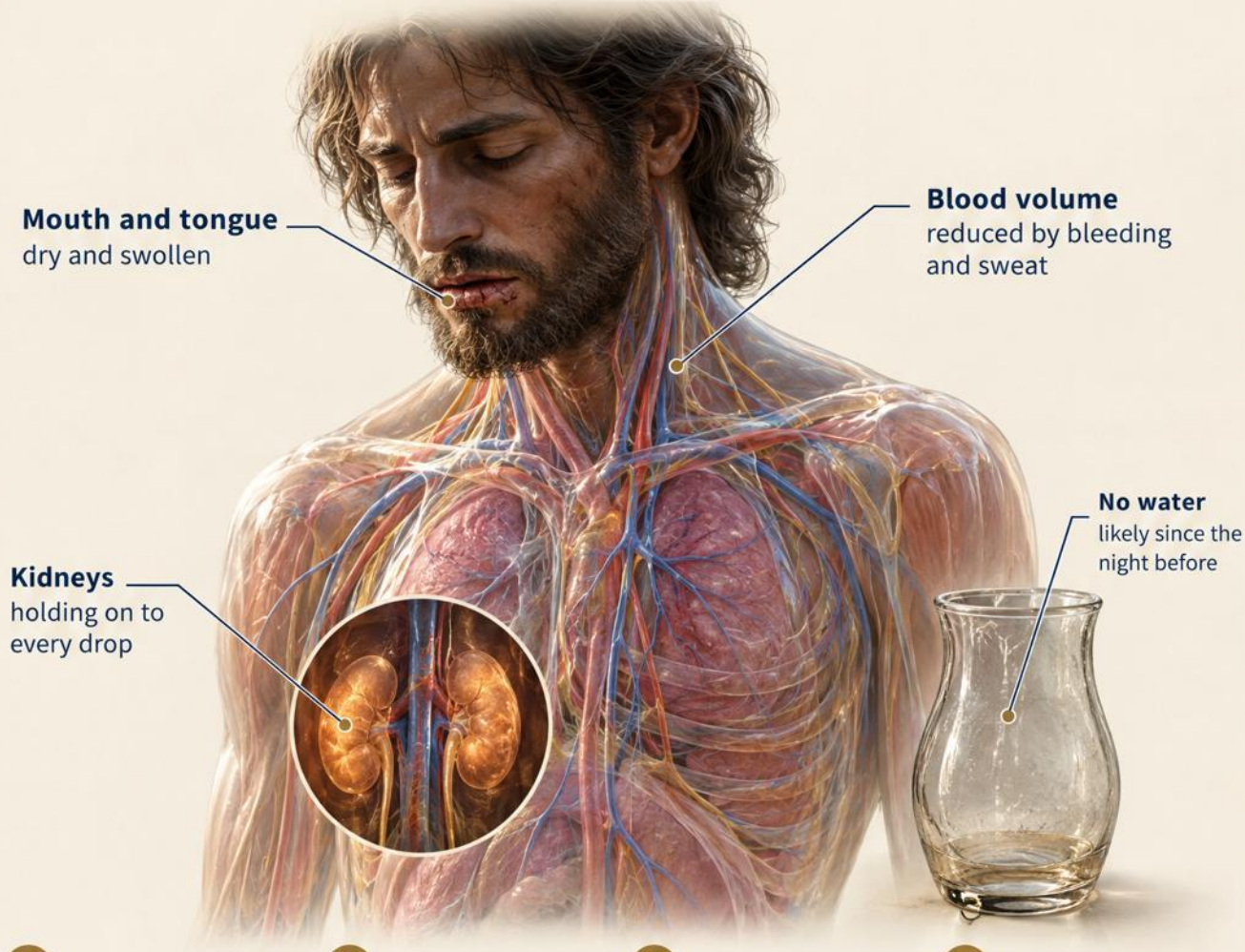
MEDICAL INSIGHT

We speak while breathing out. On the cross, breathing out meant pushing up on the nailed feet, so every sentence came at the price of pain. That may be why the seven sayings are so short.

WHAT THE BODY ENDURED

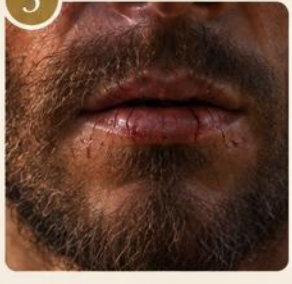
Seven times he paid that price — to forgive, to promise, to provide, and to pray.

I Thirst: Extreme Dehydration











MEDICAL INSIGHT

Blood loss from the scourging, hours of sweating and no water since Thursday night left the body severely dehydrated. Intense thirst is one of the classic signs of hypovolemic shock.

WHAT THE BODY ENDURED

As Psalm 22:15 says: my tongue cleaveth to my jaws.

The Vinegar and the Hyssop

Posca
— sour wine mixed with water

Hyssop
— the plant of Passover (Exodus 12:22)

Sponge
— soaked to carry the drink

Reed
— named by Matthew (Matthew 27:48)



Medical Insight



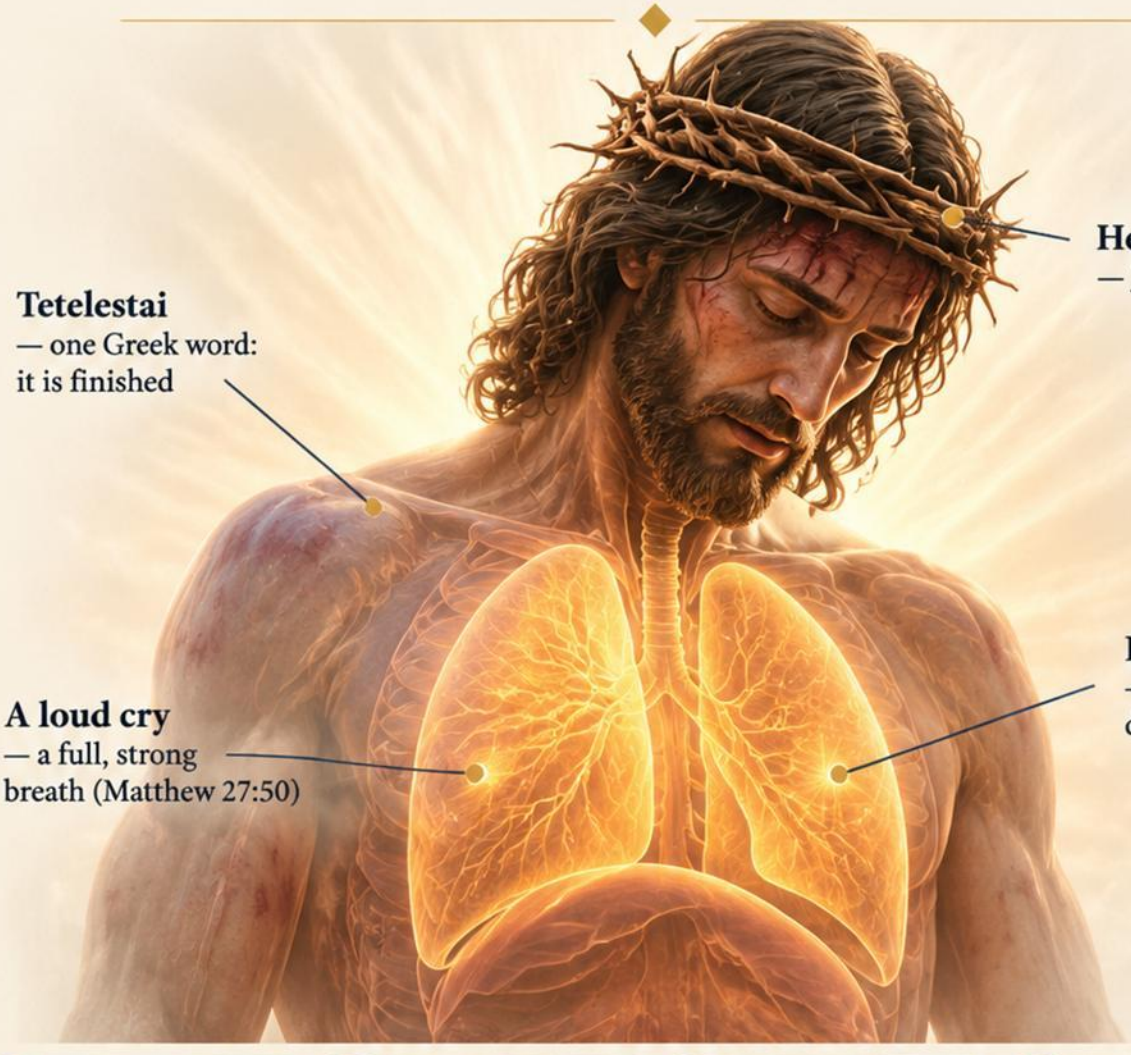
John notes that the sponge was put on hyssop, the plant used to mark the doorposts at the first Passover. Botanists debate which plant it was; many identify it with Syrian oregano, whose stalks are short.

What the body received



A few drops of sour wine moistened a mouth parched for hours — just enough to speak once more.

It Is Finished, and the Loud Cry





Medical Insight



A dying man usually grows too weak to shout, yet the Gospels record a loud cry just before death. Many readers see in it a sign that Jesus gave his life rather than having it taken (John 10:18).

What the body endured



He spent his last strength on a word of completion.

Curiosity



On ancient receipts, *tetelestai* could mean paid in full.

The Seven Words from the Cross

1. *Father, forgive them; for they know not what they do.*
   LUKE 23:34

2. *Verily I say unto thee, To day shalt thou be with me in paradise.*
   LUKE 23:43

3. *Woman, behold thy son! … Behold thy mother!*
   JOHN 19:26-27

4. *Eli, Eli, lama sabachthani?*
   that is to say, My God, my God, why hast thou forsaken me?
   MATTHEW 27:46

5. *I thirst.*
   JOHN 19:28

6. *It is finished: and he bowed his head,*
   and gave up the ghost.
   JOHN 19:30

7. *Father, into thy hands I commend my spirit:*
   and having said thus, he gave up the ghost.
   LUKE 23:46

CONTEXT

No single Gospel records all seven sayings; together they follow the hours on the cross, from forgiveness at the start to trust at the end. The traditional order is shown here.



CLASS 9 • THE SEVEN LAST WORDS

WORDS WORTH A BREATH

When breathing itself is agony, a person says only what matters most. Look at what Jesus chose. His first words were for the people hurting him: forgiveness. Then a promise to a dying criminal, and care for his grieving mother. Then the cry of abandonment from Psalm 22, honest and raw. Then a simple human need: thirst. Then completion, and finally trust, placing his spirit into the Father's hands. Very little of it is about himself.

These seven words are a map of a heart: toward enemies, toward the lost, toward family, toward God. If our last words show what we treasure, his show that he treasured us.

REFLECT

Which of the seven words speaks most to you right now, and why?

If every word cost you a painful breath, what would you make sure to say, and to whom?



CLASS 9 · THE SEVEN LAST WORDS

The Seven Last Words

From forgiveness to trust: seven sayings, each spoken at the cost of a breath.

TEACHER'S PAGE · CLASS 9

THE SEVEN LAST WORDS

LESSON OBJECTIVE

Students will name the seven sayings in order and explain what each one shows about Jesus.

CLASS TIME

50

MINUTES

READING

Luke 23:33-46; John 19:25-30; Matthew 27:45-50

DISCUSSION QUESTIONS

1. Why do you think Jesus' first word from the cross was about forgiveness?
2. What does My God, my God, why hast thou forsaken me? tell us about how Jesus prayed in pain?
3. How does knowing the physical cost of speaking change the way you read these sayings?

ACTIVITY

Write the seven sayings on seven cards and shuffle them. In small groups, put them in order, then choose one and write a one-sentence prayer inspired by it.

SUGGESTED TIMING

6′	11′	11′	11′	8′	3′
OPEN & PRAY	READ	THE PLATES	DISCUSS	ACTIVITY	CLOSE

TEACHER'S NOTES

MEMORY VERSE

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

LUKE 23:34 · KJV

10 Death, the Spear, Blood and Water

About three in the afternoon Jesus cried out and died. To be sure, a soldier pierced his side, and at once blood and water came out.



Time

Friday, about 3 p.m. — the ninth hour



3:00 PM

Place

Golgotha

Golgotha at the Ninth Hour



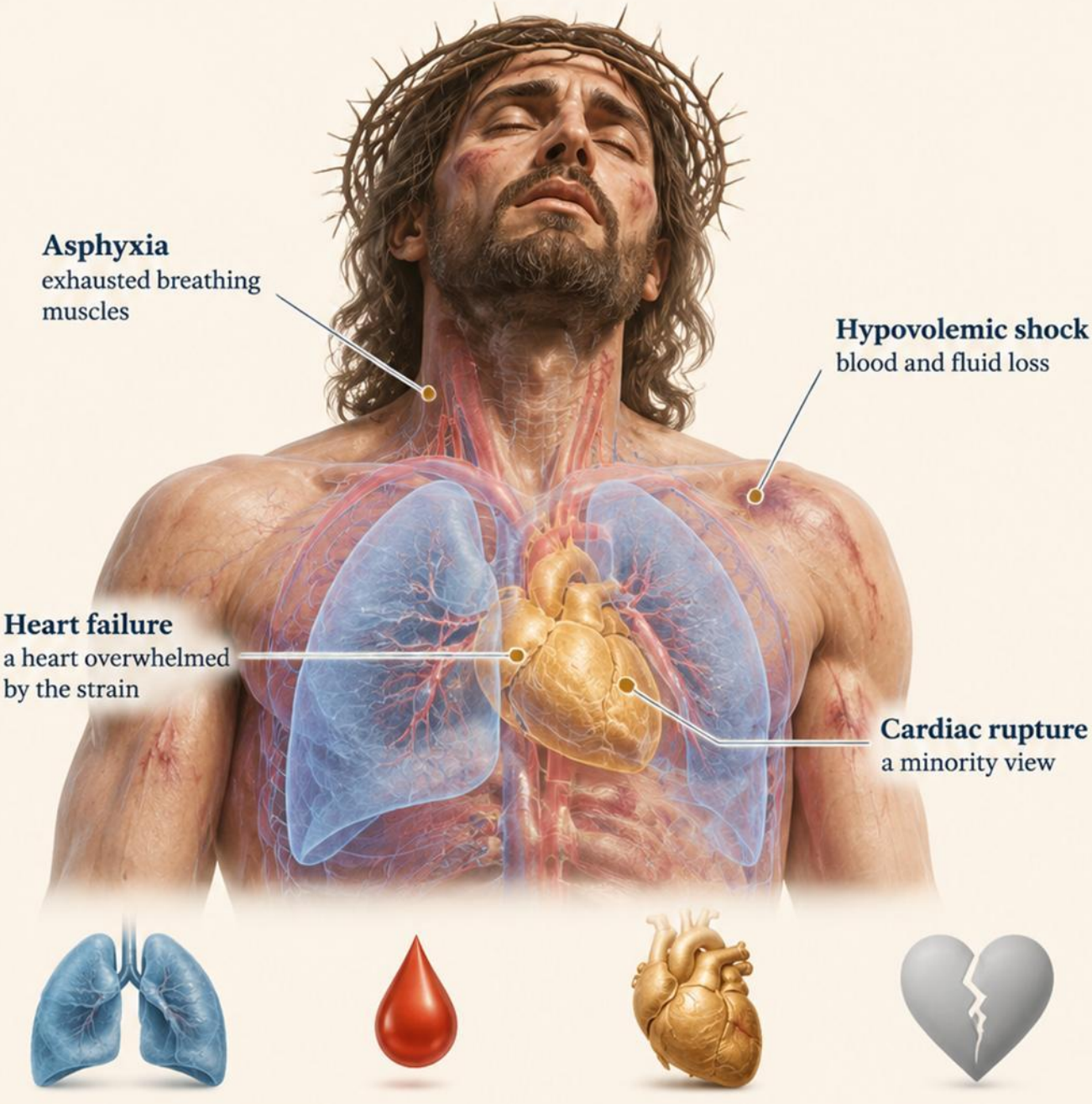
1. The centurion who stood opposite (Mark 15:39)
2. Soldiers with a heavy mallet
3. A Roman spear (*lancea*)
4. Women watching from afar (Mark 15:40)
5. The Temple, its veil torn in two (Mark 15:38)

HISTORICAL NOTE

Jewish law required that a hanged body not remain overnight (Deuteronomy 21:23), and the next day was a high Sabbath. That is why the leaders asked Pilate to hasten the deaths (John 19:31).



What Caused the Death? The Main Views



Medical Insight



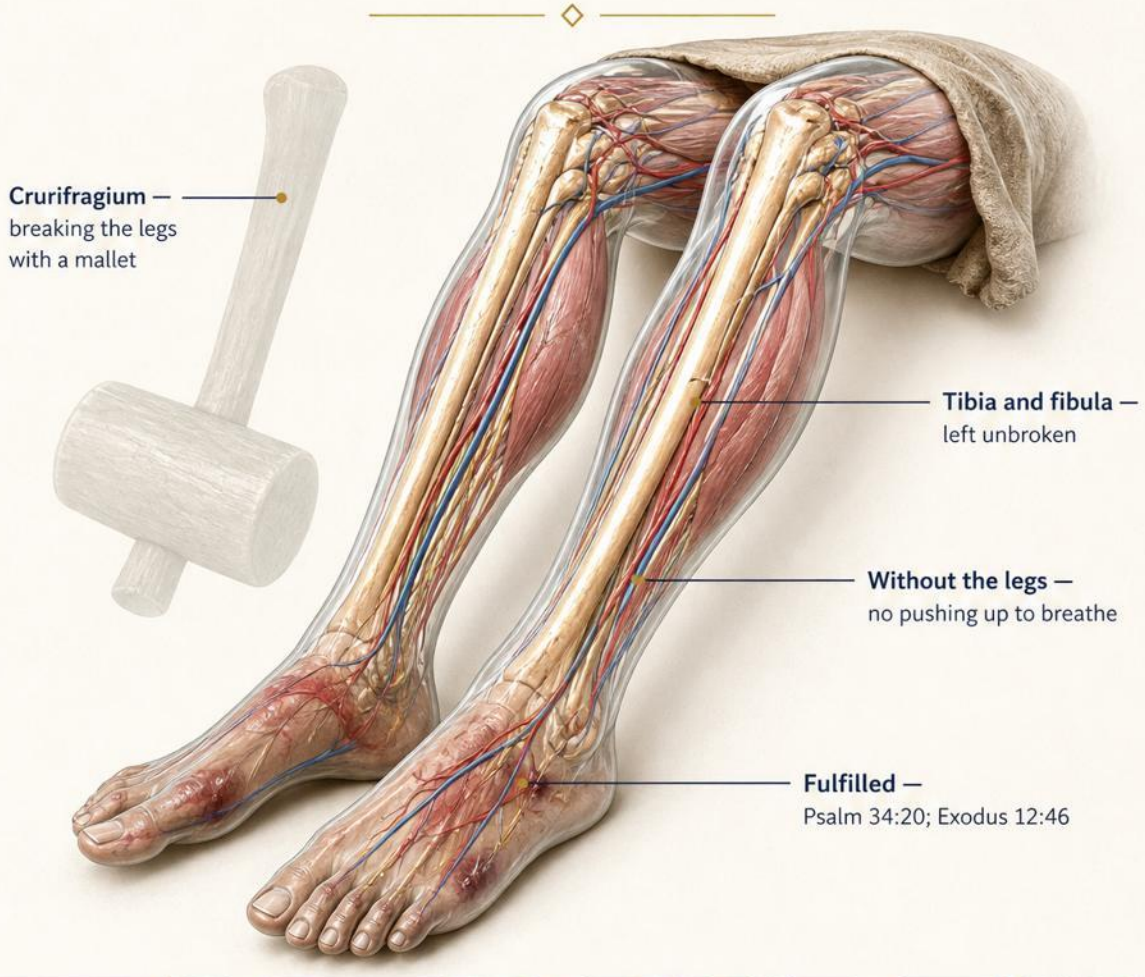
Edwards and colleagues (1986) pointed mainly to hypovolemic shock and exhaustion asphyxia, perhaps with heart failure. Zugibe favored shock. A 2006 review by Maslen and Mitchell found that the evidence for each theory is limited. Scholars still debate it.

What the body endured



Blood loss, thirst, failing breath and an exhausted heart, all at once.

WHY HIS LEGS WERE NOT BROKEN





MEDICAL INSIGHT

Breaking the legs stopped the crucified from pushing up to breathe, and death followed soon. The soldiers broke the legs of the two men beside Jesus, but found him already dead (John 19:32-33).

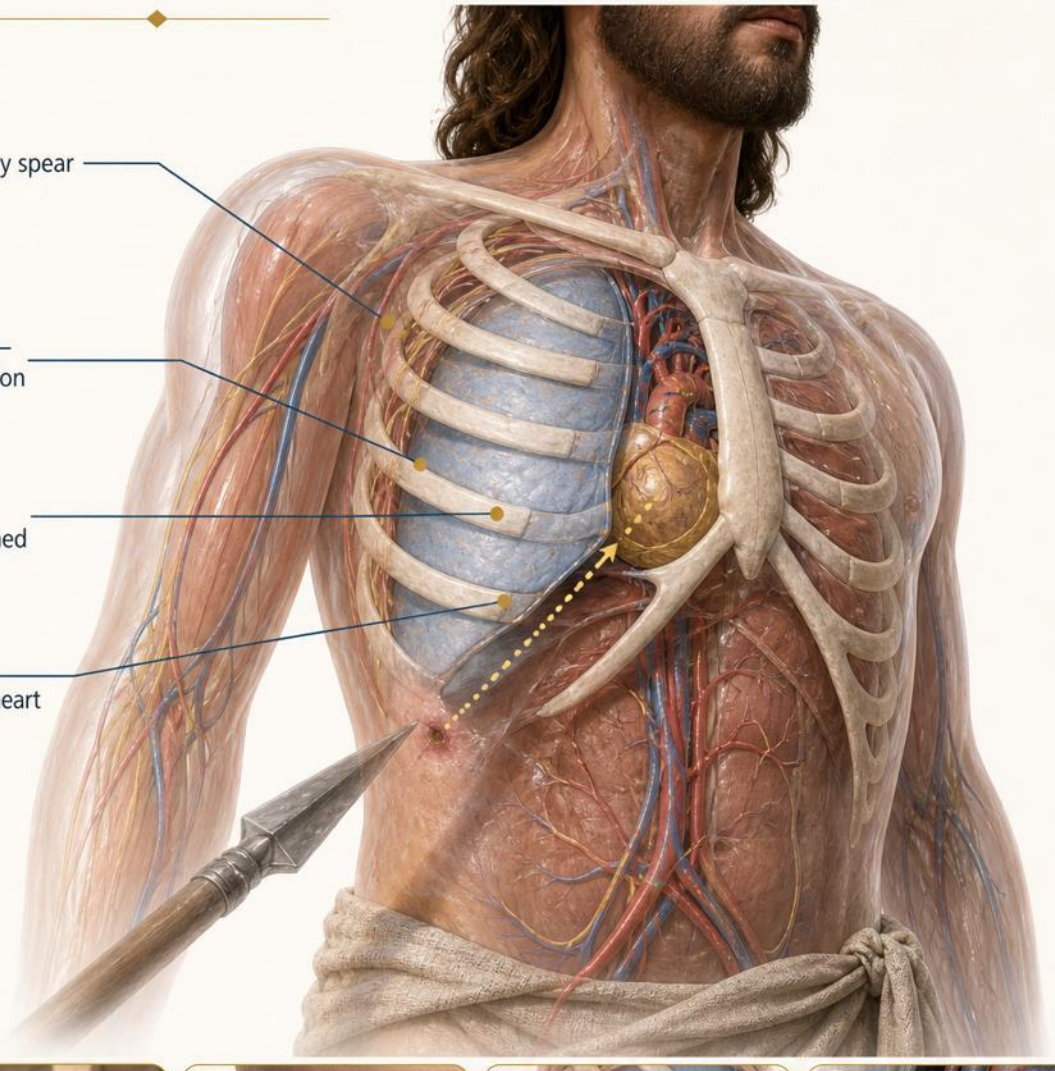
WHAT THE BODY ENDURED

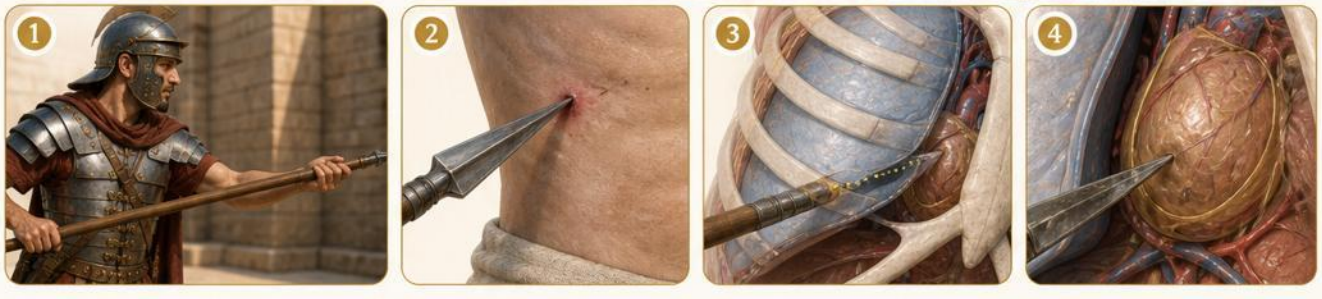
This last blow was spared him: not one bone was broken.

CURIOSITY

Pilate marvelled that Jesus was dead so soon and asked the centurion to confirm it (Mark 15:44).

THE SPEAR IN THE SIDE





MEDICAL INSIGHT

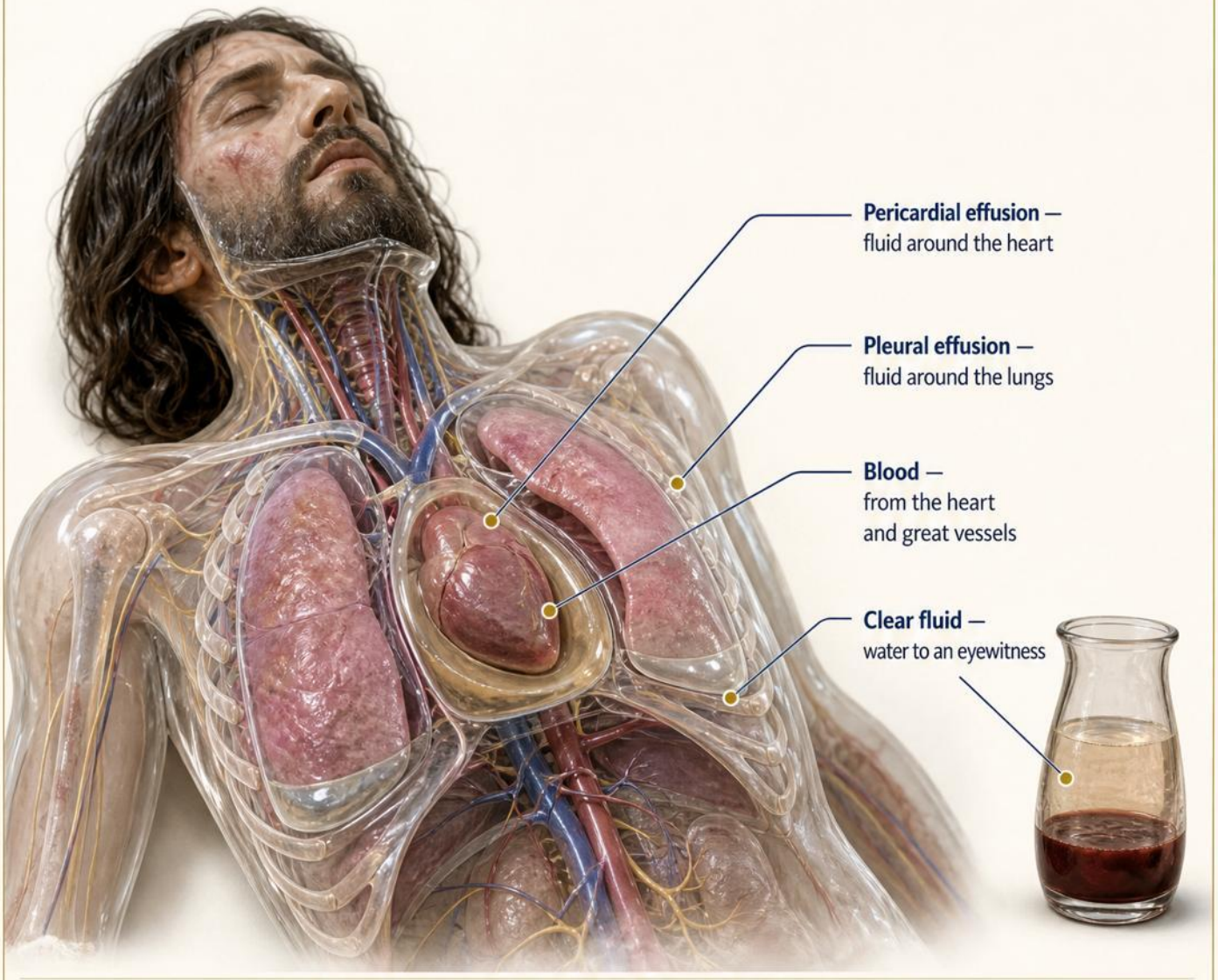
John says only that a soldier pierced his side; tradition and most medical writers place the wound on the right, between the ribs. A soldier making sure of death would thrust upward toward the heart.

WHAT THE BODY ENDURED

The thrust was given to confirm death; Jesus had already died.

?

BLOOD AND WATER





MEDICAL INSIGHT

One leading view (Edwards, 1986) holds that the water was clear fluid that collected around the heart and lungs during shock. Zugibe linked it to fluid in the chest after the scourging. John stresses that he saw it himself (John 19:35).

WHAT THE BODY ENDURED

A sign that death had truly come.

CLASS 10 · DEATH, THE SPEAR, BLOOD AND WATER

WHAT SCRIPTURE SAYS

MARK 15:37

And Jesus cried with a loud voice, and gave up the ghost.

CONTEXT: Mark, Matthew and Luke all record the loud cry at the moment of death.

JOHN 19:33-34

But when they came to Jesus, and saw that he was dead already, they brake not his legs: But one of the soldiers with a spear pierced his side, and forthwith came there out blood and water.

CONTEXT: John, who stood near the cross, is the only Gospel writer to record the spear.

JOHN 19:36

For these things were done, that the scripture should be fulfilled, A bone of him shall not be broken.

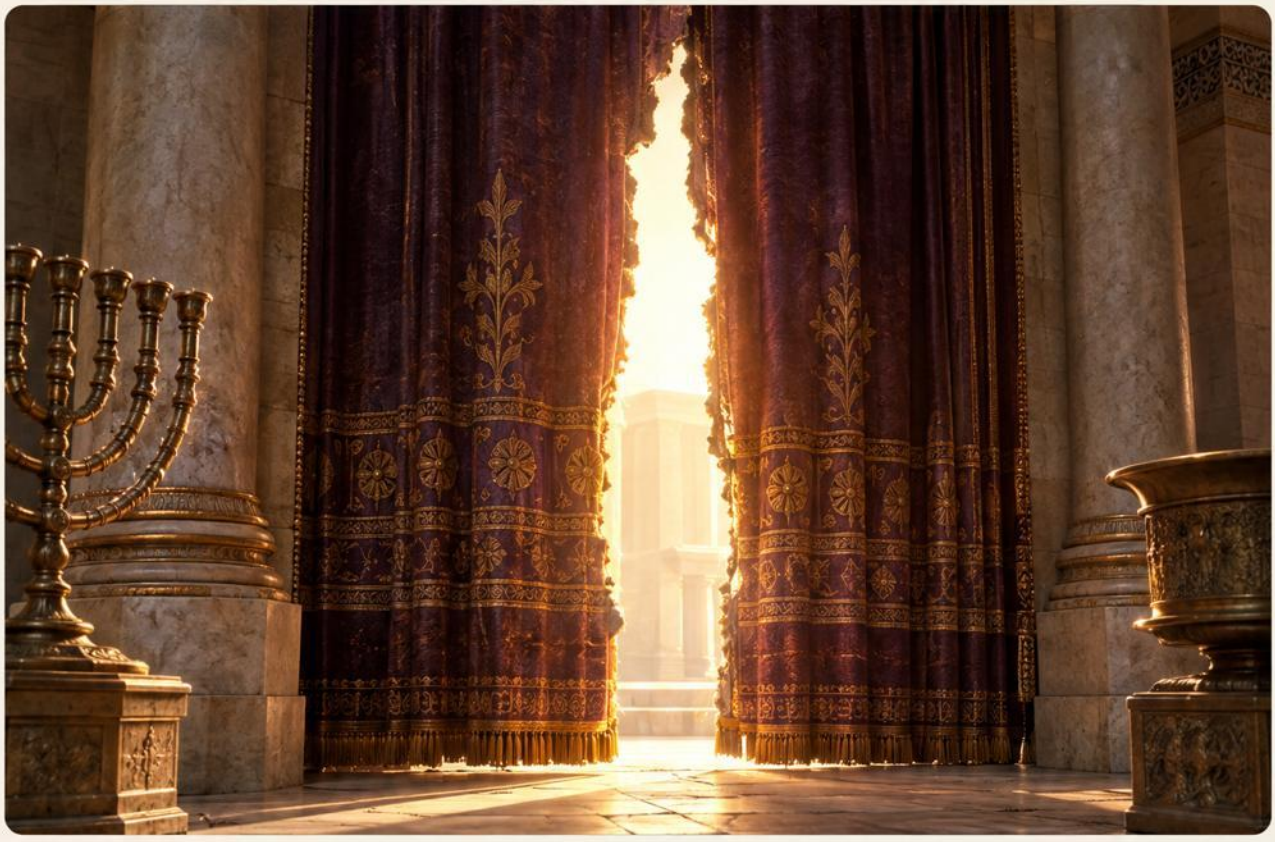
CONTEXT: John points back to the Passover lamb (Exodus 12:46) and Psalm 34:20.

ZECHARIAH 12:10

they shall look upon me whom they have pierced, and they shall mourn for him

CONTEXT: John quotes this prophecy too (John 19:37): the pierced one would be looked upon.





CLASS 10 · DEATH, THE SPEAR, BLOOD AND WATER

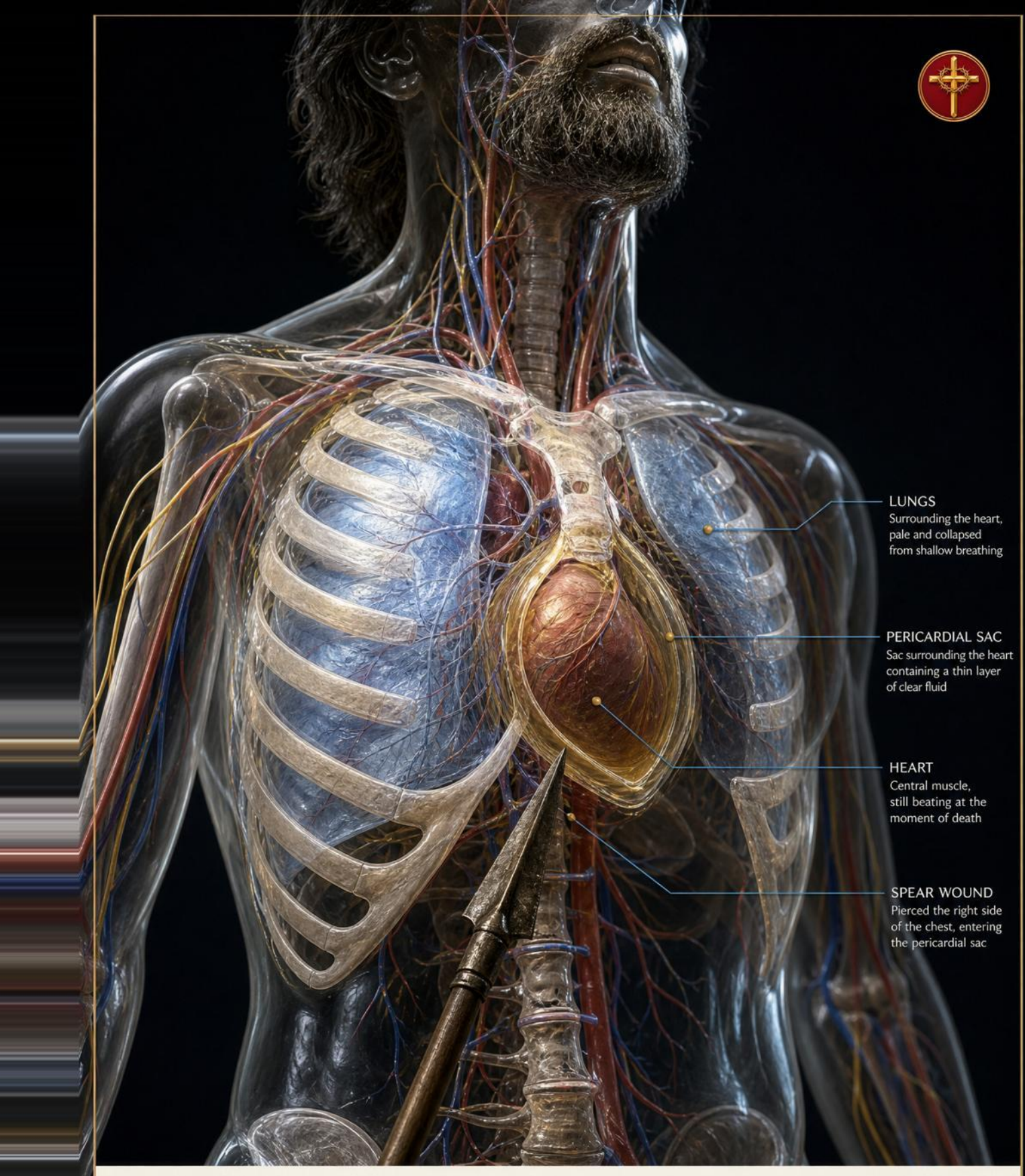
It Was Real

Some have said that Jesus only fainted on the cross. The Gospels answer plainly. Professional executioners, who did this work often, judged him dead. A centurion confirmed it to Pilate. A spear opened his side, and blood and water came out. John writes as a witness: he saw it, so that we might believe. This matters, because a faith built on a near-death would be a faith built on a trick. Christianity stands on a real death for real sins, and on a real resurrection after it. At the ninth hour the work was done. The veil of the Temple tore from top to bottom, and the way to God was opened.

REFLECT

Why does it matter that Jesus truly died, and did not only seem to die?

John says he wrote what he saw so that you might believe. How does eyewitness testimony help your faith?



CLASS 10 · DEATH, THE SPEAR, BLOOD AND WATER

Death, the Spear, Blood and Water

forthwith came there out blood and water — John 19:34

TEACHER'S PAGE · CLASS 10

DEATH, THE SPEAR, BLOOD AND WATER

LESSON OBJECTIVE

Students will summarize the main medical views on the cause of Jesus' death and explain why the Gospels insist that he truly died.

CLASS TIME

45

MINUTES

READING

John 19:28-37; Mark 15:33-45

DISCUSSION QUESTIONS

1. Doctors still debate the exact cause of death. Does that weaken or strengthen the Gospel account? Why?
2. Why did the soldiers break the legs of the two others, but not of Jesus?
3. What is the meaning of the torn veil in the Temple?

ACTIVITY

Make a two-column chart: What the Bible says / What medicine suggests. Fill it in together for the death, the legs and the spear, and mark any item that is still debated.

SUGGESTED TIMING

5′	10′	10′	10′	7′	3′
OPEN & PRAY	READ	THE PLATES	DISCUSS	ACTIVITY	CLOSE

TEACHER'S NOTES

MEMORY VERSE

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

JOHN 15:13 · KJV

CLASS 11 · THE BURIAL

11 The Burial

Before sunset, Joseph of Arimathea and Nicodemus took the body down, wrapped it in linen with spices and laid it in a new tomb in a garden nearby.



TIME
Friday, before sunset
(the Sabbath began at dusk)

PLACE
A garden tomb near Golgotha



A Garden and a New Tomb



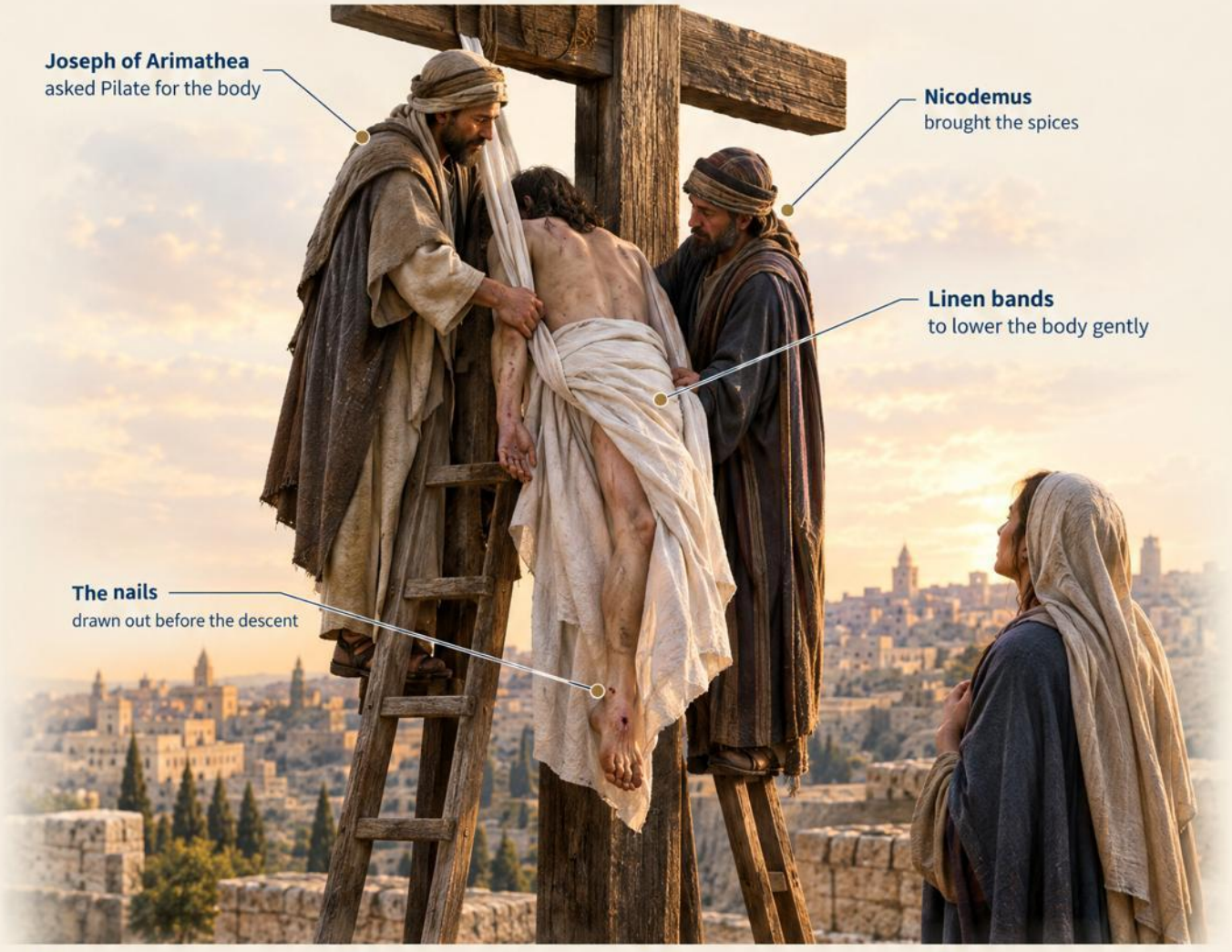
1. **Garden near the place of crucifixion** (John 19:41)
2. **Low entrance: one had to stoop** (John 20:5)
3. **Rolling stone in a carved channel**
4. **Burial bench inside the chamber**
5. **Forecourt for the mourners**



HISTORICAL NOTE

Archaeologist Amos Kloner noted that most Jerusalem tombs of the period were closed with square stone plugs; round rolling stones were rare and belonged to wealthy families — fitting a rich man like Joseph (Matthew 27:57).

TAKING THE BODY DOWN











MEDICAL INSIGHT

By late afternoon, rigor mortis may have begun in the small muscles, so lowering the body took several people. Pilate released the body only after the centurion confirmed death (Mark 15:44-45).

WHAT IT MEANT

Two disciples who had followed in secret now came forward openly, at their own risk.

CURIOSITY

Linen and a Hundred Pounds of Spices





HISTORICAL INSIGHT



A Roman pound (litra) was about 11.5 oz (327 g), so the spices weighed roughly 72 lb (33 kg) — an amount fit for a king. They did not embalm the body; they honored it and covered the odor of death.

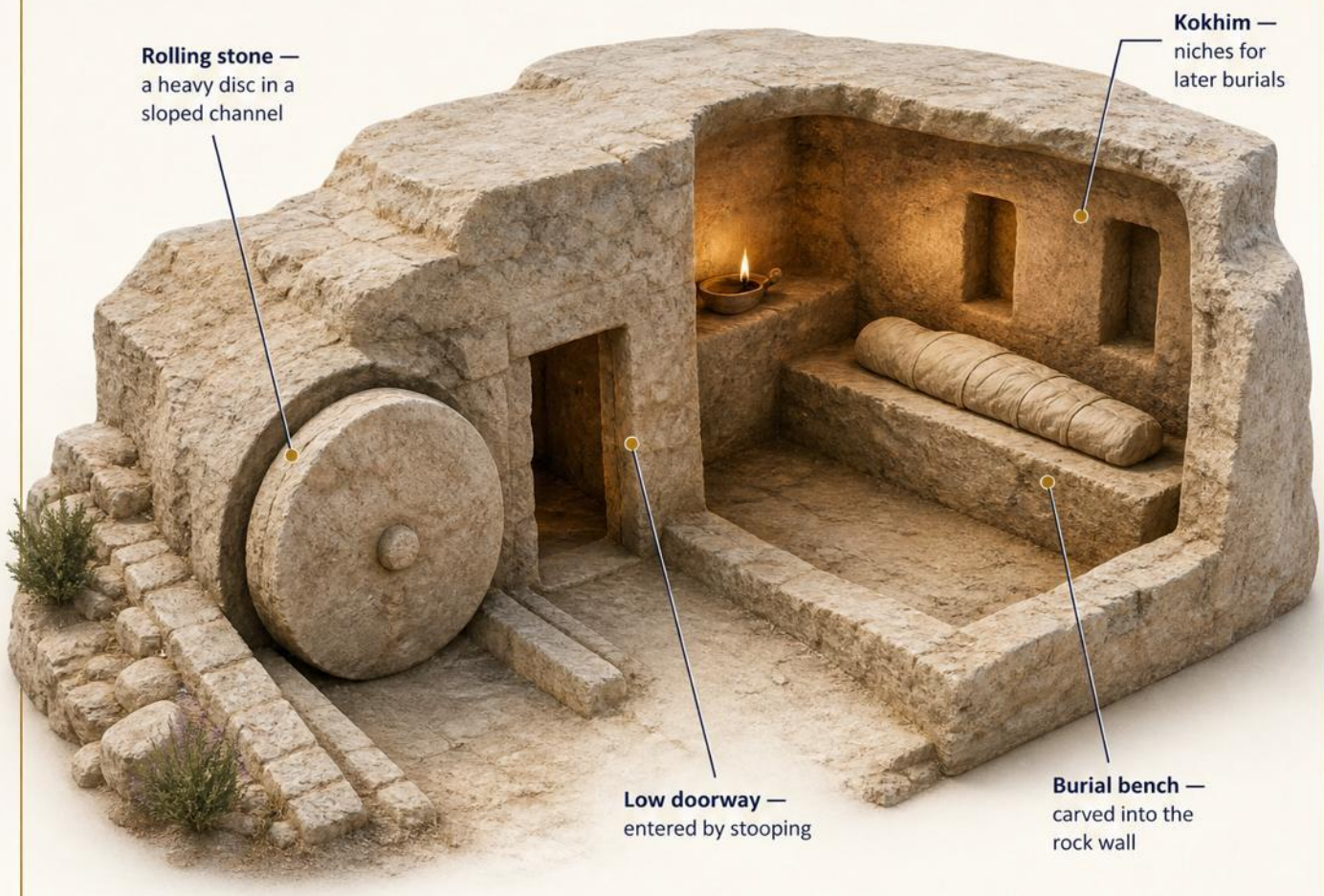
WHAT IT MEANT



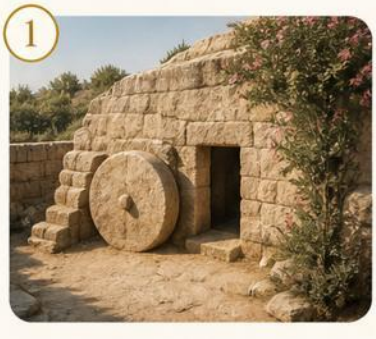
A royal burial, given by two men who had once been afraid.

CLASS 11 · THE BURIAL

A First-Century Rock-cut Tomb



1



Historical Insight

Wealthy Jerusalem families cut tombs into the soft limestone. The body lay on a bench; about a year later the bones were often gathered into a stone ossuary — like the one that held Yehohanan's heel.

2



What it meant

A new tomb, where no one had yet been laid (Luke 23:53).

MEDICAL INSIGHT

The cool, shaded tomb slowed decomposition. Spices in the linen may have helped preserve the body.

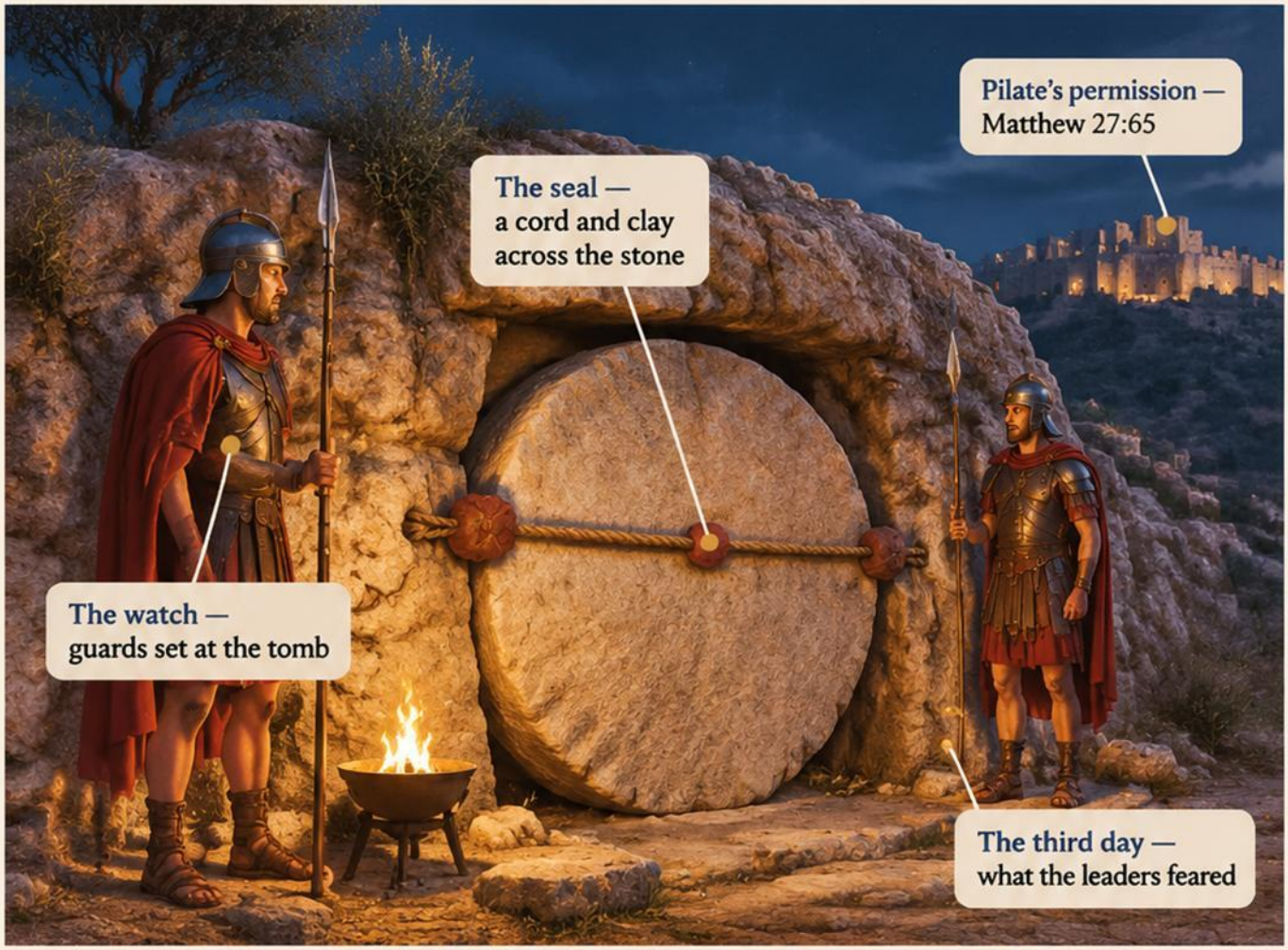
WHAT THE BODY ENDURED

- Transport while bruised and exhausted
- Lying on a hard stone bench
- Confinement in a sealed tomb
- Natural decomposition began

CURIOSITY

Ossuaries like this were common. Yehohanan's was discovered in 1968.

The Guard and the Seal



1



2



3



4



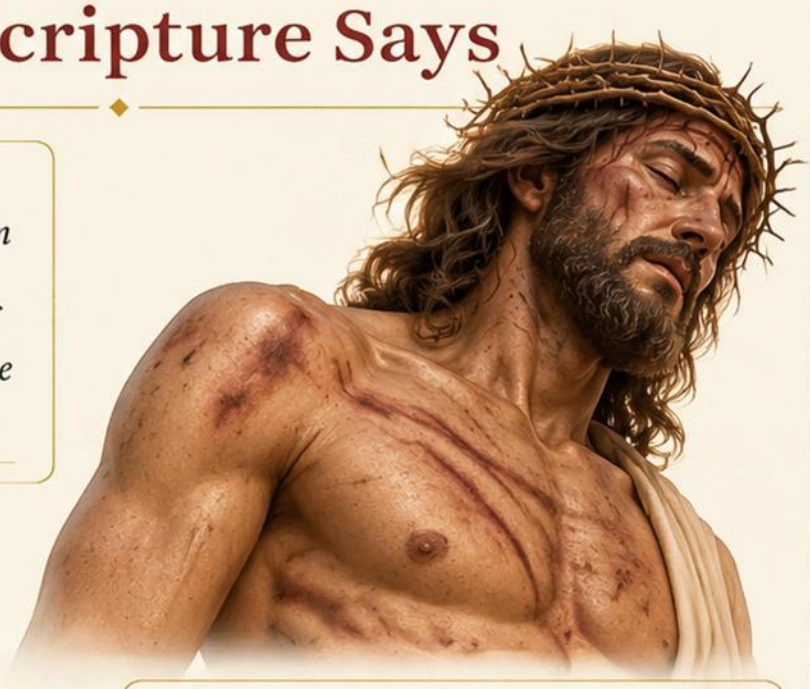
HISTORICAL INSIGHT

Matthew says the chief priests asked Pilate to secure the tomb until the **third day.** Scholars debate whether the watch was Roman soldiers or the Temple guard; either way, **breaking the seal meant defying authority.**

WHAT IT MEANT

Every human precaution was taken to keep the tomb closed.

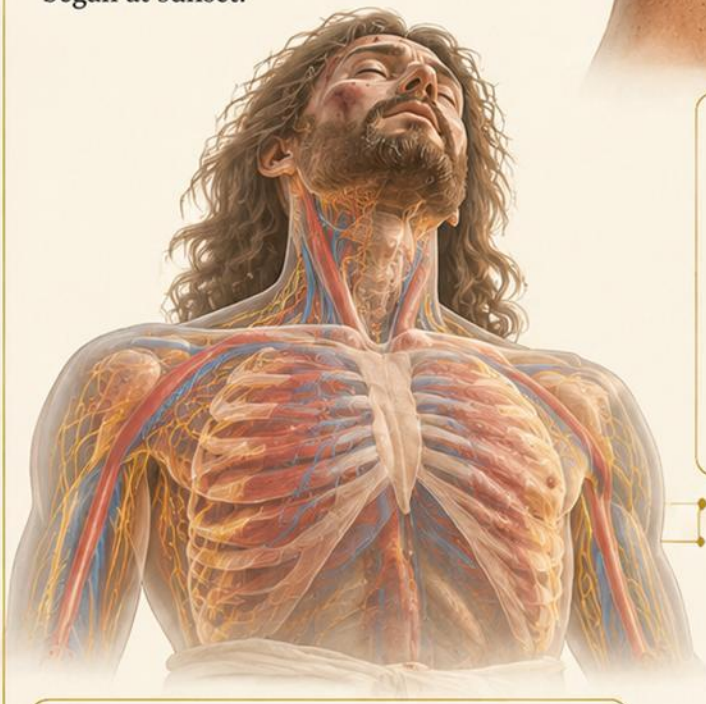
What Scripture Says



And he bought fine linen, and took him down, and wrapped him in the linen, and laid him in a sepulchre which was hewn out of a rock, and rolled a stone unto the door of the sepulchre.

MARK 15:46

Context:
Joseph acted quickly: the Sabbath began at sunset.



And there came also Nicodemus, which at the first came to Jesus by night, and brought a mixture of myrrh and aloes, about an hundred pound weight. Then took they the body of Jesus, and wound it in linen clothes with the spices, as the manner of the Jews is to bury.

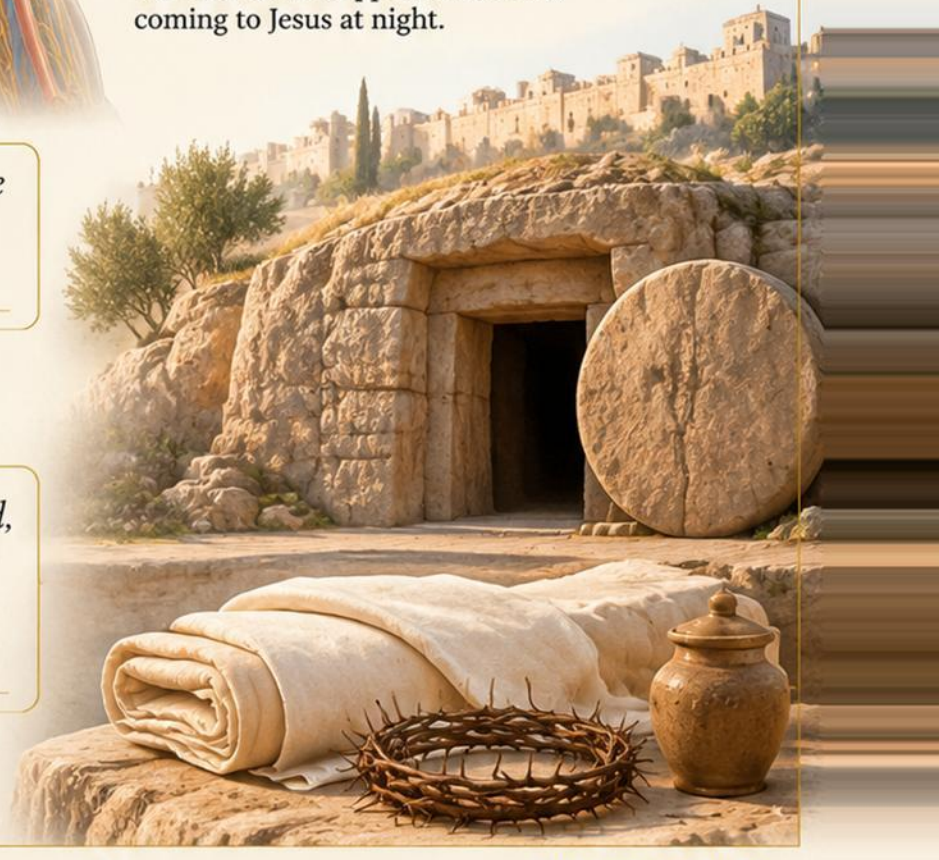
JOHN 19:39-40

Context:
Nicodemus first appears in John 3, coming to Jesus at night.

So they went, and made the sepulchre sure, sealing the stone, and setting a watch.

MATTHEW 27:66

Context:
The leaders remembered his words about rising on the third day.



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

Context:
Crucified between criminals, buried in a rich man's tomb.



CLASS 11 · THE BURIAL

THE SILENCE OF SATURDAY

After the noise of Friday came silence. The body was wrapped, the stone rolled shut, the seal pressed into clay. The disciples hid. The women rested on the Sabbath, as the law commanded, with spices waiting for Sunday.

It seemed that everything was over. Many of us know Saturdays like that: the day after the loss, when nothing makes sense and God seems silent.

But the burial is part of the good news, not the end of it. Paul writes that Christ died, was buried, and rose again the third day. The tomb was real, the guard was real, the seal was real — and none of it would be strong enough to hold him.

REFLECT

What do you think the disciples felt on that Saturday?
When have you lived a Saturday, waiting for God to act?
What did you learn while you waited?



CLASS 11 · THE BURIAL

The Burial

Wrapped in linen with a hundred pounds of spices,
and laid in a new tomb hewn out of the rock.

TEACHER'S PAGE · CLASS 11

THE BURIAL

LESSON OBJECTIVE

Students will describe how Jesus was buried and explain why the burial details matter for the resurrection.

CLASS TIME

50

MINUTES

READING

Mark 15:42-47; John 19:38-42; Matthew 27:57-66

DISCUSSION QUESTIONS

1. Joseph and Nicodemus had followed Jesus in secret. Why do you think they came forward now?
2. Why did the chief priests ask for a guard and a seal?
3. How do the burial details (the tomb, the stone, the guard) prepare us for Sunday?

ACTIVITY

Using a shoebox, clay and a round lid, build a model of a rock-cut tomb with a rolling stone and a seal. Label the parts with the verses that mention them.

SUGGESTED TIMING

6′	11′	11′	11′	8′	3′
OPEN & PRAY	READ	THE PLATES	DISCUSS	ACTIVITY	CLOSE

TEACHER'S NOTES

MEMORY VERSE

"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 • THE EMPTY TOMB

12 THE EMPTY TOMB



6:00 AM

TIME

Sunday, at dawn — the first day of the week

PLACE

The garden tomb

Very early on the first day of the week, the women found the stone rolled away and the tomb empty. Jesus had risen, as he said.



CLASS 12 · THE EMPTY TOMB

The Tomb at Dawn



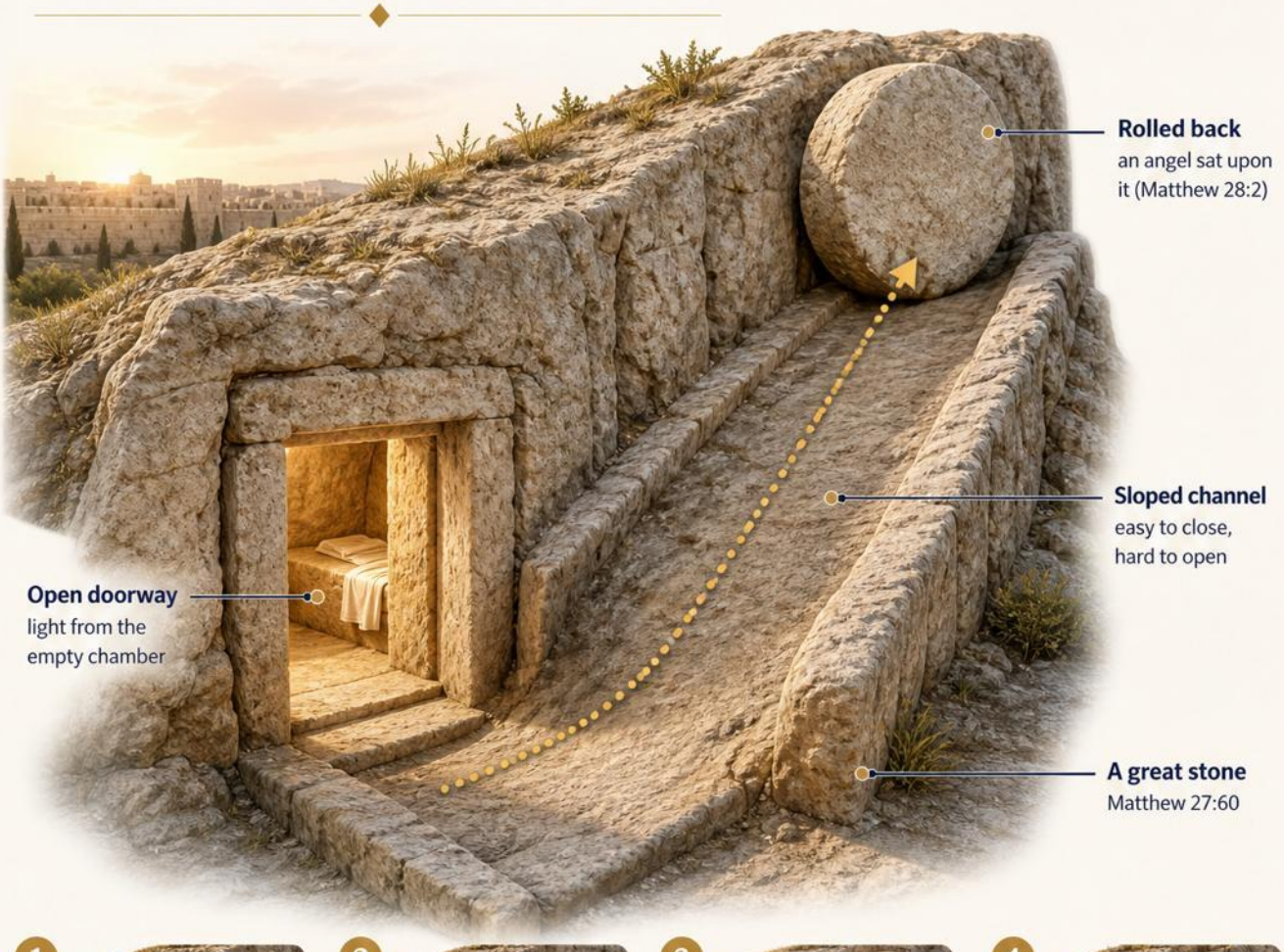
1. The stone rolled back from the door
2. The empty burial bench
3. Linen clothes lying (John 20:5)
4. The women bringing spices (Luke 24:1)
5. Sunrise over the Mount of Olives

HISTORICAL NOTE

All four Gospels name women as the first witnesses. In the first century a woman's testimony carried little legal weight, which many historians see as a sign that the accounts were not invented.

CLASS 12 · THE EMPTY TOMB

THE STONE ROLLED AWAY





HISTORICAL INSIGHT

Rolling stones sat in a channel sloping toward the door, so closing was easy and opening took several people. The women knew it: they asked who would roll the stone away (Mark 16:3).

WHAT IT MEANT

The stone was not moved to let Jesus out, but to let the witnesses in.

CURIOSITY

The Grave Clothes and the Napkin

Linen clothes — lying in place (John 20:6)

The napkin — wrapped together by itself (John 20:7)

Spices — still in the folds

No disorder — no sign of haste or theft









Historical Insight



Thieves would have taken the costly linen and spices, or left disorder. John saw the cloths lying in place and the head cloth apart — and he believed (John 20:8).

What it meant



An orderly tomb spoke of a body that was not stolen.

The Risen Body: The Wounds Still Visible

A real body —
he ate before them
(Luke 24:43)

Hands —
the print of the nails,
healed

Side —
the mark of the spear
(John 20:27)

Feet —
behold my hands
and my feet (Luke 24:39)





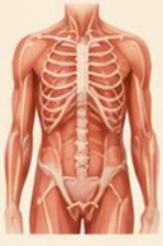




Biblical Insight

Scripture describes the risen body as real and touchable — it could be handled and it ate — yet no longer subject to pain or death. The wounds remain as marks, not open injuries.

What the body shows

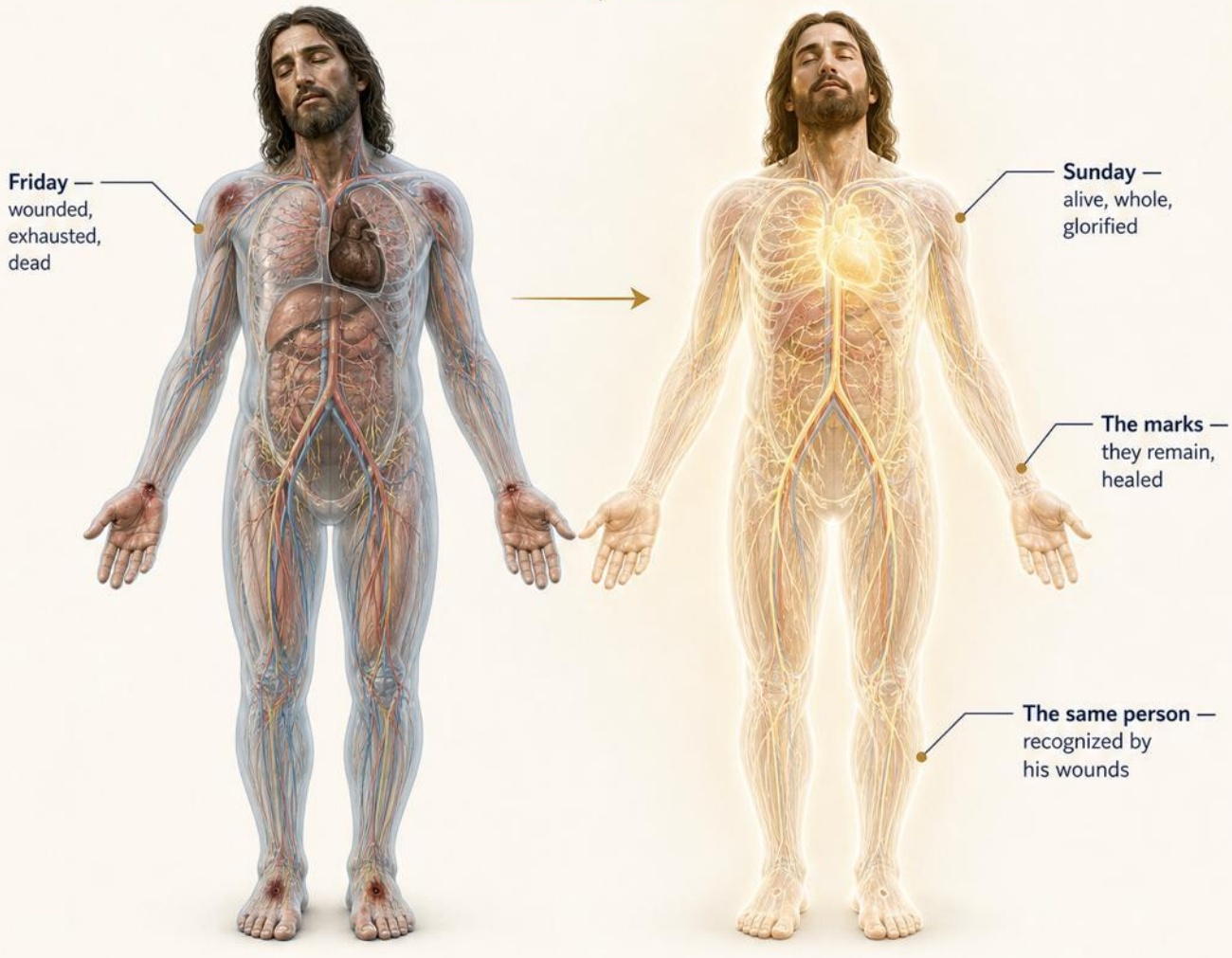


The same hands that were nailed are now whole, and they still carry the marks.



CLASS 12 · THE EMPTY TOMB

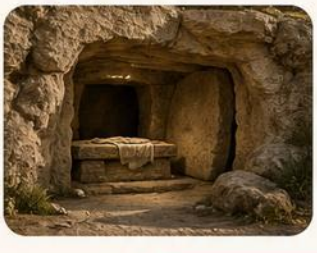
From the Cross to the Resurrection



1 The cross



2 The tomb



3 The stone rolled



4 He is risen



WHAT CHANGED

Everything the earlier plates described — the nerves, the breathing, the heart — stopped on Friday. On Sunday the Gospels describe the same body alive again, recognized by the marks of the nails.

WHAT IT MEANT

Death did not have the last word.

CURIOSITY

The Gospels consistently emphasize that he was recognized by his wounds. Healing did not erase his identity.

What Scripture Says

"Be not affrighted: Ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here: behold the place where they laid him."

MARK 16:6



Context:
The angel's words to the women at the tomb.



"Then cometh Simon Peter following him, and went into the sepulchre, and seeth the linen clothes lie, And the napkin, that was about his head, not lying with the linen clothes, but wrapped together in a place by itself."

JOHN 20:6-7

Context:
Peter and John ran to the tomb; John, who arrived first, records what they saw.

"Then saith he to Thomas, Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side: and be not faithless, but believing."

JOHN 20:27

Context:
Jesus answers the exact words Thomas had said a week earlier.





"Behold my hands and my feet, that it is I myself: handle me, and see; for a spirit hath not flesh and bones, as ye see me have."

LUKE 24:39

Context:
The risen Jesus shows the disciples that he is not a ghost.



CLASS 12 • THE EMPTY TOMB

THE MARKS REMAIN

When the risen Jesus wanted his friends to know it was really him, he did not show them a miracle. He showed them his hands. The wounds of Friday had not disappeared; they had been healed and turned into signs. That is the message of the empty tomb. God does not erase our story; he redeems it. The cross was real, the suffering was real, the death was real. And on Sunday morning the same body stood alive in the garden. The nails, the thorns, the spear did not have the last word. Because he lives, our own wounds, our griefs and even our death are not the end of the story either.

REFLECT

Why do you think Jesus kept the marks of the nails in his risen body?

What wound in your life would you like God to turn into a sign of his faithfulness?



CLASS 12 · THE EMPTY TOMB

The Empty Tomb

He is not here: for he is risen, as he said. — Matthew 28:6

TEACHER'S PAGE · CLASS 12

THE EMPTY TOMB

LESSON OBJECTIVE

Students will retell the discovery of the empty tomb and explain why the healed wounds of the risen Jesus matter.

CLASS TIME

50

MINUTES

READING

John 20:1-29; Luke 24:36-43; Matthew 28:1-10

DISCUSSION QUESTIONS

1. What details of the empty tomb convinced John to believe?
2. Why is it important that the risen Jesus had a real body that could be touched?
3. Looking back over the twelve classes, what has changed in the way you think about the cross?

ACTIVITY

Make a timeline on the wall from Thursday night to Sunday morning with the twelve places of the course. Each student adds one sticky note with the moment that touched them most.

SUGGESTED TIMING

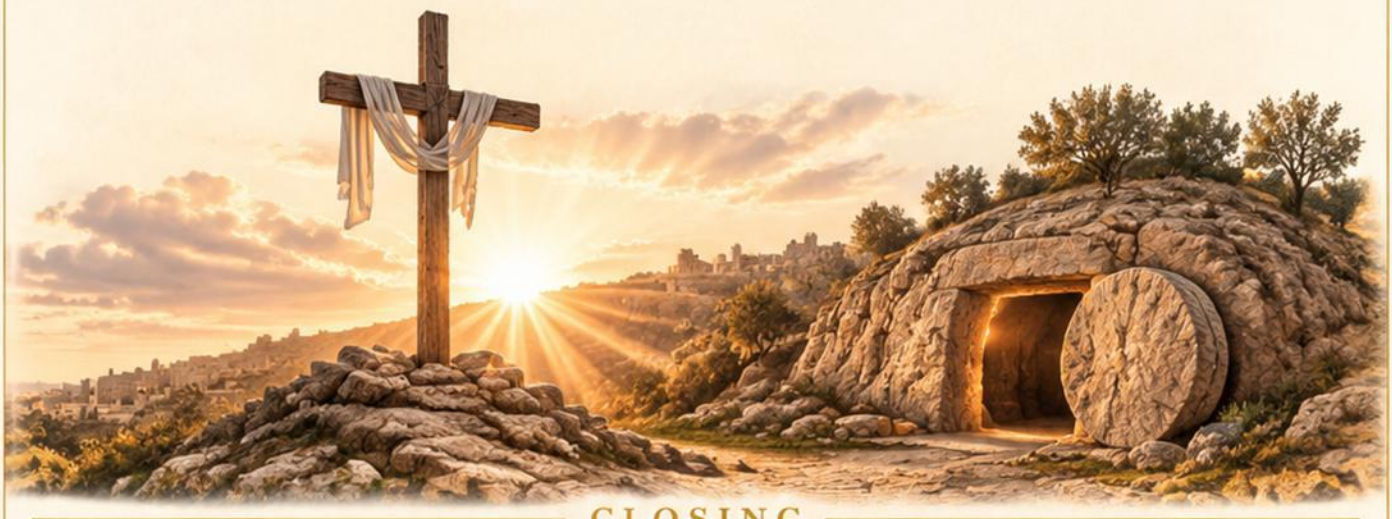
6′	11′	11′	11′	8′	3′
OPEN & PRAY	READ	THE PLATES	DISCUSS	ACTIVITY	CLOSE

TEACHER'S NOTES

MEMORY VERSE

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

MATTHEW 28:6 · KJV



CLOSING

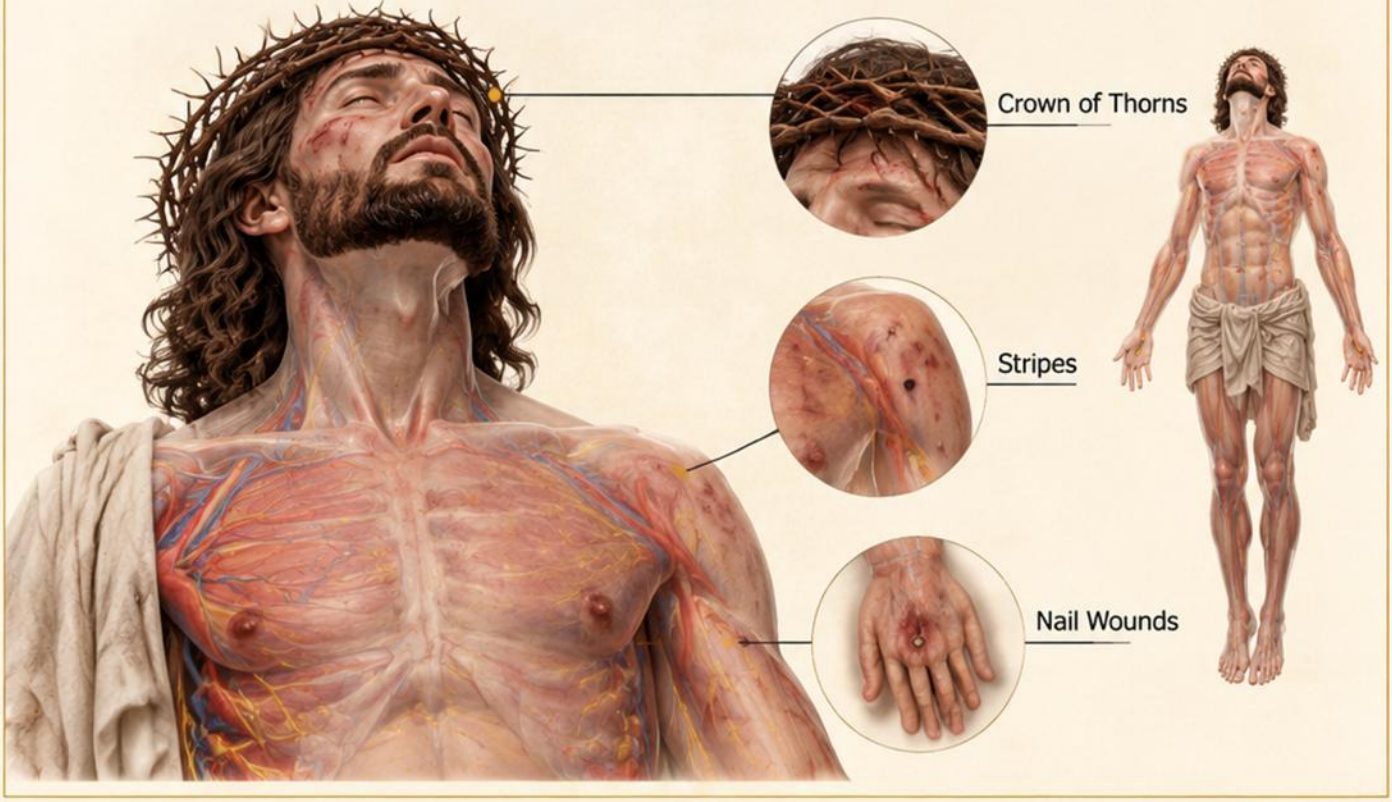
What It Means

> ***Isaiah 53:5:***
> *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.*

In this atlas we have followed the body of Jesus hour by hour: the sweat in Gethsemane, the blows, the scourging, the thorns, the nails, every breath on the cross, and the empty tomb. The medicine helps us see how much it cost. But the physical suffering is not the whole story. Isaiah wrote, seven centuries earlier, that he would be wounded for our transgressions. The Gospels show those words fuffilled. The cross is where God's justice and God's love meet, and the empty tomb is the proof that his sacrifice was accepted.

> ***Romans 5:8:***
> *But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.*

Look at the plates again, not only as a student of anatomy, but as someone he did it for.





CLOSING

Sources and a Note on Accuracy

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ANCIENT WRITERS

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SCRIPTURE

All Bible quotations are from the King James Version (public domain).

A NOTE ON ACCURACY

Where evidence is debated, we clearly distinguish biblical descriptions from historical and medical reconstructions. The 3D plates are reconstructions based on these sources, not photographs; times, distances and weights marked as estimates are approximate. Injuries are shown with restraint, as in a medical museum.



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12
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