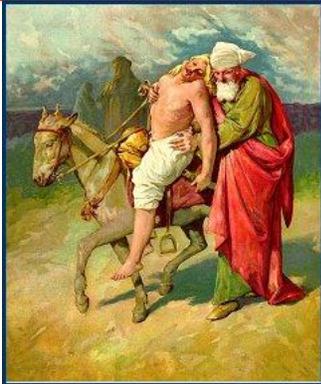


New Horizons Newsletter



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"May the Lord show you His favor and give you peace."

(Nu. 6:26)

THE CRUCIFIXION

By Dr. Pierre J. Samaan

Once again, Easter is upon us. Each year we have what I see as an opportunity to celebrate together the remarkable life, death, and resurrection of The Son of God, Jesus Christ, Messiah.

I will let you in on a little secret! I can neither watch an Easter play or movie without becoming deeply upset during the persecution and crucifixion scenes. I have not seen many movies or plays depicting the crucifixion for this reason; I don't just tear-up, I cry!

This year, my brother, Victor, sent me an email of the physiological aspects of dying on the cross. I read a few more articles about the brutality of the crucifixion. One of the articles¹ by Dr. C. Truman Davis, seemed to stand out. I thought I would share with you some of what I learned in all of the readings.

The Death of Jesus

At the age of 33, Jesus was condemned to death. The official charge against Jesus was "...one who attempted to usurp the prerogatives of royalty, which were properly only dispensed at the decree of Caesar. Jesus is charged with high treason against the majesty of the emperor."²

During that time, it was Jewish tradition to flay the Passover lamb while it hanged on a hook; Jesus was hung on a cross. At that time, crucifixion was considered the "worst" type of death sentence. Only war criminals and the worst of the civilian criminals were condemned to be crucified. Yet, it was not a common practice to impale the criminals to the cross. The Roman soldiers nailed Jesus by His wrists and feet.

I saw a History Channel program on the search for the actual nails used in the crucifixion. They revealed that two Roman style crucifixion nails were discovered in the

¹ Article can be found at: <http://www.konnections.com/kcundick/crucifix.html>

² Keener, Craig, (1993), *The IVP Bible Background Commentary*, p 312, InterVarsity Press, Downers Grove, IL.

excavation of the grave site of Caiaphas, high priest (Matthew 26:57-67). Were these the nails that impaled Jesus to the cross? Did Caiaphas keep these nails as a trophy to soothe his tortured soul? And, why after excavating these two nails did the Israeli archaeologists hide them away from the world to know? The Professor who was questioned said that it would be "controversial." An interesting note on the discovered nails was that the end of each nail had been bent into an "L" shape. Many of the Roman nails used for crucifixions were bent in the same manner. The bend on the nails were to make the impaled person less likely to tear themselves from the nails.

Each nail was 6 to 8 inches long and most likely, a square shape, narrowing to a point. The nails were driven into His wrists, not into His hands as is commonly portrayed. There is a tendon in the wrist that extends to the shoulder. The Roman guards knew that when the nails were being hammered into the wrist, the tendon would tear and break. The completely torn tendon would force Jesus to use His back muscles to support Himself each time he needed to take a breath. The nails in the wrists were pressing against the medium nerve, delivering an excruciatingly sharp pain.

Both of His feet were nailed together through the metatarsal bones of the feet. This would force Jesus to, in between short puffs of breath, support Himself on the single nail that impaled the left foot over the right. 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 breath. Each breath became shorter and less frequent, depriving the brain and body organs of life giving oxygen.

As if this was not enough pain, practically every muscle in Jesus' body was cramping, adding to the excruciating pain. The pectoral muscles are not only cramped, but also paralyzed, preventing exhaling air out of the lungs. Carbon dioxide builds up in the lungs and blood stream. Impalement will literally lead to death by asphyxiation.

According to Jewish tradition, an important responsibility included "*honoring one's father and mother*" (1 Samuel 22:3) by providing for them in their old age. At this time, Mary was somewhere in her forties, a widow (it is assumed Joseph has died), and dependent on her eldest son, Jesus.

"When Jesus therefore saw His mother, and the disciple whom He loved standing by, He said to His mother, 'Woman, behold your son!' Then He said to the disciple, 'Behold your mother!' And from that hour that disciple took her to his own home." (John 19:26-27 NKJV)

Alright! I'm taking a deep breath now. Writing that part made me tear-up for a moment. It's time to "practice what I preach" during counseling. Step away and take a break!

Imagine the struggle, the pain, the suffering, the courage (to voluntarily go through this suffering for you).

Jesus endured this reality for over 3 hours before saying; *"...It is finished! And bowing His head, He gave up His spirit."* (John 19:29b NKJV)

Thank God the event did not stop there!

Eternal Forgiveness For You!

The Resurrection is a key to our Christian faith. It is the most documented miracle in the Bible, as well as in the world. Jesus' resurrection demonstrates the power of God. It also demonstrates the difference between The Living Christ and an imposter. The death of the body is not the end, it is the beginning of a future life for the Believer in Christ.

The Resurrection is evidence that the promises of God are 100% reliable and can be seen as a witness to the world:

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God. And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. But he who does the truth comes to the light, that his deeds may be clearly seen, that they have been done in God." (John 3:16-21 NKJV)

Pray About Being a Prayer Partner & Financial Supporter

What Money Can Buy



Money will buy. . .
 . . . a bed but not sleep.
 . . . books but not brains.
 . . . food but not appetite.
 . . . finery but not beauty.

. . . a house but not a home.
 . . . medicine but not health.
 . . . luxuries but not culture.
 . . . amusement but not happiness.
 . . . a crucifix but not a Saviour.
 . . . a church-pew but not heaven.³

Please Pray For. . .

- Josh McKeown Jamboree, May 7, 2011. The Jamboree will be held at the United Brethren In Christ, Holly Hill, for the purpose of raising funds for Josh's ongoing Cancer treatments; FOOD, BAKE SALE, YARD SALE, LIVE MUSIC; treatments; contact Carolyn Mills, carolynmills@cfl.rr.com, for details, or how you can send a donation if you can't be there.

³ Tan, Paul Lee, (1991) *Encyclopedia of 7700 Illustrations*, p 832, Twelfth Printing, Bible Communications, Garland, TX.

- Pray for Christian brothers and sisters affected by the aftermath of the Japanese earthquake. Please give your donations to Christian relief organizations.
- Please pray for all the Christian Counseling clients. God is good, all the time!
- Pray for your church Pastors.
- Pray for Federal, state, and local governments (they need all the help they can get).
- Pray for your children and family.
- Pray for your spouse.

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**You can read or download previous newsletters in the "Articles" section of our web site.*

"Seeking True Recovery to Replace Pain With Healing Peace."

Clinical Christian Counseling/Clinical Pastoral Counseling is crisis intervention and strengthening of Christian character and values, which is Discipleship. Our Ordained and Professional Clinical Christian Counselors are committed to the welfare of the Christian. Clients are encouraged to take advantage of their own church programs as part of their Christian Counseling Treatment Plan. We are credentialed professionals who must follow state confidentiality guidelines. This is not church Lay Counseling in which your confidentiality cannot be guaranteed.

*Professional Clinical Christian Counseling will help the client, couple, or family move beyond tolerable existence into genuine inner healing, renewal, and wholeness through the work of God's Holy Spirit in the counseling.**

Tolerable recovery is the process of getting better. True recovery says, "I made it!" This is when I can look at the source of my pain - which has become a stronghold - and realize it has been replaced with God's healing peace - Replacing the source pain with God's Truth.

***Clinical Christian Counselors are exempt from Florida State Licensing, Statute 491.014. All Christian counselors at New Horizons Institute of Counseling are Ordained Clergy, Board Certified & Licensed by the National Board of Examiners of the National Christian Counselors Association. We serve under the authorities of our licensing boards and the Pastor and Board of the UB church.**

NEW RESEARCH FINDINGS

Why Taking Naps Make You Smarter

Volunteers who took a 100-minute nap before launching into an evening memorization task scored an average of 20 percentage points higher on the memory test compared with people who did the memorization without snoozing first. Read article at:

<http://www.foxnews.com/health/2011/03/08/taking-naps-make-smarter/>

Negative Emotions Surface As We Exert More Self Control In Our Daily Choices

People who make an effort to exert self-control are attracted to aggressive art and public policy appeals, according to a new study in the Journal of Consumer Research. They also don't appreciate messages that nag them to control their behavior. Read article at:

<http://www.medicalnewstoday.com/articles/219519.php>

Sad Dads Spank More, Read Less, Study Finds

Depression in fathers can negatively affect a young child's health and development. Compared to their non-depressed counterparts, depressed fathers are nearly four times more likely to report spanking their child. Depressed dads are also less likely to read to their children. Read article at:

<http://www.sciencedaily.com/releases/2011/03/110318121905.htm>

Gardening Linked to Increased Vegetable Consumption in Older Adults

New research from Texas A&M University and Texas State University found that older adults who participate in gardening may be more likely to eat their veggies. Read article at: <http://www.sciencedaily.com/releases/2011/03/110317141428.htm>

Drug Report: MDMA, Ecstasy Still A Teen Choice; ER Visits Up 75%

Teens like to party, and the popular use of an MDMA hybrid, commonly known as ecstasy, is on the rise in teens and young adults again, according to a new Drug Abuse Warning Network (DAWN) study release released by the Substance Abuse and Mental Health Services Administration (SAMHSA). Read article at:

<http://www.medicalnewstoday.com/articles/220267.php>

Do Americans Support Christian Businesses and Brands?

February 14, 2011 The American consumer marketplace is a patchwork of niche audiences and target markets. Many brands have achieved success by identifying and reaching ever more focused pockets of consumers, as marketers hone in on favorable ethnic factors, sexual orientation, affluence, and education, among many other variables. Read more at:

<http://www.barna.org/culture-articles/472-americans-christian-business>

*To read the full article, click or copy and paste the URL. The articles are for informational & educational use only. The released studies are not necessarily a reflection of beliefs of this ministry.