

# Jesus' words from the cross: 3

"MY GOD, MY GOD, WHY HAVE YOU ABANDONED ME?"

"I AM THIRSTY." John 19:28

Matt 27:46

Have you ever felt alone? Or lost? Or that someone has rejected you?

How would you describe those feelings?

Write down some words below.



Find some modelling clay, or make your own using the recipe below.  
Make a model of each of your family. Then make one of Jesus.

When he was on earth, Jesus was made of the same stuff as you and me.  
The Bible says he was fully human (Phil 2:7).

On the cross, he experienced the worst things that we can go through.

He felt terrible physical pain and suffering,  
he felt desperately thirsty,  
and worst of all he felt as if God  
had abandoned him.

Because of the cross, we can know  
that God will never abandon us.

Jesus was rejected so that  
we can be accepted.

Read Isaiah 53:1-6 together,  
and then offer up your own prayers,  
thanking Jesus for becoming like us  
and dying in our place.

Modelling dough recipe:

2 cups flour  
1 cup salt  
2 cups water  
2 tablespoons oil  
2 teaspoons cream of tartar  
drops of food colouring

Cook mixture in a pan over medium heat,  
stirring all the time to prevent sticking.

Remove from the heat when mixture  
comes away from the sides of the pan.

Cool a little, then knead and store  
in an airtight container.

