

Women Of Grace

April 2025

Easter Edition

And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said. Come, see the place where the Lord lay.

Matthew 28:5-6.



Good Friday

Isaiah 53:3-9

3 He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

4 Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted.

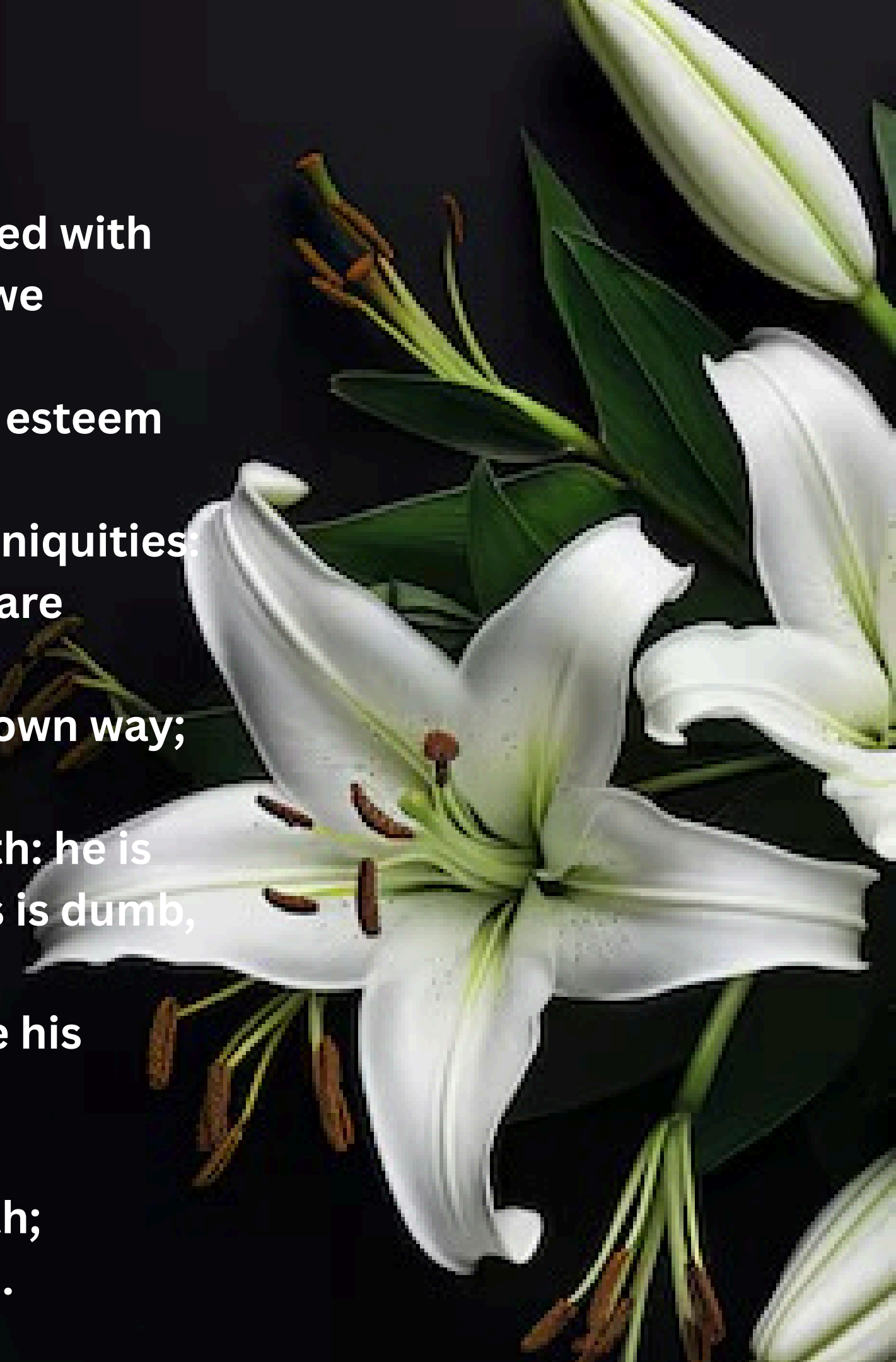
5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

6 All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.

7 He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.

8 He was taken from prison and from judgment: and who shall declare his generation? for he was cut off out of the land of the living: for the transgression of my people was he stricken.

9 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.





Rise Again **By: Dallas Holm**

**Go ahead, drive the nails in My hands;
Laugh at me, where you stand
Go ahead, and say it isn't Me;
The day will come, when you will see**

**'Cause I'll rise, again
Ain't no power on earth can keep Me down!
Yes, I'll rise, again
Death can't keep Me in the ground**

**Go ahead, mock My name;
My love for you is still the same
Go ahead, and bury Me;
But very soon, I will be free!**

**Go ahead, and say I'm dead and gone
But you will see that you were wrong
Go ahead, try to hide the Son;
But all will see that I'm the One!**

**'Cause I'll come again!
Ain't no power on earth can keep me back!
Yes, I'll come again;
Come to take My people back**

**He Was Wounded
For Our
Transgressions
By:
Henry's Gospel**



On the Cross crucified
In great sorrow my Saviour died
Oh the Giver of so much life was He.
Yet my Lord was despised and rejected of men
Oh this Jesus of Calvary
He was wounded for our transgression
He was bruised for our iniquities
Surely he bought our sorrows
And by His stripes we are healed.
Came the leper that day to Christ
Saying surely I know
That Thou, Lord can make me whole
And when his great faith was seen, Jesus said "Yes, I will."
Touched him and made him clean.
He was wounded for our transgression
He was bruised for our iniquities
Surely he bought our sorrows
And by His stripes we are healed.

The Brutal Suffering of an Innocent Man - A Description of the Crucifixion of Jesus Christ. By: Amy Blossom Mar 18, 2021

Good Friday. It is the day that Jesus died on the cross for all of mankind. But He didn't just die a normal death. He suffered a violent, brutal death and it is important that everyone understand just how violent His death was.

For most of my life I believed that the most painful part of Jesus' death was the fact that He was nailed to a cross. The pain in that must have been excruciating. But would you believe that the nails were not the worst of it, not even close?

Let's start at the beginning....

The Brutal Suffering of an Innocent Man - A Description of the Crucifixion of Jesus Christ. By: Amy Blossom Mar 18, 2021 Pg#2

I have been a nurse for 25 years. For part of my career I worked in the ER and I have to say that I believe I've seen just about every kind of physical and mental anguish that a person can endure.

Last year I was asked to fill in for my Bible Study leader while we were studying the book of Mark (chapter 15 to be exact). It was at this time that I realized that I had never seen the kind of suffering or pain that Jesus went through until I began to research what the body experienced during crucifixion.

Jesus was accused of blasphemy for claiming that he was God Himself. We know that He was God, but the scribes and the Pharisees would not accept this fact. They did not want to believe that their prophesied Messiah could be someone like Jesus. But He was and for this reason He was sentenced to death by crucifixion.

This form of death was reserved for the worst of criminals and not only was it painful, but it was humiliating and inhumane. In fact, under Jewish law, crucifixion was viewed as a rejection by God. In Deuteronomy 21:23 it states that "he who is hanged is accursed of God."

The Brutal Suffering of an Innocent Man - A Description of the Crucifixion of Jesus Christ. By: Amy Blossom Mar 18, 2021 Pg#3

As you read the following description of the pain and torture Jesus went through, try to picture the excruciating pain and humiliation that He felt. Close your eyes and put yourself there, watching from afar. Remember that this was an innocent man being put to death in the most barbaric way possible because of who He was. He was deemed a criminal - wicked and deserving of death.

Jesus' crucifixion involved so much more than just nailing Him to the cross. Before any of that occurred, He was beaten within an inch of His life with a nine-tailed whip that had metal tips on the end of every strap. He was strapped to a block while soldiers beat the shard tips of the whip into His back, buttocks, and legs. The metal tips would tear into His flesh and then rip both His skin and muscles away as the soldiers pulled the whip back - just to thrash it into His skin again.

This initial beating alone was enough to cause hypovolemic shock. Hypovolemic shock occurs when there is a loss of approximately 20% or more of the body's blood supply. This blood loss depletes oxygen to the body because the heart is prevented from pumping more blood which contains the oxygen needed. Hypovolemic shock causes nausea, dizziness, profuse sweating, confusion, and loss of consciousness.

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Yet, Jesus allowed them to continue...

After being flogged with the nine-tailed whip, a crown of thorns was forced onto His head causing huge lacerations. The blood from these wounds would be flowing into His eyes causing burning and making it difficult to see. The soldiers covered Him with a purple robe and mocked Him by saying: "Hail, the King of the Jews!" (Mark 15:18). They hit Jesus on the head with a reed, spit on Him and humiliated Him beyond belief.

But still, Jesus said nothing...

As if that was not enough, Jesus was forced to carry a wooden beam to the place of His crucifixion. This beam would have been extremely heavy and after the beating Jesus would have been immensely weak. He was so weak that He needed assistance carrying it. But not only that, however, this wood was really rough and jagged and very splintered. As Jesus walked, this ragged plank moved up and down His back, shoving huge splinters into His open flesh.

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Even after being nailed onto the cross, the splinters would continue to exacerbate the wounds on His back. Every time Jesus would shift His weight from His feet to His arms then back to His feet, His back would rub against the splintered wood, causing a constant stabbing into the open wounds. Some of the wooden shreds remained lodged in the muscles and exposed nerve endings. It could even further tear His wounds open.

Let's talk about the nails...

The nails were driven into Jesus' wrists and pierced the main nerve running through the arm. When Jesus would push up to breathe, His wrists rotated against the nail, which would irritate the nerves and cause intense pain in His arms. The open nerves were exposed to the thick metal which produced a constant, recurring excruciating pain that had to be endured every time Jesus pulled up to breathe. The vertical beam that would hold the horizontal beam was already standing in the ground. Jesus was nailed to the horizontal beam while it was still flat on the ground. With His wrists nailed into the horizontal beam, the beam was lifted and then hammered into the vertical beam. When this happened, Jesus' feet still were not nailed into the vertical beam.

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At this point, Jesus' shoulders would have dislocated because He had no leverage to push His body up. The weight of His hanging body, once it was raised, would have pulled His shoulders out of socket. The result of this was that His arms would extend at least 6 inches beyond their normal span of reach. With His shoulders dislocated, His body hung in a slumped position, which forced His chest cavity to protrude. An extended chest cavity allowed Jesus to inhale, but exhaling was nearly impossible. The inability to exhale caused an increase in carbon dioxide throughout the body. Increase carbon dioxide puts the body into acidosis which leads to the failure of the central nervous system, among other things. Since the body doesn't get enough oxygen while hanging on the cross, the natural physiological response is hyperventilation. Oxygen depravity makes the heart pump harder which leads to cardiac stress.

Cardiac stress can cause the heart to rupture inside the chest cavity.

When Jesus hung on the cross, His knees were bent at a 45-degree angle which meant that He had to sustain the weight of His body with the thigh muscles. It is painful to bend the knees and support one's weight with the thighs alone for even five minutes. Doing this for hours is unimaginable.

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Add a The natural way for our vital organs to receive oxygen is through the flow of blood. Proper movement of the arms and legs and their interaction with gravity is what enables this process. The cross prevented Jesus from natural movement. The stationary arms and legs, combined with gravity's work of pulling the blood downward, prevents the vital organs from receiving the proper flow of oxygen.

The organs respond to this unnatural position by sending warning signals to the brain that something is very wrong. The warning signals are sent through the nerves that lead to the pain centers of the brain. So, with all the other excruciating tortures that His body endured on the cross, the oxygen-deprived organs are sending unimaginable pain signals to the brain. These things did not happen in sequence - with one occurring and then the next - giving Jesus time to prepare. Every single bodily response to crucifixion happened at the same time. The combined effect of all of these things happening to the body at once is beyond comprehension. The pain and suffering are indescribable with words.

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Jesus suffered this immense torture for us. He took our place. He bore our sins. Many people ask: if Jesus was truly God, why would He go through this barbaric, hideous and bloody death? Why would He endure such pain when He did nothing wrong?

The answer is simple, yet so important to understand...

The cross is the symbol of the severity of our sins. When we see what Jesus went through, we have to realize that this is what WE deserved. Sin is serious to God. Our sins separate us from Him.

But...

The boundlessness of God's great love for us led Him to the cross, to show us the immeasurable lengths He would go to so that we could be saved. His love for us is so great that He suffered and died for us.

I pray that you will see the enormity of and accept this gift that God gave you. None of us can earn it. He gave it freely and it is up to each of us to accept it and acknowledge Him for it.

He suffered and died in our place.....He loves us that much.

Blessings, Amy



Matthew 27:45-54

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

46 And about the ninth hour Jesus cried with a loud voice, saying, 'Eli, 'Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me?

47 Some of them that stood there, when they heard that, said, This man calleth for 'Elias.

48 And straightway one of them ran, and took a sponge, and filled it with vinegar, and put it on a reed, and gave him to drink.

49 The rest said, 'Let be, let us see whether 'Elias will come to save him.

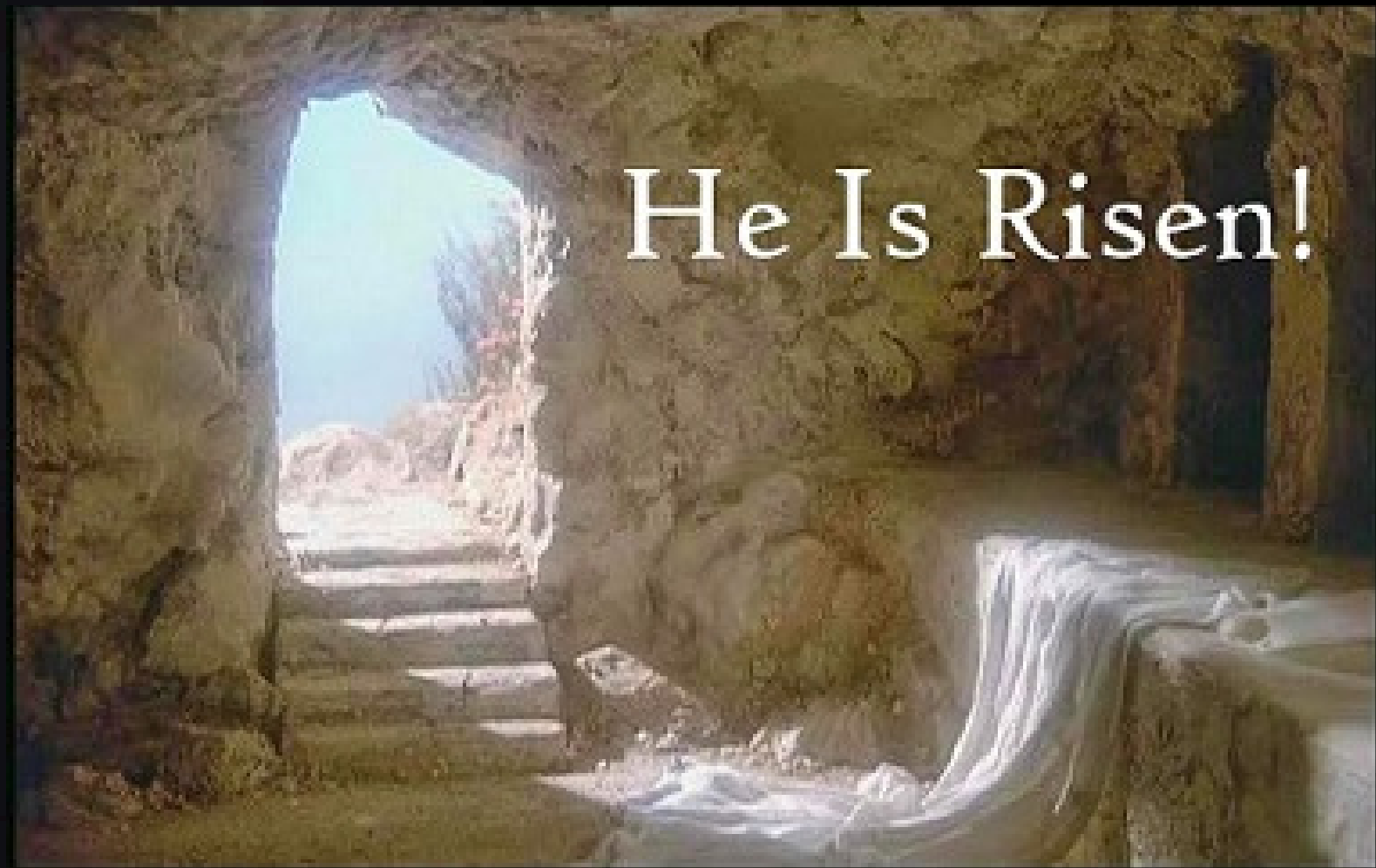
50 Jesus, when he had cried again with a loud voice, yielded up the ghost.

51 And, behold, the veil of the temple was rent in twain from the top to the bottom; and the earth did quake, and the rocks rent;

52 And the graves were opened; and many bodies of the saints which slept arose,

53 And came out of the graves after his resurrection, and went into the holy city, and appeared unto many.

54 Now when the centurion, and they that were with him, watching Jesus, saw the earthquake, and those things that were done, they feared greatly, saying, Truly this was the Son of God.



*And the angel answered and said unto the women,
Fear not ye: for I know that ye seek Jesus, which was
crucified. He is not here: for he is risen, as he said.*

Come, see the place where the Lord lay.

Matthew 28:5-6

He Is Risen

1.

It was on a Sunday morning;
all the world had been in mourning.
Jesus Christ had suffered bled and died alone.
When his friends had gone to seek Him,
in the tomb they tried to keep Him,
but the stone was rolled away,
the Lord was gone.

cho.

Yes, He's risen here today.
He's no longer where He lay.
He is risen for I feel Him in my soul.
When His life on earth had ended
on to glory He ascended.
He is risen for I feel Him in my soul.

2.

Those who came were struck with terror
feeling there had been some error;
and they marveled at the angel as he said,
"If it's Jesus you are seeking,
He is gone for none could keep Him.
Come behold the place
and see where He was laid."

3.

On a lonely road was walking,
two disciples gently talking,
when a stranger overtook them on their way.
It was Jesus who had risen
that their sins might be forgiven,
and their hearts did burn within them on their way

Easter - Resurrection Of Jesus! Pg#1

Jesus' body was hastily placed in a tomb on Friday afternoon. There was no time to properly prepare the body for burial with spices and ointments according to Jewish customs. No work could be done on the Sabbath, so that task had to wait until Sunday.

Early Sunday morning, Mary Magdalene and several other women went to the tomb with the spices they had prepared. When they arrived, they found the tomb had been opened already. When they went in, they did not find Jesus' body, and they wondered what had happened.

Suddenly, two angels in dazzling white clothes were there. The women were terrified, but the angels said to them, "Why do you look for the living among the dead? He is not here; He has risen! Remember how He told you that He would be turned over to sinful men, be crucified, and rise again on the third day!"

The women ran back to tell Jesus' apostles what they had seen. Peter and one other apostle went to the tomb to see for themselves. They looked in and saw the linen cloths that Jesus' body had been wrapped in but nothing else. Then they went home, amazed and confused.

Jesus appears to Mary Magdalene.

When Peter and the other apostle went home, Mary Magdalene stayed outside the tomb crying. Suddenly she saw Jesus standing there, but she did not recognize Him at first. Jesus said to her, "Woman, why are you crying? Who are you looking for?"

Mary thought He must be the gardener and said, "Sir, if you have taken Him away, tell me where, and I will take Him!" Jesus said, "Mary!" Then she recognized Him and exclaimed, "Master!"

Jesus said, "Don't hold on to me, because I have not yet returned to the Father. But go to my disciples and tell them, 'I am ascending to my Father and your Father, to my God and your God.'"

Then Mary Magdalene went and said to the disciples, "I have seen the Lord!", and she told them everything that had happened.

Easter- Resurrection Of Jesus!

Pg#3

Jesus Talks with Two Disciples on the Road to Emmaus

Later that same Sunday, two of Jesus' disciples, Cleopas [KLEEE uh pas] and another man, were walking along the road to a village called Emmaus [em MAY us], which was about seven miles (11 km) from Jerusalem. All day they had been talking and wondering about all the things that had happened.

Jesus talks with two disciples on the road to Emmaus.

Suddenly, Jesus was there with them, but they did not recognize Him. "What are you talking about as you walk along?" He asked. The two disciples looked sad. Cleopas asked, "Are you the only one in Jerusalem who doesn't know the things that have happened there in the last few days?" "What things?" Jesus asked. "The things about Jesus of Nazareth, who was a great prophet before God and all the people, and how our chief priests and leaders handed Him over to be crucified. We had hoped that He was the one to redeem Israel. Yes, and besides, it is now the third day since all of this happened. And now, some women of our group amazed us. They went to His tomb early this morning, but they did not find His body there. They came back and told us that they had seen angels there who said He was alive. Some of those who were with us went to the tomb and found it just as the women said, but they did not see Jesus." Then Jesus said to them, "Oh fools, and slow of heart to believe in all that the prophets have spoken! Ought not Christ to have suffered those things and to enter into His glory?"

As they came near the village of Emmaus, the two disciples said to Jesus, "Stay with us, because it is late and the day is now nearly over." So Jesus went in to stay with them. As they were eating, Jesus took bread, blessed it and broke it, and gave it to them. Suddenly they recognized Him as Jesus, and He vanished from their sight.

The two disciples quickly returned to Jerusalem and found the eleven apostles and some of Jesus' other followers gathered together. The apostles told them, "It's true! The Lord has risen and has appeared to Peter." Then the two disciples told everything that had happened on the road to Emmaus.

Easter- Resurrection Of Jesus! Pg#4

Jesus Appears to the Apostles

"Doubting Thomas" becomes a believer.

That same Sunday evening most of the apostles were together. They had locked themselves in a room in fear that the religious leaders would want them crucified next. Suddenly, Jesus was there among them.

He said, "Peace be with you." Jesus showed them the wounds from crucifixion in his side and hands.

The apostles were overjoyed to see Jesus alive again. Jesus said again, "Peace be with you. As the Father has sent me, so I send you."

The apostle Thomas was not with the others when Jesus appeared to them. So the others told him, "We have seen the Lord." But Thomas said, "Unless I see the nail marks in His hands, and put my finger in the nail holes and my hand in the wound in His side, I will not believe it."

A week later the apostles were again locked in the same room, and Thomas was with them. Jesus again came and stood among them and said, "Peace be with you." Then Jesus said to Thomas, "Put your finger here and look at my hands. Put your hand in my side. Don't doubt it any more. Believe!" All Thomas could say was, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen? Blessed are those who have not seen but have come to believe."

Jesus Ascends to Heaven

Jesus remained on earth for 40 days after He was resurrected from the dead on that Sunday morning (Acts 1:3). He appeared again to the apostles at the Sea of Tiberias (Sea of Galilee) and on a mountainside in Galilee. He also appeared to more than 500 others (1 Corinthians 15:6).

Jesus' parting words to His disciples were,

All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age. (NRSV, Matthew 28:18-20)

When it was time for Jesus to return to heaven, He led His disciples out to a place near Bethany, a village on the slopes of the Mount of Olives about 2 miles (3 km) from Jerusalem. Jesus lifted up His hands and blessed them. Then He ascended to heaven, and the disciples lost sight of Him in a cloud.

Why Did Jesus Fold The Napkin.... Pg #1

The Gospel of John (20:7) And the napkin, that was about his head, not lying with the linen clothes, but wrapped together in a place by itself." It tells us that the napkin, which was placed over the face of Jesus, was not just thrown aside like the grave clothes. The Bible takes an entire verse to tell us that the napkin was neatly folded, and was placed separate from the grave clothes. Early Sunday morning, while it was still dark, Mary Magdalene came to the tomb and found that the stone had been rolled away from the entrance. She ran and found Simon Peter and the other disciple, the one whom Jesus loved. She said, 'They have taken the Lord's body out of the tomb, and I don't know where they have put him!' Peter and the other disciple ran to the tomb to see.. The other disciple outran Peter and got there first. He stooped and looked in and saw the linen cloth lying there, but he didn't go in.

Then Simon Peter arrived and went inside. He also noticed the linen wrappings lying there, while the cloth that had covered Jesus' head was folded up and lying to the side. Was that important? Absolutely!

Why Did Jesus Fold The Napkin.... Pg #2

Is it really significant? Yes!

In order to understand the significance of the folded napkin, you have to understand a little bit about Hebrew tradition of that day. The folded napkin had to do with the Master and Servant, and every Jewish boy knew this tradition.

When the servant set the dinner table for the master, he made sure that it was exactly the way the master wanted it...

The table was furnished perfectly, and then the servant would wait, just out of sight, until the master had finished eating, and the servant would not dare touch that table, until the master was finished. Now, if the master were done eating, he would rise from the table, wipe his fingers, his mouth, and clean his beard, and would wad up that napkin and toss it onto the table.

Why Did Jesus Fold The Napkin.... Pg #3

The servant would then know to clear the table. For in those days, the wadded napkin meant, 'I'm done.'

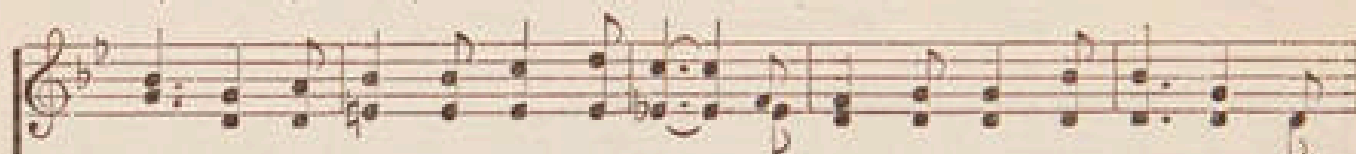
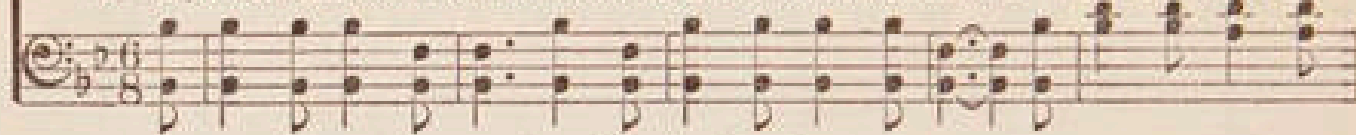
But if the master got up from the table, and folded his napkin, and laid it beside his plate, the servant would not dare touch the table, because..... The folded napkin meant, 'I'm coming back!'

He is Coming Back!





1. I serve a ris-en Sav-iour, He's in the world to-day; I know that He is
2. In all the world a-round me I see His lov-ing care, And tho' my heart grows
3. Rejoice, rejoice, O Christian, lift up your voice and sing E - ter - nal hal - le-



liv - ing, what - ev - er men may say; I see His hand of mer - cy. I
wea - ry I nev - er will de - spair; I know that He is lead - ing, thro'
lu - jahs to Je - sus Christ the King! The Hope of all who seek Him, the



hear His voice of cheer, And just the time I need Him He's al - ways near.
all the storm - y blast, The day of His ap - pear - ing will come at last.
Help of all who find, None oth - er is so lov - ing, so good and kind.



REFRAIN



He lives, He lives, Christ Je - sus lives to - day! He walks with me and
He lives, He lives,



talks with me a - long life's nar - row way. He lives, He lives, sal -
He lives, He lives,



Easter Traditions

Sunrise Services:

Many Christians attend sunrise services or late-night vigils on Easter Sunday to mark the resurrection of Jesus.

Flowering the Cross:

Some churches decorate the cross with flowers, symbolizing the blossoming of new life after the winter.

Foot Washing:

Foot washing, a practice in the Gospels, is sometimes performed to symbolize Jesus's humility and service to others.

Easter Lily:

The Easter lily, with its pure white color and sweet fragrance, is associated with the resurrection and is often used in church decorations.

Easter Bread:

Sweet and braided bread, often made with eggs and raisins, is a traditional Easter food in many European countries.

Lamb:

In some cultures, such as Greece, lamb is a traditional Easter dish, symbolizing Jesus Christ's sacrifice.

Easter Tree:

Planting trees on Easter can be a symbol of new life and renewal, with the tree representing the resurrection.

Church Services:

Many Canadians, especially Christians, attend services on both Good Friday and Easter Sunday. Sunrise services and late-night vigils are common, symbolizing the joy of Christ's resurrection.

Wishing you all a very blessed Easter,
Love, Bro & Sis McManus



WISHING YOU A
HAPPY & BLESSED
Easter