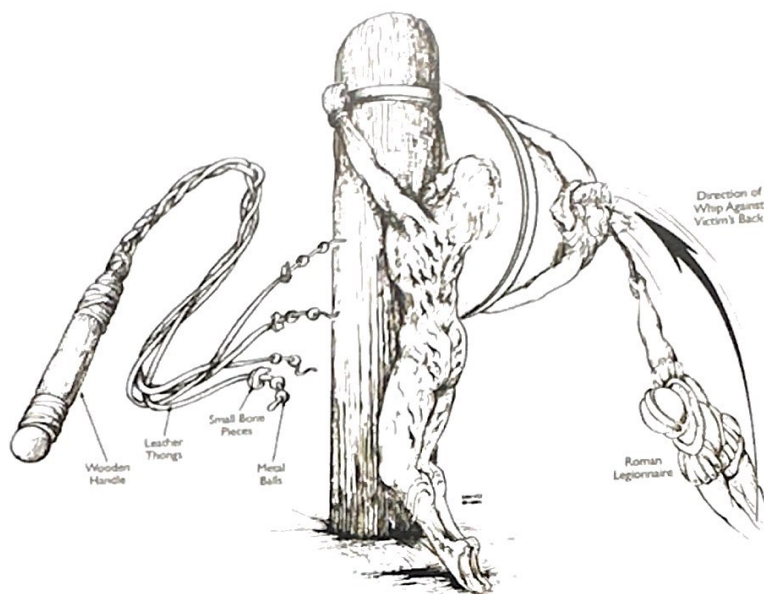


# A DOCTOR'S GUIDE TO JESUS' CRUCIFIXION

Illustrated by the Mayo Clinic



## 1. The beating

- Victim is stripped and tied to a pole.
- Shards of metal and bone are laced into the leather whip.
- Romans aren't limited to 40 strokes, as are the Jews.
- Pain and blood loss set stage for shock.



## 2. Dead man walking

- Victim carries crossbeam to execution site.
- Crossbeam is attached to vertical pole.
- Seat prolongs the torture, making it easier to breathe.

Source: "On the Physical Death of Jesus Christ," *Journal of the American Medical Association*. Details about crucifixion are taken from the Bible and from other ancient sources.

## BACK-FROM-THE-DEAD man walking

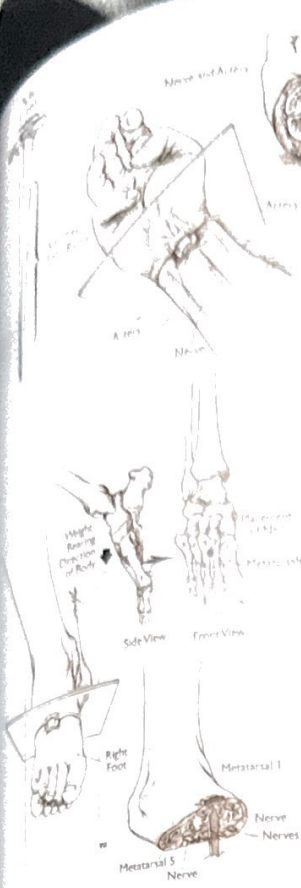
Two of Jesus' followers were walking to the village of Emmaus. . . . As they talked. . . Jesus himself suddenly came and began walking with them. LUKE 24:13, 15

As the other Gospels report, Jesus is buried before sunset on Friday. That marks the beginning of the Jewish Sabbath—24 hours of rest and worship. Jesus rises from the dead on Sunday morning. That's when several women discover the empty tomb and report it to the 11 disciples—minus Judas, who has hanged himself.

That same day, in a story only Luke reports, two of Jesus' followers who live in the neighboring village of Emmaus start walking home. Jesus meets them on the path. But for some reason they don't recognize him.

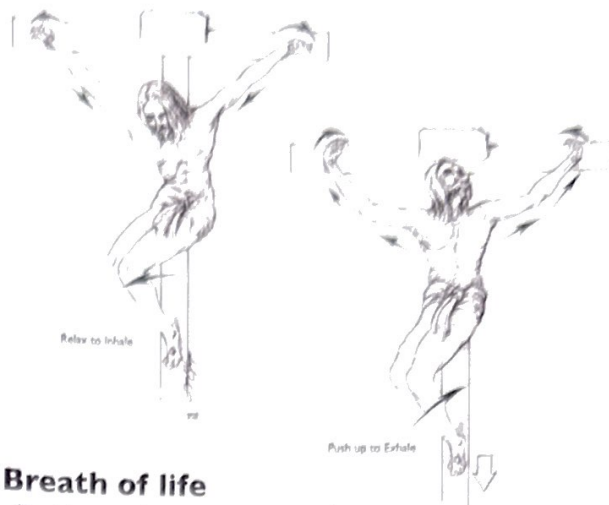
Jesus asks what they're talking about. They can't believe his question. He's obviously





### 3. Nailed

- Iron nails pin wrists and feet to cross.
- Nails miss main arteries and bones.
- Wine laced with painkilling myrrh or frankincense is offered. Jesus refuses.

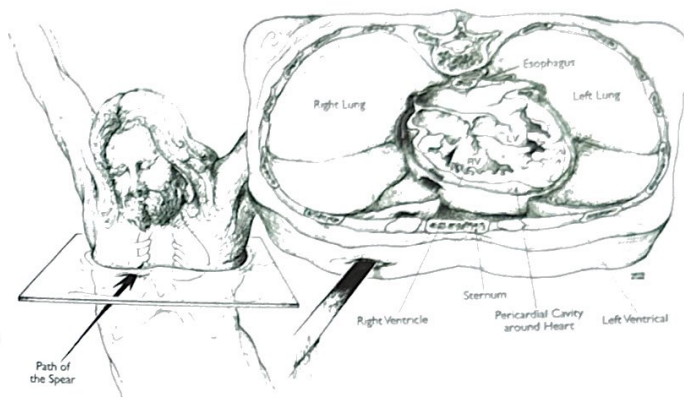


### 4. Breath of life

- Position and weight of body forces victim to push up to exhale.
- Breaking legs speeds death. It forces arms to do all the work, pulling victim up to exhale.
- Jesus dies before breaking the legs becomes necessary.

### 5. Speared

- Soldier confirms death by stabbing the heart.
- By this time, shock has started separating blood into two basic elements: cell clusters and amber-colored serum.
- "Water" pours out of Jesus' chest—serum from inside and around the heart.
- Possible cause of death: a combination of shock, exhaustion, asphyxiation, and heart failure.



coming from Jerusalem. Yet he doesn't seem to know what happened to the prophet who so many people thought was the Messiah. So they tell him.

Jesus responds with a history lesson from all three major sections of the Jewish Bible: Law, Prophets, and Writings. He quotes predictions about how the Messiah would suffer—predictions fulfilled by this crucifixion.

- Perhaps he quotes some of these, which the disciples would later use in their sermons:
- "He was pierced for our rebellion, crushed for our sins. . . . He was whipped so we could be healed" (Isaiah 53:5).
  - "He was buried like a criminal; he was put in a rich man's grave" (Isaiah 53:9).
  - "You will not leave my soul among the dead or allow your holy one to rot in the grave" (Psalm 16:10).
  - "My righteous servant will make it possible for many to be counted righteous, for he will bear all their sins" (Isaiah 53:11).
  - "The stone that the builders rejected has now become the cornerstone" (Psalm 118:22).