

FaithBIT



The Seven Last Words of Christ

Reflection by Diane Johnson

Lent has always been a meaningful season for me. For me it's a time for reflection and quiet and a time to embrace the increasing sunlight which I need for my mental well-being. After the Ash Wednesday service as I talked with a couple of Immanuel members, we reminisced about memories evoked by the service and the season. Lynn Arvidson said her memory was of my husband Bob ("Pastor Bob" to many), who was distributing the wafers, from his walker shortly before he died. She said he looked her straight in the eyes, pressed the wafer to her palm and said, "The body of Christ given for you." She said she would never forget how powerful it felt. And it reminded me of the two years that Bob and I worked on setting up the stations for the Prayer Vigil between the Maundy Thursday and Good Friday services. As part of that set up he spoke the seven last words of Christ and recorded it on a CD with a beautiful and appropriate music background. It was powerful and it impacted many people those two years.



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- Diane Johnson

I still have that recording and each year during Lent I find a quiet place and time to listen to it again. It brings back memories of our time together and I realize not many widows or widowers have their former spouses' voices recorded. It also reminds me of the suffering of Jesus and more than that of the great love God has for this broken world. A link to that recording is available here: [The Seven Last Words of Christ](#) or click on the video above.

Perhaps you may want to find a quiet time take a few minutes to listen to those words taken out of the Gospels. My prayer is that in some way it may touch your heart and inspire your Lenten journey.