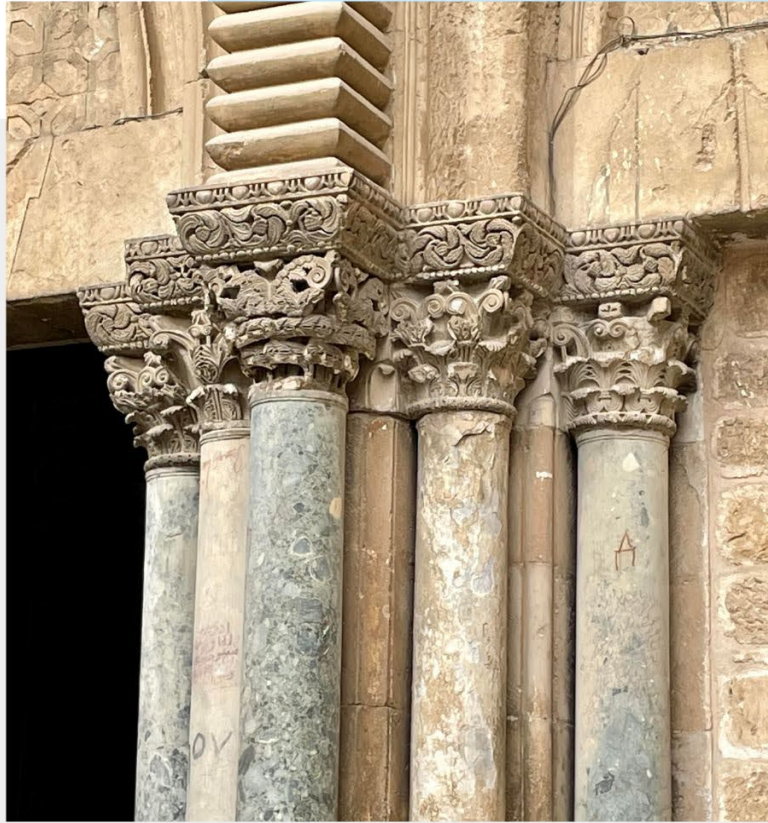


FOUR-WEEK BIBLE STUDY



THE STRIPES THAT HEALED



DONNA SNOW

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The Stripes That Healed

Four Lesson Study on Isaiah 53:5

“But He was wounded for our transgressions, He was crushed for our iniquities; upon Him was the chastisement that brought us peace, and with His stripes we are healed” (Isaiah 53:5).

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Lesson 1: Wounded For Us

“But He was wounded for our transgressions.”

Have you ever caused a loved one any kind of injury? We grieve when we’re the cause of a loved one’s pain and suffering. We think about them constantly, communicate with them often, and want to ensure that they are going to be alright. *Do we treat Jesus the same way?* He experienced the cruelest form of torture so that we would be free from sin and have the amazing opportunity to have a relationship with Him throughout eternity.

Roman crucifixion was one of the most horrific, brutal forms of punishment. In fact, that form of punishment was so extreme that Roman citizens were exempt unless charged with high treason. Jesus was crucified. He was “wounded.” The One who loves us infinitely beyond our understanding was wounded.

Knowing that is bad enough. But we are not just innocent bystanders to the horrific event of Jesus’ crucifixion. He was wounded wholly and specifically *because of us*. He was the One-for-all sacrifice that guaranteed eternal life to all who believe that He died, rose from the grave and ascended to prepare a place for us in heaven. Do we take that for granted some days?

As we travel toward Calvary this Lenten season and visit Golgotha once again, we turn our attention to the unbelievable suffering and soul-saving sacrifice of our Savior as He willingly carried out the greatest act of love ever demonstrated.

Take a moment to write out Isaiah 53:5.

Now read this verse aloud. This verse is the memory verse for our study. I encourage you to write it on index cards and place them in various locations where you spend the most time.

In this first lesson, we are studying Isaiah 53:5a, which states: *“But He was wounded for our transgressions.”* The Hebrew word for *wounded* in this verse is *chala*, which refers to “perforating” or “piercing through.” In fact, the New American Standard Bible translates this verse, *“But He was pierced through for our transgressions.”*

When Jesus was flogged, brutalized by the soldiers and then crucified, He was literally wounded from the top of His head to the soles of His feet.

Jesus was “perforated” and “pierced” in many places:

- 1) The crown of thorns that pierced His head: Matthew 27:29a, Mark 15:17 and John 19:2.
- 2) The flogging that perforated His back: Matthew 27:26, Mark 15:15, John 19:1, and Luke 23:16.
- 3) The spear that pierced His side: John 19:34.



4) The nails that pierced His hands and feet: Psalm 22:16.

In addition to these atrocities that our Savior suffered, what else did He endure according to Isaiah 50:6?

The account of Jesus' trial, flogging, crucifixion, death and burial are recorded in the New Testament Gospels in Matthew 27, Mark 15, Luke 23, and John 19. Jesus' crucifixion is also detailed in the Old Testament in Psalm 22 and Isaiah 53. The continuity between the Old and New Testaments is a powerful testimony that our God never changes and His plans are consistent.

Isaiah is quoted in the New Testament more than any other prophet. Isaiah paints the picture of our suffering Savior in such vivid detail that one almost imagines Isaiah poised at the foot of the cross. He envisions the scene so clearly in his mind that he speaks of it in the past tense, as if it had already come to pass – yet it was written *seven centuries* before Calvary. It cannot possibly fit any person in history other than Christ. There are numerous passages that fulfill the words of Isaiah 53:5.

Deuteronomy 32:39

Mark 10:45

1 Peter 1:18-19

Revelation 5:6, 9

Jesus not only endured physical wounds, but great mental wounds. Even though Christ loved all, enemies and friends alike delivered staggering sorrow to Him. His adversaries called Him a drunk (Matthew 11:19) and a blasphemer (Matthew 26:65; Luke 5:21; John 10:36).

Yet His friends also delivered harsh, devastating blows:

Judas in Matthew 26:25



Peter in Luke 22:54-57

It's one thing to be betrayed by an enemy, but entirely different to be betrayed by a friend. Have you experienced that? Peter and Judas were close friends of Jesus. They formed part of the intimate band of Jesus' disciples who heard His teaching first hand, seen Him perform numerous miracles, and had the rare privilege of being in Jesus' presence for three years.

There was an old custom of punishment used by both the British army and navy referred to as "running the gauntlet." The accused was stripped to the waist and forced to run between two rows of men who whipped and beat him as he passed by. These beatings were extremely severe and the victims often died as a result. Many of those who didn't die may well have wished they had since survivors were sometimes executed afterwards. Christ's earthly life consisted of running the gauntlet between His enemies and friends, who all struck Him at one time or another as He passed through their lives.

How have your thoughts, words or deeds struck Jesus?

So why did Jesus choose to undergo egregious physical wounds and staggering sorrow? One powerful, life-changing word: **love**. Jesus loved us too much to stand idly by and allow sin destroy us for all eternity. His death and resurrection provided redemption from our sins and transgressions. The Hebrew word for *transgressions* is *pesha*, which refers to our sin and rebellious, deliberate breaking of God's law. (See Job 34:37.)

He suffered for our transgressions, not His own:

2 Corinthians 5:21

Hebrews 9:28

1 Peter 2:24

1 Peter 3:18



We are sinners by birth and choice (Psalm 58:3, Romans 5:12-21, Isaiah 53:6). But by God's incredible grace and our Lord's loving sacrifice, we're not condemned to that fate. God's plan saves us from our sin and restores our relationship with Him.

Our salvation through Jesus' sacrifice on a criminal's cross has saved us from the penalty of past sin, the current power of sin, and ultimately when we are with Christ in heaven, saved even from the very presence of sin. *The cross stands at the center of human history as God's supreme act of love* (1 John 4:10, 17) and the only means of redemption for lost and fallen humanity (Romans 14:9).

What is your response to Jesus' sacrificial love for you?

Let's review our Bible memory verse for this study. **Write out Isaiah 53:5:**

Our Savior endured the cruelest form of torture so that we would not spend eternity separated from Him by sin. He suffered at the hands of enemies and friends alike. He suffered severe physical injury and great mental sorrow. He suffered greatly. A simple "thank you" to such a sacrifice falls woefully short.

As His hands and feet on earth, each day affords you and me the opportunity to tell others about God's amazing love for all through the sin-destroying power of Jesus' sacrifice on the cross.

Who will you share that amazing love with today?

Prayer:

Father, thank You for loving me so much. You gave up Your Son to undergo torture, humiliation and anguish so that I would be afforded the privilege of spending eternity in relationship with You. Open my eyes to see those around me who need to hear about Jesus' saving love for them. Give me the courage through the power of the Holy Spirit to tell them about Your amazing, sacrificial love. In Jesus' Name, Amen.



Lesson 2: Crushed for our Sin

“He was crushed for our iniquities.”

Living in a large city, I have unfortunately been involved in several car accidents. I’ve caused a few and been on the receiving end of others, but the majority of accidents occurred where God positioned me in that certain place and time to help someone else in need. Some accidents were minor, but many more were life-threatening. As a mere “civilian” rather than a professionally trained medic, I am limited in the ways I can help. I offer calm reassurance, hold hands, stop bleeding, pray, and call 911.

In one particular accident, an elderly man was broadsided by a drunk driver going over 60 mph. The elderly man was pinned inside the car between the driver’s door and the passenger door due to the horrendous force of the impact. Since I actually witnessed the drunk driver run the red light, I was required to offer written testimony that was used to eventually convict the driver of vehicular manslaughter. The elderly man only survived 10 days before losing his fight for life.

These accident scene experiences have significantly increased my spiritual understanding of certain things. I can fully relate to what being “crushed” means and what that looks like. It is horrific to say the least.

Jesus was *crushed* for our sin. And the most amazing thing? He did it willingly. He deliberately put Himself in harm’s way to save our lives - literally. God positioned Jesus in a certain place and time to be the Savior of the world. Before Jesus’ sacrifice on the cross, we were in a spiritually life-threatening situation. **We weren’t going to make it out alive.** We were bleeding to death in our sin. We were going to lose the fight for life. *But because our Savior stepped in to take God’s wrath on our behalf, we have been extended the extraordinary promise to have eternal life.*

Take a moment to write out Isaiah 53:5:

In this second lesson, we’re studying Isaiah 53:5a (part 2), which states: *“He was crushed for our iniquities.”* The Hebrew word for *crushed* is *daka*, which refers to being crushed, broken, and/or broken in pieces. It also refers to being destroyed, smitten, oppressed, beaten, and bruised. Those are powerful and terrible words.

Jesus was crushed by God’s fury and wrath. He was being judged by the wrath of God, not the sentence handed down by Pilate. God was pouring out His full fury on Jesus as He bore all the guilt of all the people who ever lived and ever would live.

How do you see this in 1 Thessalonians 1:10?



In order to attempt to grasp the severity of God's wrath, we have to look at the definition of *iniquity*. The Hebrew word for *iniquities* is *avon*, which refers to perversity, depravity, iniquity, or guilt. Jesus was not dying as a martyr to a noble cause. **Sin was truly being judged on the cross.** All sin by all mankind throughout all time. Jesus died to be a ransom for many and He knew He would feel the fury of God's wrath.

Although Jesus was never separated from the Father by nature, He was separated from the Father by fellowship. You see, that's what sin does. It causes you and me to lose that intimate fellowship with God. Sin caused that separation or gap. Jesus is the bridge. There is no other bridge that can cross that gap. God's separation demonstrates His holiness.

The word "holy" means "set apart." At the same time that God poured out His wrath in judgment on sin, He turned His back protecting His perfect holiness. He had to turn away and separate from His own Son when He made Him sin for us:

2 Corinthians 5:21

1 John 3:5

The nails did not keep Jesus on that cross any more than the chains kept Him tied to that flogging post. His love for us kept Him there. Jesus' death on the cross was not a tragic end to His earthly ministry; rather, it was the culmination of all He set out to do. He was not a victim of either Rome or Jewish leaders. Jesus Himself was in absolute control and knew when the right time had come for His sacrifice.

How do you see those truths evident in the following verses?

Acts 2:23

John 10:17-18

John 18:4-8

Take a moment to slowly read through Isaiah 53:4-6.



Did you notice something significant? The emphasis in those passages is on the plural pronouns: our griefs and sorrows, our iniquities, our transgressions. We have gone astray, we have turned to our own way. Jesus did not die because of anything He had done but because of what we had done.

What is your response to this amazing truth?

Isaiah 53 and Psalm 22 contain detailed accounts of the crucifixion. Both were written centuries before Christ's birth. The crucifixion was not an afterthought, but a crucial element in God's plan from the beginning. Jesus knew exactly what was going to happen, but He went to the cross anyway. It was a bitter cup, but He was willing to drink it.

When Jesus came to earth, His central purpose was to redeem man. Man had fallen out of fellowship with God after the Fall. Even before the foundation of the world, Christ had determined that He would come to earth to bring fallen men back to God. (Revelation 13:8)

As one of the redeemed, take a moment to write out words of sincere gratitude to God:

Let's review our Bible memory verse. **Write out Isaiah 53:5 once more:**

Jesus saw our life-threatening situation and deliberately put Himself in the path of God's wrath to save our souls. His sacrifice on the cross was the only 911 option that would offer us eternal life. He was crushed for our iniquities, not for anything that He had done.

He loved us enough to be broken and shed His blood to bridge the gap between us and the Father. Because of God's amazing grace and Jesus' ultimate act of love, we have the promise of making it out of this world alive—eternally.

Prayer:

Father, Your Son's sacrifice for me brings me to my knees in thanksgiving and worship. I cannot comprehend how You must have grieved at seeing Your Son suffer such atrocities. Thank You for the incredible reassurance that by faith in my Savior's sacrifice on the cross, I have been given the amazing gift of spending eternity with You. I am humbled and awed by Your love for me. In Jesus' Name, Amen.



Lesson 3: Punishment for Peace

“Upon Him was the chastisement that brought us peace.”

Growing up in a household with three sisters was not an easy task at times. Four girls plus Mom outnumbered Dad on an overwhelming scale. *Even the dog was female.*

When we were younger, my older sister and I shared a room together, and my two younger sisters shared a room. Inevitably, a scuffle would break out in one or both of our rooms over toys or whether or not someone put a toe over into the other sister’s “territory.” Mom would chastise us by separating us, putting us in “time out” or some other form of discipline. Usually, that discipline would bring about peace and quiet once again.

Even though sin is the cause of our separation from God, God’s love for us would not allow that separation to be permanent. Jesus shouldered God’s chastisement on our behalf. He shouldered it literally as well as figuratively. The result? We have been reconciled with God.

Take a moment to write out Isaiah 53:5:

In this third lesson, we are studying Isaiah 53:5b (part 1), which states: *“Upon Him was the chastisement that brought us peace.”* The Hebrew word for *chastisement* is *musar* which refers to discipline or correction of children by their parents, of nations by Kings, or of men by God. The chastisement or punishment, by which our peace (our reconciliation with God) was to be purchased, was laid upon our Savior by God’s justice with His own consent.

What does 1 Corinthians 15:3 tell us?

There are many places in Scripture that refer to God’s chastisement (or correction):

Job 5:17

Psalms 50:17

Hosea 5:2



Chastisement is often translated as “instruction.” (Job 36:10) It also means chastening, bond, check, discipline and correction. Jesus’ sacrifice alone satisfied God’s justice that freed us from sin. The result of this chastisement? *We have peace and are healed.* Chastisement is literally the correction inflicted by a parent on children for their good. Although the chastisement itself isn’t necessarily good, the long-range goal is beneficial for learning and growing.

Jesus’ flogging and crucifixion were horrid atrocities. But His long-range goal was for our good. Jesus was not “strictly” punished because that can only have a place where there is guilt; rather, Jesus took on Himself the chastisement through which reconciliation of God’s children would be given.

How do you see that in Romans 5:11?

What do the following verses say about reconciliation with God?

Romans 5:1

2 Corinthians 5:18-19

How do you specifically experience that reconciliation in your life?

Peace. What a wonderfully tranquil, serene word. In fact, the Hebrew word used for *peace* in this passage is *shalom*, which refers to completeness, safety, soundness, peace, quiet, tranquility, and contentment. Jesus suffered appalling chastisement to bring us eternal tranquility.

By submitting to these chastisements, Jesus slew the enmity between God and man. He made peace by the blood of His cross of love. Christ was in pain that we might be at ease. Through Christ, we are reconciled to God, not only for forgiveness of sins and salvation from ruin, but for fellowship and friendship with Him.

Write out these wonderful words of peace:

Colossians 1:20

Ephesians 2:14-17



The various Biblical versions of Isaiah 53:5 lend to a greater understanding of that incredible passage. The Revised Standard Version states, *“Upon Him was the chastisement that made us whole.”* Peace with God truly makes us whole. He created us in His image - the only part of creation made in His image - and He desires an eternal relationship with us.

Christ promised that we would have His peace:

John 16:33

John 14:27

After Christ ascended, He sent His Holy Spirit, and gave to His church a supernatural peace:

Romans 8:16

Romans 14:17

Galatians 5:22

As New Testament believers with the Holy Spirit living inside of us, we are wonderful recipients of God’s peace. **How have you experienced God’s peace this week?**

Let’s review our Bible memory verse for this study. **Write out Isaiah 53:5 once more:**



Jesus shouldered God's chastisement on our behalf — literally. *He was the only one Who could do it.* God's wrath is terrible to even contemplate, but because Jesus bore that tremendous suffering, we have been reconciled with God. We have been granted His peace.

Prayer:

Father, thank you for reconciling me to You through Your Son, Jesus. Jesus shouldered what I could not. Help me to not take Your peace for granted - or what it cost Your Son. In Jesus' Name, Amen.



Lesson 4: Stripes of Redemption

“With His stripes we are healed.”

For some, it may be easy to skim across the face value of a passage like *“with His stripes we are healed,”* assume it refers to Jesus’ flogging, and move on. However, I truly needed to understand what Jesus endured for me.

Equipped with all of the research that I gathered on the “stripes” that were inflicted on Jesus, I headed out to lunch one sunny afternoon. By the time I was less than halfway through reading the research, I could not eat my lunch. In fact, I couldn’t stomach dinner that evening either.

Do you have *any* idea what Jesus went through *before He even went to the cross?*

Although I have attempted to lessen the horror of Jesus’ flogging, out of necessity to aid our understanding, this particular lesson may be a tough one. As I began to understand on a deeper level exactly what Jesus went through, the last part of this verse came alive.

We have been healed by the salve of our Savior’s blood. Healed, renewed, transformed. Healed in every way imaginable. I ask that you pause here to ask God to lead and guide you through this lesson as we behold just how great a love Jesus has for us. I pray that this lesson will impact your spiritual walk as much as it did mine.

Take a moment to write out Isaiah 53:5:

In this final lesson, we wrap up our study with Isaiah 53:5b (part 2): *“With His stripes we are healed.”* The Hebrew word for *stripes* is *chabburah*, which refers to a stripe, bruise, or the mark of strokes on the skin. The flogging that Jesus endured was severe.

The Mayo Clinic (among others) performed a medical study of the physical effects of a severe flogging, which serves to enlighten our understanding of the unimaginable physical suffering that Jesus endured for us before He ever reached Calvary.

Flogging was a legal preliminary to every Roman execution. The usual instrument was a short whip with several single or braided leather thongs of variable lengths, in which small iron balls and sharp pieces of sheep bones were tied at intervals. For scourging, the man was stripped of his clothing, and his hands were tied to an upright post. The back, buttocks, and legs were flogged either by two soldiers or by one who alternated positions.

The severity of the scourging was intended to weaken the victim to a state just short of collapse or death. As the Roman soldiers repeatedly struck the victim’s back with full force, the iron balls would cause deep contusions and severe bruising, and the leather thongs and sheep bones would cut into the skin and



subcutaneous tissues. Then, as the flogging continued, the lacerations would tear into the underlying skeletal muscles, and oftentimes expose the bowels.

Pain and blood loss generally set the stage for circulatory shock. The extent of blood loss may well have determined how long the victim would survive on the cross. The severe scourging, with its intense pain and blood loss, most probably left Jesus in a pre-shock state.

The physical and mental abuse meted out by the Jews and the Romans, as well as the lack of food, water, and sleep also contributed to Jesus' weakened state. Consequently, even before the actual crucifixion, Jesus' physical condition was at least serious and possibly critical.¹

Jewish practice limited the blows of a scourging to 39 for fear of exceeding the law's limit of 40:

Deuteronomy 25:3

2 Corinthians 11:24

However, Jesus was scourged, not under the merciful restriction of the Jewish law, but under Roman law. Roman law did not set a limit to the number of blows inflicted. Oftentimes, the number of blows was determined at the whim of the one overseeing the flogging. More often than not, it was many more than 39. Many scholars agree that Jesus' scourging was more severe because Pilate intended it as an equivalent for His crucifixion, and yet it proved to preface it.

What does Luke 23:16 tell us?

The Hebrew word used here for stripes also refers to "blueness." This accurately reflects the "blueness" of the bruises and contusions that Jesus sustained from the iron balls tied to the leather cords of the flogging instrument. Though God ordained that no bone of Jesus would be broken, from the crown of His head, which was crowned with thorns, to the soles of His feet, which were nailed to the cross, nothing appeared but wounds and bruises.

After reading what Jesus endured to secure your eternal redemption, what is your response?

There is a beautiful old hymn which talks about the stripes that Jesus bore for us:

Even death, which sets the prisoner free,
was pain, and scoff, and scorn to Thee;
Yet love through all Thy torture glowed,
And mercy with Thy lifeblood flowed.²



Throughout this horrendous ordeal, Jesus' love for us shone like a beacon. Jesus took the brunt of our punishment, died, and became incarnate.

According to the following verses, what was the express purpose?

Hebrews 2:14

1 John 3:8

Jesus looked at the cross not only to redeem man, but as the final conflict with Satan. Jesus' victory on the cross was the final blow that would wipe out Satan's power forever. Since the cross, the power of Satan has been broken. He has no power in our lives unless we give it to him.

One of the most incredible facets of the cruelty that Jesus endured is the fact that He was completely innocent as to the charges levied against Him. Those who persecuted Jesus presumed Him stricken, smitten by God, and afflicted. They thought that God was meting out a just punishment for the perceived crimes that Jesus committed, so they assumed that God had forsaken Him.

What does Psalm 71:10-11 tell us?

Even though Pilate found no fault in Jesus (Luke 23:13-14), and the centurion who executed Jesus professed Him to be a righteous man (Matthew 27:54; Mark 15:39), Jesus' enemies had their own agenda: to manipulate the people and retain control over them. Do we do any less today?

When someone acts in a way that directly opposes your wishes, how do you respond?

Our Savior's brutal torture was not without an express, pre-ordained purpose. Ever since the Fall, healing has been the chief necessity of man. These six words, "*by His stripes we are healed,*" contain the marrow of the Gospel, and yet scarcely one of them contains a second syllable. They are words for plain people, not mysterious words that strain after the profound.

One cannot help admire the simplicity of truth, as with other "healing" verses in Scripture: "*Take your mat and walk*" (John 5:8, 11); "*Go and wash in the Jordan seven times*" (2 Kings 5:10). The religious leaders of Christ's day taught people complicated laws that confused and convoluted God's simple truths.



They were into slavery; Jesus is into freedom. Simple and clear.

“*We are healed.*” No one reads the inner sense of these words without feeling grief of soul. This is caused by the fact that the words imply the existence of disease, and speak of great suffering connected with the remedy.³ Those simple words imply that all who are washed in the blood of Jesus needed washing, just as all who are healed by His stripes were sick with sin. In fact, we were so diseased that nothing except the blood of Jesus could have restored us.

Sin is a dangerous disease because we often do not feel it. Much like a delirious man cries out, “I’m fine; I can get up and take care of myself,” sin cries out to us, “I’m fine; I don’t need God; I can take care of myself.” But when we are convicted of our sin through the power of the Holy Spirit, it is a very painful disease.

Yet, you and I have been healed:

Psalm 30:2

Psalm 107:20

“*With His stripes we are healed*” and by **nothing else**. Not by good works, good intentions, or even our own prayers. Healed of sin of every kind - past, present and future. Completely healed in that moment, not through long years of waiting or gradually growing better.³ There is no spiritual ill by which your soul can be afflicted that the blue bruises of Jesus cannot remove the deadly sin virus from your soul.

The Hebrew word for *healed* in Isaiah 53:5 is *rapa*, which references “to heal; to sew together, to mend.” God did not want us to miss the startling fact that His Son was ripped and torn so that you and I could be sewn back together in fellowship with Him. We have been sewn back together by Jesus’ wounds.

Sin is not simply a crime or acts of disobedience; rather, it is a disease of our souls (Matthew 8:17) that only the blood of Christ can heal. His stripes purchased God’s grace in our behalf.

So what is our response? As God’s children redeemed by the shed blood of our Savior on our behalf, we are to spend the strength we have, as healed people, for Him who healed us.

Every stripe on the back of Christ reminds us that we were bought with a price. So will I live for Him?

Paul gives us the resounding answer in Philippians 1:21:

Nothing under the sun is more powerful than the Gospel, and nothing so potent over human hearts as the cross. Nothing assures us more of God’s love than the simple truth that He became man, suffered in our place, and promised that whosoever believes in His Son shall not perish but have everlasting life. So if you know that Jesus healed you, serve Him by telling others about the Healer.



How will you carry out that mission between now and Easter?

Let's review our Bible memory verse one final time. Try it from memory. **Write out Isaiah 53:5:**

By Jesus' wounds and by His stripes, our iniquities, transgressions, and sin disease were healed so that we could spend eternity with Him. He was wounded, crushed, striped, and bruised for that reason alone.

This Easter, as we celebrate once again the stone rolled away, revealing an empty tomb and God's grace and forgiveness to all who believe in Jesus' sacrifice for our sins, we proclaim at the top of our *healed* lungs:

**VICTORY!
He is risen!
HE IS RISEN INDEED!
HALLELUJAH!**

Prayer:

Father, there are few words sweeter to my soul than "by His stripes we are healed." Through Jesus' suffering, You sewed me back together. I am healed, not because of anything I did, but because of my Savior's extreme love for me bought by His stripes of redemption. Help me find ways to express Your extreme love to this dark and hurting world this Easter and every day after that. In Jesus' Name, Amen.



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