



The last words of Jesus on the cross are much more than phrases spoken in a moment of agony; they are a spiritual legacy filled with love, forgiveness, and hope. These words, recorded in the Gospels, reflect Christ's mission and His commitment to humanity until His final breath. Reflecting on them not only connects us with the suffering and triumph of Jesus but also invites us to apply His teachings in our daily lives. In this article, we will explore each of these phrases in depth, their theological context, and how they can inspire us today.

1. “Father, forgive them, for they do not know what they are doing” (Luke 23:34)

The Context

This phrase, the first Jesus spoke from the cross, sets the tone for His sacrifice: unconditional love and forgiveness. In the midst of His agony, surrounded by mockery and rejection, Jesus calls on the Father to forgive those who crucified Him.

The Theological Teaching

Jesus not only taught forgiveness but lived it to the extreme. This act of intercession underscores the depth of His redemptive mission: to reconcile humanity with God. Despite sin and ignorance, Jesus intercedes for us, demonstrating that forgiveness does not depend on the other person's worthiness but on divine grace.

Relevance Today

We live in a world marked by divisions, grudges, and conflicts. This first word invites us to free ourselves from the slavery of resentment. Forgiveness does not mean ignoring pain but choosing peace. Jesus teaches us that forgiveness has transformative power, both for the one who grants it and the one who receives it.

Practical Application

- Reflect on the wounds that are hardest for you to forgive. How can you surrender that pain to God?
- Pray for those who have hurt you, asking the Father to bless them, even if it still hurts.
- Practice forgiveness in small daily actions, such as during family disagreements or



workplace conflicts.

2. “Truly I tell you, today you will be with me in paradise” (Luke 23:43)

The Context

These words were addressed to the “good thief,” a criminal who, recognizing his sin, asked Jesus to remember him when He came into His kingdom. In response, Jesus promises him salvation.

The Theological Teaching

This dialogue reveals the immediacy of divine grace. No matter how far we have strayed from God, a repentant heart will always find mercy. Additionally, Jesus affirms that the Kingdom of Heaven is not a distant concept but a present reality for those who believe in Him.

Relevance Today

In a world where many feel it is “too late” to change, this word reminds us that we are never beyond the reach of God’s love. Mercy has no time limits or prerequisites.

Practical Application

- Acknowledge your own failings and approach God with a repentant heart, trusting in His mercy.
 - Instead of judging others, see how you can accompany them on their journey toward reconciliation with God.
 - Remember that conversion is possible at any stage of life; keep hope alive for yourself and others.
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3. “Woman, here is your son” / “Here is your mother” (John 19:26-27)

The Context

From the cross, Jesus entrusts His mother Mary to the care of the beloved disciple and vice versa. This act, while practical, has immense spiritual depth.

The Theological Teaching

Mary is presented not only as the mother of John but as the mother of the entire Church. In this moment, Jesus creates a new spiritual family, built on love and mutual care. It also highlights Mary’s central role in the Christian life as mother and guide.

Relevance Today

In an age of loneliness and broken family bonds, this word reminds us of the importance of building communities where love and solidarity reign. It also invites us to draw closer to Mary as an intercessor and model of faith.

Practical Application

- Cultivate meaningful relationships within your faith community, supporting those in need.
- Turn to Mary in prayer, especially in moments of pain, trusting in her maternal care.
- Reflect on how you can be “family” to those who feel alone.

4. “My God, my God, why have you forsaken me?” (Matthew 27:46)

The Context

These words, taken from Psalm 22, reflect the abandonment Jesus feels in His humanity. However, the psalm ends in a declaration of trust in God.



The Theological Teaching

This cry reveals the true humanity of Jesus, who experiences pain, anguish, and the apparent silence of God. Yet by quoting the psalm, Jesus also affirms His trust in the Father, even in the darkness.

Relevance Today

We all face moments of crisis when it seems that God is absent. This word assures us that we are not alone in our doubts and sufferings and invites us to trust that God is working, even when we cannot see it.

Practical Application

- In moments of difficulty, do not be afraid to express your feelings to God. He understands your pain.
 - Read Psalm 22 in its entirety, allowing its words to lead you from lament to trust.
 - Seek support in your faith community when facing trials; do not walk alone.
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5. “I am thirsty” (John 19:28)

The Context

As Jesus nears death, He expresses a physical need for water. However, this phrase also holds profound spiritual meaning.

The Theological Teaching

Beyond His physical need, Jesus reveals His “thirst” for souls and the conversion of humanity. This desire to reconcile us with the Father is the driving force of His sacrifice.

Relevance Today

In a world thirsty for meaning, this word reminds us that Jesus also longs for our response of love. He continues to “thirst” for our faith, hope, and charity.



Practical Application

- Identify areas in your life where you can respond to Jesus's love with greater dedication.
 - Quench the spiritual thirst of those around you by listening, accompanying, and sharing your faith.
 - Participate in charitable works that bring water, food, or comfort to those in need.
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6. "It is finished" (John 19:30)

The Context

With these words, Jesus declares that His redemptive mission is complete. It is not a cry of defeat but of victory.

The Theological Teaching

Salvation is accomplished. Jesus has borne the sins of the world and opened the way to eternal life. His perfect obedience to the Father culminates in this moment.

Relevance Today

In a society obsessed with success and achievement, this word invites us to trust that God's work in us is complete, even if we do not yet see it fully.

Practical Application

- Rest in God's grace, knowing you do not need to "earn" His love.
 - Give thanks to Jesus for His sacrifice daily in prayer and praise.
 - Live with purpose, knowing that every act of love contributes to God's redemptive plan.
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7. "Father, into your hands I commend my spirit" (Luke 23:46)



The Context

In His final words, Jesus surrenders His life to the Father with absolute trust. It is an act of total surrender.

The Theological Teaching

Jesus shows us how to die: with faith, hope, and love. He invites us to live in a relationship of complete trust with God, surrendering not only our death but our lives to Him.

Relevance Today

In a world filled with uncertainty, this word calls us to trust in God at all times, knowing that He is in control.

Practical Application

- Make a daily act of surrender to God, entrusting your worries to His care.
- Cultivate a deep prayer life, where you learn to recognize the Father's voice.
- Reflect on your spiritual legacy: How are you living in a way that reflects your faith in God?

Conclusion

The last seven words of Jesus on the cross are not just historical phrases; they are a spiritual roadmap for our lives. Through them, Jesus invites us to forgive, trust, love, and live with purpose. In a world full of challenges, these words offer hope and guidance. By meditating on them, may we not only understand the heart of Jesus but also allow His words to transform our own hearts, drawing us closer to the Father.