

There is a scripture from Lamentations that to me reflects the depth of Christ's suffering, in the sense of Him crying over us (as He did over Jerusalem):

*My eyes fail from weeping, I am in torment within; my heart is poured out on the ground because my people are destroyed ...*

As Jeremiah is the spokesman for God, I believe that this echoes God's feeling, and indicates that the tears are really from God in His concern for His people. This anguish for us is later shown in the sacrifice of the blood and body of Christ, God's Son.

Jesus said in Matthew 26:28:

*This is my blood of the covenant, which is poured out for many for the forgiveness of sins.*

When I think of Christ shedding His blood for us, I consider that the contents of His heart indeed poured out on the ground. He allowed this because He loved us so! Like Abel's blood, it cried out to God from the ground. Now it cries out to us!

The Old Testament indicates that the blood of sacrifices was to be poured out on the ground like water, and presumably lost. But the blood of Christ's sacrifice is somehow recovered by God, and is able to save us.

Christ's body was also recovered by God, and not allowed to see decay. As we partake in this communion, I think of us sharing in that recovery of body and blood as we become beneficiaries of His Grace.