

## ■ Episode 050 — Wounded That We Might Be Healed

Friday Lord's Supper Meditation | Text: Isaiah 53:3–5 (CSB)

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### Episode Summary:

In this Lord's Supper meditation, we come to Isaiah 53:3–5 — one of the most striking prophecies in all of Scripture. Written seven centuries before the cross, Isaiah describes a suffering servant who is despised, rejected, and crushed. But the heart of the passage is not the suffering itself. It's the exchange. His wounds become our healing. His punishment makes possible our peace. At the table, we hold these two things together: the real weight of what it cost, and the complete freedom that it purchased.

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### Key Themes:

- The substitutionary nature of Christ's suffering
  - The exchange at the center of the gospel — our sin, his punishment, our healing
  - The Hebrew words *daka* (crushed/pulverized) and *rapha* (healed/restored)
  - The Lord's Supper as proclamation, not just memory
  - Receiving both the weight of the cross and the freedom it brings
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### Key Scripture:

*"But he was pierced because of our rebellion, crushed because of our iniquities; punishment for our peace was on him, and we are healed by his wounds." — Isaiah 53:5 (CSB)*

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### Takeaway Truth:

The wounds of Christ are not incidental — they are the source. His suffering was not random; it was substitutionary. Every wound he bore belonged to us. Every stroke of punishment was meant for our rebellion. And through those wounds, real healing flows — not metaphorically, but actually.

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### Application for Today:

Come to the table holding two things at once. Don't rush past the wounds — let the bread and cup carry the real weight of what it cost him. His body was broken. His blood was poured out. On your behalf. Because of your iniquity. And then receive the healing. He wasn't crushed so you would live in guilt. He was crushed so you would be made whole. The exchange is complete.

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### Series Focus:

This Friday meditation steps outside our Matthew series for the Lord's Supper. Isaiah 53 is the prophetic bedrock beneath the table — the passage that explains why the bread is broken and why the cup is poured. As we continue walking through Matthew, we'll keep following Jesus in the Gospel narrative. But today, we focus on the truth that grounds everything else: Christ was wounded that we might be healed.