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**DURING CRUCIFIXION THE ARMS  
WERE OUTSTRETCHED ALONG  
THE PATIBULUM AND TIED OR  
NAILED.**

**THE NAILS WERE MADE FROM  
IRON AND WERE ABOUT FIVE TO  
SEVEN INCHES LONG.**

**THE NAILS WERE DRIVEN  
BETWEEN THE SMALL BONES OF  
THE HAND (CARPAL BONES) AND  
THE BONES AT THE END OF THE  
FOREARM (RADIUS & ULNA),  
WHICH MAKE THE WRIST JOINT.**

**IF A NAIL WAS ONLY THROUGH  
THE PALM, IT WOULD NOT  
SUPPORT THE WEIGHT OF THE  
HUMAN BODY AND WOULD TEAR.**

**FLOGGING OR SCOURGING WAS DONE BEFORE EVERY CRUCIFIXION. THE SCOURGING WAS INTENDED TO BRING A VICTIM TO A STATE JUST SHORT OF DEATH. THE WHIP HAD IRON BALLS TIED A FEW INCHES FROM THE END OF EACH LEATHER THONG ON THE WHIP. SOMETIMES, SHARP SHEEP BONES WOULD BE TIED NEAR THE ENDS. THE IRON BALLS WOULD CAUSE DEEP BRUISING, WHILE THE LEATHER THONGS WOULD CUT INTO THE SKIN. THE SHEEP BONES WOULD HASTEN THE PROCESS OF CUTTING INTO THE SKIN. AFTER A FEW LASHES, THE SKIN WOULD BE CUT THROUGH, AND THE MUSCLES WOULD BEGIN TO BE CUT. BLOOD LOSS WAS CONSIDERABLE, AND THE PAIN LIKELY PUT THE VICTIM IN A STATE OF SHOCK.**

**THE PRECISE CAUSE OF DEATH FROM  
CRUCIFIXION HAS BEEN DEBATED FOR YEARS.**

**D. A. CARSON SUMMARIZES:**

**“WHETHER TIED OR NAILED TO THE CROSS, THE  
VICTIM ENDURED COUNTLESS PAROXYSMS AS HE  
PULLED WITH HIS ARMS AND PUSHED WITH HIS LEGS  
TO KEEP HIS CHEST CAVITY OPEN FOR BREATHING AND  
THEN COLLAPSED IN EXHAUSTION UNTIL THE DEMAND  
FOR OXYGEN DEMANDED RENEWED PAROXYSMS. THE  
SCOURGING, THE LOSS OF BLOOD, THE SHOCK FROM  
THE PAIN, ALL PRODUCED AGONY THAT COULD GO ON  
FOR DAYS, ENDING AT LAST BY SUFFOCATION, CARDIAC  
ARREST, OR LOSS OF BLOOD.”**

**CRUCIFIXION WAS ONE OF THE MOST PAINFUL, CRUEL, AND MOST HUMILIATING FORMS OF PUNISHMENT EVER DEVISED BY MAN. THE JEWISH HISTORIAN JOSEPHUS DESCRIBES IT AS “THE MOST WRETCHED OF DEATHS”, AND SENECA ARGUES THAT SUICIDE IS PREFERABLE TO THE CRUEL FATE OF BEING PUT ON THE CROSS.**

**THE WEIGHT OF THE ENTIRE CROSS WAS PROBABLY OVER 300 POUNDS, WHILE THAT OF THE PATIBULUM RANGED BETWEEN 75 AND 125 POUNDS. IT IS HIGHLY LIKELY THAT ONLY THE PATIBULUM WAS CARRIED AND THIS WAS PLACED ACROSS THE NAPE OF THE VICTIM’S NECK AND BALANCED ON BOTH SHOULDERS.**

THE CROSS WAS FAR MORE THAN AN INSTRUMENT OF CAPITAL PUNISHMENT. IT WAS A PUBLIC SYMBOL OF INDECENCY AND SOCIAL INDIGNITY. CRUCIFIXION WAS DESIGNED TO DO MORE THAN MERELY KILL A MAN. ITS PURPOSE WAS TO HUMILIATE HIM AS WELL. THE CROSS WAS INTENDED NOT ONLY TO BREAK A MAN'S BODY, BUT ALSO TO CRUSH AND DEFAME HIS SPIRIT.

“AND WHEN THEY HAD PLAITED A CROWN OF THORNS, THEY PUT IT UPON HIS HEAD, AND A REED IN HIS RIGHT HAND: AND THEY BOWED THE KNEE BEFORE HIM, AND MOCKED HIM, SAYING, HAIL, KING OF THE JEWS!”

MATTHEW 27:29