



Jesus suffered unimaginable agony
as He suffered and died on the Cross.

But through it He brought about
the most amazing exchange
that the world has ever seen or ever will see.

And He did it all for us –
because He loves us.

Find out what that exchange involved
and what it means for you.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

Website: LifeinJesus.net

Email: contact@lifeinjesus.net



Katherine Hilditch

LifeinJesus.net

'Exchange Has Taken Place'
by
Katherine Hilditch

~

Copyright © 2023 Katherine Hilditch. All Rights Reserved.

Life in Jesus

To read more about Jesus
and all He has done and won for us
go to –

LifeinJesus.net

There are many more booklets on the website

You can read them online
or print them out
completely free of charge

There is no limit to the number of copies you can print out
for your own use or to give away

The booklets are all downloadable

Unless otherwise indicated
all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)
(Any words in brackets are not in the original text
but are included to help understanding)

Cover photo by Daniel Joshua on Unsplash

Being Born-Again

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for you personally, you make Him your Saviour. You are then born-again. God becomes your Father and you His child, and you can start to enjoy your personal relationship with Him.

Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Say this prayer out loud and believe it in your heart – “Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour.”

You are now born-again and Jesus has come to live in you. All your sins, past present and future, are forgiven and you have a new perfect spirit. And after this life is over, you’ll live in love, peace and joy with your Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God’s love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

EXCHANGE HAS TAKEN PLACE

A friend of mine writes poetry and there is a line in one of her poems that has always stuck with me since the day I first read it. The line is ‘Exchange has taken place.’ It refers to what happened when Jesus suffered and died on the Cross.

God knew that none of us could ever earn our salvation or deserve it, so He sacrificed Jesus instead of us – that’s how much He loves us – how much He loves you.

As He hung on the Cross, Jesus laid down all His positives and took on all our negatives, so we could lay down all our negatives and take on all His positives. He became like us so we could become like Him. That’s an amazing exchange.

When you respond to the sacrifice Jesus made for you and accept Him as your Lord and Saviour you become born-again. Then all the wonderful things that Jesus won for you can be yours. You can benefit from the greatest exchange ever. No-one is excluded – you just have to believe it and receive it. (To read about being born-again, go to the end of this booklet.)

What was Exchanged?

Here are some of the many exchanges that took place through Jesus’s suffering and death. None of us has lived a perfect life – we have all got it wrong, some in a big way and some in a smaller way. But the truth of the exchange that took place is there for each one of us to take hold of, no matter what we’ve done or not done. Believe it as you read. Do not disqualify yourself – God hasn’t disqualified you. He loves you more than you can imagine and His love is totally unconditional.

Jesus took the punishment so we could have mercy

God loves everyone so much but He hates sin – the things we think, say and do which are wrong. He is a just God and He can't just sweep it under the carpet – it has to be punished. But God didn't want to punish us, so He punished Jesus instead. It was the greatest sacrifice of all time. Because all sin has now been punished, we are forgiven. By punishing Jesus, God showed us endless mercy. Believing and accepting this is the only way to find true peace. Isaiah 53:5 says – *'But he was pierced for our transgressions. He was crushed for our iniquities. The punishment that brought our peace was on him.'*

All sin was recorded next to Jesus's name so no sin would be recorded against ours

Every sin, past, present and future, was recorded against Jesus's name instead of ours. 2 Corinthians 5:19 says – *'God was in Christ reconciling the world to himself, not reckoning to them their trespasses.'* God doesn't have a list of your sins which He is going to confront you with one day. They were all marked up against Jesus's name instead and He suffered the punishment for them all, including the ones you haven't yet committed. Think about it – all your sins were future when Jesus died!

Jesus took God's anger so we could experience His love

We all deserve God's anger because every person has got things wrong. But God loves us so much that He poured out His anger on Jesus instead of on us. Romans 5:8 says – *'God commends his own love towards us, in that while we were yet sinners, Christ died for us.'* He suffered the anger we deserve so we could experience what we don't deserve – the unconditional love and mercy of our Father God.

Your mind won't be transformed by begging God or by waiting for Him to act – He acted 2000 years ago. Decide today to start or restart renewing your mind in the truth of God's Word. That's what leads to transformation – there is no other way. Romans 12:2 says – *'Don't be conformed to this world, but be transformed by the renewing of your mind.'* Choose to believe in the truth of all Jesus has done and won for you and in the fact that you are changed forever by it. Soak yourself in God's Word. Allow its truth to flow from your spirit into your mind. Start to talk it, walk in it and live by it. And you will be transformed. He became like us so we could become like Him.

It's All Summed Up in Grace

There never was and never will be a better exchange or one with more far-reaching consequences. And it all happened because of the grace of God – His love poured out on us, not because we deserve it or have earned it, but simply because He loves us.

Here is the last verse from my friend's poem, 'The Meeting at the Cross':

*'His death becomes my life; His blood, forgiveness for my sins.
This cross of wood becomes the place where my new life begins.
His hands are scarred, my life is healed; exchange has taken place.
And punishment at Calvary is replaced by glorious grace.'*

Further Reading

This booklet has covered a lot of subjects. If you want to explore any of them in more detail you may like to read some more Life in Jesus booklets. You will find them on my website www.LifeinJesus.net, where you can read them online or print them out free of charge.

now.” He meant “I have successfully and perfectly completed the work God asked me to do.”

The Christian life isn't about striving and trying to attain something. It's about believing in the finished work of Jesus on the Cross and in who you are as a result of the exchange that took place there, and living your life based on that truth.

Hebrews 12:2 says – ‘for the joy that was set before him (Jesus) endured the cross, despising its shame.’ He did it all for the joy of knowing that, as a result, the wonderful exchange could become reality for us and we would be able to become children of God.

You have to Play Your Part

Jesus gave everything up so we could have it all. He took everything we deserve so we could have everything we don't deserve. God's done His part in this exchange but our part doesn't happen automatically. First of all, you have to be born-again – it's only then that this exchange can take place in you personally.

Then, to experience the reality of it, you have to believe in it and renew your mind in the truth, otherwise the exchange will have no effect in your life. 1 John 4:17 says – ‘As he (Jesus) is, even so we are in this world.’ It is in your new born-again spirit that you are just like Jesus. The exchange is already reality in your spirit but you can't feel your spirit; you can only feel what's in your mind (thoughts) and heart (emotions). God wants this exchange to become reality in your mind and heart too so you can experience its victory. He will help you to do this but the responsibility is yours.

Jesus took the guilt so we could be forgiven

Feeling guilty about something we've said or done can cripple us and affect us negatively in many ways. God doesn't want us to have to live with such a burden, so Jesus took every person's guilt on Himself as He died on the Cross so we could receive our forgiveness. Romans 8:1 says – ‘There is therefore now no condemnation to those who are in Christ Jesus.’

Jesus took the shame so we could be free of it

Shame is the emotional response to guilt. Hebrews 12:2 says Jesus – ‘endured the cross, despising its shame.’ Have you ever felt overcome with shame at something you have done or said? I think we all have at some time. That feeling really can be described as torment. Jesus took on and suffered all the shame of every sin, past, present and future. The emotional agony must have been indescribable. But the result is that it is now possible for us to live without the pain of shame. Jesus carried it all so you could be free of it. Romans 10:11 says – ‘Whosoever believeth on him shall not be ashamed.’ (KJV)

Jesus became sin so we could be righteous

Jesus didn't just take the punishment for sin – He actually became sin. 2 Corinthians 5:21 says – ‘For him who knew no sin he made to be sin on our behalf; so that in him we might become the righteousness of God.’ As a result, we can be made righteous, that is right with God, and so are able to enter into a personal love relationship with Him.

We become righteous when we make Jesus our Lord and Saviour, personally accepting everything He has done and won for us on the Cross. You can't make yourself righteous, you can't

earn it and no-one can ever deserve it. But when you are born-again, God gives you a perfect brand-new spirit and it is your new spirit that is then righteous. 2 Corinthians 5:17 says – *‘If anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new.’* Choose to believe it and thank God for it. Jesus became sin that we might become righteous – what a wonderful exchange!

Jesus was separated from God so we could live in His presence

When Jesus became sin as He hung on the Cross, He could no longer be in God’s presence. God turned away from Him for the first and only time and Jesus suffered the agony of separation from His Father. Matthew 27:46 says He cried out – *“My God, my God, why have you forsaken me?”* He endured that awful separation so we could be forgiven and come freely and boldly into God’s presence. It’s because He went through the spiritual agony of being separated from His Father, that we can be accepted into God’s family and live with Him. John 1:12 Says – *‘But as many as received him, to them he gave the right to become God’s children.’*

Jesus carried sickness so we could be well

Jesus suffered all sickness and disease as He was tortured. And through that, He made it possible for you to be healed and live in health. 1 Peter 2:24 says – *‘You were healed by his wounds.’* He suffered physically so we could be physically well. He took on every sickness and disease and carried it in our place. His body was tortured and broken beyond recognition, so that ours could be whole. Isaiah 52:14 says that – *‘His appearance was marred more than any man, and his form more than the sons of men.’*

Jesus became poor so we could prosper

Prosperity has a bad press among many Christians. But here is what 2 Corinthians 8:9 says Jesus did for us on the Cross – *‘For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, that you through his poverty might become rich.’* This verse comes in the middle of a long section about money and giving. You can’t say it’s just about spiritual prosperity. It is clearly about money.

Just as you wouldn’t want your children to be poor and struggling, God doesn’t want us that way. He wants us to have everything we need and more so that we have money to help others. 2 Corinthians 9:8 says – *‘And God is able to make all grace abound to you, that you, always having all sufficiency in everything, may abound to every good work.’* Jesus didn’t live a life of poverty – He became poor on the Cross as He hung there thirsty and virtually naked. And He endured it so we could have our needs met and be a blessing to others.

Jesus died that we might live

We can only truly live life to the full when we are in relationship with God and it is only because Jesus has died that we can have that relationship. 1 Thessalonians 5:10 says that Jesus – *‘died for us, that ... we should live together with him.’* Because Jesus laid down His life, you can take yours up and live an abundant life now and for all eternity.

The Finished and Complete Work of the Cross

Jesus’s work on the Cross was completed, and completed perfectly. Just before He died, He said in John 19:29 – *“It is finished.”* He didn’t mean “My life is over – I’m going to die