



**Read:** While all of his disciples left him in the garden, two came back, trying to check on him. Read [John 18:15-18, 25-27](#). Who came back? What would it have been like to have been either one of them? Envision the weight of these moments, the emotions and fears that may have filled their hearts.

David, the man after God's own heart, often wrote of God's tender care and love. Read [Psalm 5:3-7](#) quietly aloud. Then, read it a second time, choosing one word or one phrase to focus on.

**Think:** Review the passage again and ponder the word or phrase that stands out to you. What do you see of God's nature in this? What truth about you is captured here? Turn this word or phrase over and over in your mind—gently, like a fragile treasure.

**Pray:** Ask the Holy Spirit to impart God's message for you from this passage. What is he inviting you to consider? To do? To know? Open your heart and ask him to write his love deeply within you.

**Rest:** Sit quietly with what you have heard or sensed or experienced. Let all other thoughts go, except the reality of God's presence here and now, with you. Let him love you. If it helps, play worship music in the background. If your mind gets distracted, gently whisper "I receive your love" or "I love you, Lord."

*You and I may give one another the impression of being earnest, godly Christians, but before the Cross we have to admit that we are not this sort of person at all. At Calvary the naked truth is staring down at us all the time from the Cross, challenging us to drop the pose and own the truth.*

Roy Hession