



Read: In one short verse we see a universe of pain. Read [Mark 15:15](#) and consider this description of scourging: *The Roman scourge was a short whip made of two or three cords, each one knotted at intervals with pieces of metal or stones. Sometimes there was a hook at the end. The prisoner was made to bend over a post so that the cuts could cover their entire upper body. Afterwards, their backs would be lacerated in ribbons, with muscles exposed through profuse bleeding. At times the scourging itself killed the person.* This chapter in Jesus' suffering is painful, but a powerful testament to his love for broken sinners.

Considering this kind of suffering can only cause us to bow in humble awe. Read [Romans 8:31-34](#) quietly aloud, seeing the scourging of Christ in the background. Read it again, choosing a single word or phrase that captures your heart.

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 do you see about his heart for people? 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."

How might any pain be more to me than to see Him that is all my life,
all my bliss, and all my joy suffer?

Julian of Norwich