



**Read:** So many opportunities for things to turn out differently, and yet Jesus goes along. Read [John 19:6-11](#) and seek to grasp his mindset. See Jesus there, listening to the crowds cry for crucifixion. Envision his awareness of all that he has heard from his Father.

There is a peace in knowing our lives are governed by God's sovereign plan. In light of this reality, read [Matthew 6:25-30](#) aloud. Then slowly 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? For you? 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."

Where have your love, your mercy, your compassion shone out more luminously than in your wounds, sweet gentle Lord of mercy? More mercy than this no one has than that he lay down his life for those who are doomed to death.

Bernard of Clairvaux