



Read: Hundreds of years before he came, the prophet Isaiah described Jesus as a *man of sorrows and acquainted with grief* (Isaiah 53:3). Read [Matthew 26:36-38](#) quietly, pausing to envision what it means for God to feel his soul crushed with grief.

Return to the moments just before this when Jesus shared poignantly with his disciples of his love. Read his words in [John 14:15-18](#) slowly 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 Jesus' heart in it? What truth is captured here? What has made him say this? Turn this word or phrase over and over in your mind—gently, like a fragile treasure.

Pray: Ask the Holy Spirit to impart Jesus' 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."

In the cross God is revealed not as One reigning in calm disdain above all the squalors of earth, but as One who suffers more keenly than the keenest sufferer—"a man of sorrows, and acquainted with grief."

Oswald Chambers