



Read: Through a city swarming with thousands of Jews celebrating Passover from all over the world, Jesus goes to his death. Read [John 19:17](#) and [Luke 23:26-32](#) and envision him being jostled through the streets, pushed until he cannot stand.

Jesus endured this and so much more for the joy set before him. Read [Romans 5:1-8](#) aloud quietly as you see him telling women not to weep. Read it again, looking for one word or phrase that will be yours to hold close today.

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."

When we look at his cross, we understand his love. His head is bent down to kiss us. His hands are extended to embrace us. His heart is wide open to receive us.

Mother Teresa