



Read: Very few of Jesus' friends remained with him as he died, and most of them were women. Read [John 19:25-27](#) where they are each named. How does John describe himself? What do you see of Jesus' nature in his humanness here?

In reflecting on the suffering of Christ at Calvary, we may only glimpse the wonder that prophets and priests have seen and spoken of. Read [1 Peter 1:8-12](#) quietly and slowly. Read it a second time and choose a word, phrase or verse that speaks to you 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."

*Whenever anything disagreeable or displeasing happens to you
remember Christ crucified and be silent.*

John of the Cross