



Read: It would be hard for us to imagine the kind of darkness that descended on Calvary as Jesus drank the cup of our sinfulness. Read [Luke 23:44-45](#) and sit with the reality of these three hours—see Jesus drinking drop by drop in the darkness of human depravity.

Are you beginning to grasp the breadth and scope of Christ’s love for you. Can you sit in the wonder of it? Can you let him love you as he longs to do? Read Romans 8:35-39 as a light in the darkness Jesus is experiencing. Read it again aloud and choose a word, phrase or verse to focus on.

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.”

Were you there when they crucified my Lord?

Sometimes it causes me to tremble . . . tremble . . . tremble.

Old negro spiritual