



**Read:** Jesus is in torment of soul, yet his closest friends are oblivious. Read [Mark 14:34-37](#) quietly, pausing to envision what it means to be in such pain, yet have no one on earth to share it.

Consider again the final words Jesus had shared of his love for his followers. Read [John 14:21-23](#) 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."

The passion will inevitably remain extraneous to us until we go into it through the very narrow door of the "for our sake," because only he who acknowledges that the passion is his fault truly knows the passion. Everything else is a digression.

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