



**Read:** Today we ponder the most painful words Jesus spoke in his final hours. Theologians still differ on what it means. Read [Mark 15:34](#) at least two times., setting aside all preconceptions and envisioning all that Jesus experienced as he cried out.

In David's lonely sojourns running from Saul, he expressed a depth of yearning that springs from knowing God's love. Read [Psalm 63:1-3](#) as you imagine such longing. Read it a second time and choose a word, phrase or verse that moves you.

**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."

*There is something infinitely profounder than pathos in the death of Jesus; there is a mystery we cannot begin to touch.*

Oswald Chambers