



Read: A universe of truth and meaning are wrapped up in Jesus' final words from the Cross. Read [John 19:30](#) and imagine the sights and sounds all around him. Was it silent or noisy? Reverent or raucous? Did anyone even hear him or realize what was happening?

If someone were to ask you why Jesus brought you to life spiritually, what might you say? Read [Ephesians 2:4-10](#) out loud, savoring the reality of love that has enabled you to live. Read it again, choosing a word, phrase, or verse to fix your heart 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."

*Blessed Redeemer, precious Redeemer, seems now I see Him on
Calvary's tree.*

Avis B. Christiansen