



**Read:** What did it mean for Jesus to taste of death, to experience the end of his existence as a human being? What made him shout these last words and what do they mean for us? Read [Luke 23:46](#) and [Matthew 27:50](#), taking the time to see Jesus there, to hear him shout, to imagine the weight of relief in giving himself into his Father's hands.

Crucifixion for a Jew in a Roman culture carried unbearable shame. Jesus took this on for you, so that you might experience his covenant of love. Read [Isaiah 54:4-10](#) all the way through. Then read it again, slowly, pausing after each verse to consider the enormity of the words. Choose a word, phrase or verse that has affected you and spend time with it.

**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."

*As you gaze upon the cross, and long for conformity to him, be not weary or fearful because you cannot express in words what you seek. Ask him to plant the cross in your heart. Believe in him, the crucified and now living one, to dwell within you, and breathe his own mind there.*

Andrew Murray