



Read: Make this time with God a time of rest as the Jews did on the Sabbath. Mentally cease from all activity except focusing on Him. Breathe deeply and slowly. Feel the coolness of the earth in the dark tomb where Christ has been laid. Smell the aromatic spices. Anticipate the miraculous as you offer yourself to the Savior. Ask Him to reveal His truth to your own heart today as you read [Luke 23:55-56](#) and [Matthew 27:62-66](#).

Jesus hung from a cross with your name engraved on his hands, a reality prophesied by Isaiah hundreds of years before. Read [Isaiah 49:13-16](#) with quiet wonder. Read it again and take it in, choosing a word, a phrase or a verse to focus on today.

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."

Nowhere do I more find such fruitful stillness as when I am near the cross. Nowhere do I feel so inclined to take the shoes from off my feet. And how do you account for it?

John Henry Jowett