



**Read:** Something has happened in Jesus' resolve. Read [Mark 14:42](#) and ponder his words—how do they differ? What might be going on inside of him?

Jesus' lengthy monologue on the way to the garden is replete with incredible promises and words he hopes will help his followers grasp how different things will be because of his love. Read [John 15:13-16](#) 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."

Without Gethsemane, there would have been no Golgotha. The blood and water that flowed from his wounds on the cross were preceded by bloody sweat that poured from his pores as he suffered the agony of a death more painful than the physical death on the cross, the death of the will.

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