



Read: Have you ever been completely alone? Abandoned by your closest friends? Read [Matthew 26:50-56](#). Imagine the moment when Jesus knew he was completely alone. What filled his soul?

Again and again, Jesus upholds the supremacy of love, even in his cries to his Father. Read [John 17:20-23](#). Count the number of times Jesus uses the word “love.” Read the passage again, 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.”

My Jesus! Loaded with contempt, nail my heart to your feet, that it may ever remain there, to love you and never leave you again.

Saint Alphonsus Liguori