



**Read:** We can never forget that Jesus was fully human and yet his cries from the cross plumb greater depths of meaning than the words themselves. Read [John 19:28-29](#) and [Matthew 27:47-49](#) quietly aloud, feeling the emotions Jesus must have felt and pondering what his deeper needs were.

There is a lofty theological term called *prevenient grace*, which simply means that God is at work in and around us long before we realize it. This is blazoned in no uncertain terms in [1 John 4:8-10](#). The reality of this rings from the sufferings of Jesus on Calvary. Read the passage slowly, phrase by phrase, taking in its profound meaning. 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."

How do you approach the thirst of Jesus? Only one secret -- the closer you come to Jesus, the better you will know His thirst. Jesus thirsts even now, in your heart and in the poor -- He knows your weakness, He wants only your love, wants only the chance to love you.

Mother Teresa