



Read: This is a pivotal moment in the garden—Jesus holds the cup of suffering he is about to drink. Read [Luke 22:41-45](#) quietly, pausing to consider what this cup holds...and how it feels for Jesus to hold it, wishing he didn't have to.

Consider again the final words Jesus shared, promising peace to his followers. Read [John 14:25-27](#) 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."

Organized religion has domesticated the crucified Lord of glory, turned him into a tame theological symbol. Theological symbols do not sweat blood in the night.

Brennan Manning