



Read: Through the miry pain of his own struggle, Jesus longs to warn his disciples of what is to come. Read [Mark 14:38-41](#) quietly, pausing to imagine Jesus' compassion and concern for these ones he has shared life with for three years.

As Jesus continued to share with his disciples before the garden, he made audacious claims about the reach of his love and of his Father's love. Read [John 15:9-11](#) 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."

Only one act of pure love, unsullied by any taint of ulterior motive has ever been performed in the history of the world, namely the self-giving of God in Christ on the cross of undeserving sinners. That is why, if we are looking for a definition of love, we should look not in a dictionary, but at Calvary.

John R. Stott