



**Read:** We often think of Jesus' suffering as his death on the cross, but his wounds began so much earlier. Read [John 18:12-14 and 19-23](#). Place yourself there. Watch Jesus' face, his eyes. What do you see?

Some of the most profound words in Scripture are in what has been called Jesus' *high priestly prayer*. Read [John 17:24-26](#) slowly aloud. Take your time with this. A revelation of the truth here can be life changing. Now, read it 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."

In all our lingering at Calvary, perhaps we are at no time more helpless than when we attempt to survey the fullness of the Savior's love. Calvary must speak for itself. Nor is it a mute testimony. It is vibrant and vital in its expression. It speaks volumes.

S. Franklin Lodgson