

For Reflection:

You just gotta love Peter. Peter is one of those guys you want to have on your side. He's bold, outspoken, dedicated to the cause. Loyal, passionate and strong, he's a get er-done kind of guy.

On the other hand, Peter is impetuous, allowing his emotions to rule; causing him to act without thinking. We know Peter had the very best of intentions. He cared deeply about Jesus, about the newly forming ministry, about getting things right and making the world a better place.

Jesus made the simple request for the disciples to "watch and pray" (v 38a). He tried to get Peter to understand the magnitude of the situation. "The spirit is willing, but the flesh is weak," Jesus warns (v 38b). Peter couldn't stick with Jesus in the ease of the Passover celebration, and Peter won't stand for Jesus when the going gets tough.

We would fault Peter, but Peter is us.

Today's Scripture:

Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Couldn't you keep watch for one hour? Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

Once more he went away and prayed the same thing. When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him (Mark 14:37-40 NIV).

Question to Ponder:

What principles and values do you hold dear? A true tale will be told by where you spend your money, your time and the majority of your thinking. What would you like to be true about you? What actions can you implement to move in that direction?

Prayer:

Jesus my Rock, I know that you are the strong foundation that I need. I want to stand firm with and for you. I think I need a wakeup call? Amen.

Practice: Continue with Confession

Surrender your weakness and faults to the forgiving love of Christ and embrace practices that lead to transformation.

Imagine you are in a safe place. Remember you are surrounded by the love of God. Using the Ten Commandments as your guide, journal your sins. Ask God to forgive you and help you change. (You can burn your list in a symbolic act of what it means to have God remove your sins from you.) (adapted from *The Spiritual Discipline Handbook*, Adele Ahlberg Calhoun/Confession)