

For Reflection:

From this day forward....

Can you recall those times in your life? Maybe it was when you graduated from high school or college. Perhaps it was the day you got married. What about the time you landed that particular job or vocation? Significant events have the power to significantly change our lives--to change us.

In his sermon on Sunday, (and in *Growing Deeper with Mark*) Pastor Brian described Jesus' experience in Gethsemane as a "watershed moment." This point seems to have been the place where Jesus made the decision to go forth in full obedience to his Father's will. From this day forward, there is no more pressing, no more lamenting, no more pleading to have the cup removed. Jesus emerges rock solid in his decision to follow God no matter how much it costs.

How did Jesus come to this immensely impactful decision? It must have had something to do with his explicit trust in God and his passionate love for us.

Today's Scripture:

Going a little farther, he fell to the ground and prayed that if possible, the hour might pass from him. "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will" (Mark 14:35-36 NIV).

Question to Ponder:

What have been the spiritual watershed moments in your life? When did you first decide to follow Jesus? What potentially, life altering situations or decisions are before you currently? Where will you go for help facing/making them?

Prayer:

Jesus my Rock, I want whatever it was that you had that enabled you to fully trust your Father and sacrificially serve humanity. Can you help me understand how the hard places in my life are opportunities to do just that? 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)