

## For Reflection:

Today we are continuing to sit with Jesus in Gethsemane.

Jesus confided his distress to those closest to him (Peter, James and John). “My soul is overwhelmed with sorrow to the point of death!” lamented Jesus (v 34). And then Jesus asked--no, commanded them to “stay here and keep watch with me (v 38). Jesus had instructed his disciples in this manner before (see Mk 13:32-37).

Jesus, being human, longed for the fellowship and comfort of his close friends. Jesus, being God, had compassion on the disciples’ need to “watch and pray” for their own benefit. Jesus knew that critical times lay ahead. The conquest over temptation and fear will come through two actions. Disciples (them and us) need to be aware of the challenges AND also of God’s perfect plan and great power.

## Today’s Scripture:

*He took Peter, James and John along with him, and he began to be deeply distressed and troubled. “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch” (Mark 14:33-34 NIV).*

## Question to Ponder:

Think of a time when you were blind-sided by a crisis. Looking back, were there signs that trouble was mounting? How could what you know about God have helped you to overcome (better and more quickly) that period in your life or perhaps have avoided it all together?

## Prayer:

God of Perfection, I know I could help myself a lot more through putting myself in spaces and places you can reach me. The truth is, I’d really rather watch Netflix. Show me how to build a desire for the things of you. I will try to pay attention. Amen.

## Practice:

Continue with Confession - to “surrender our 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)

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