

Day 42– Tuesday of Holy Week

Scripture for Prayer

Stilling: Take a few minutes to become still.

God is Present: God is with you. Ask God to inspire your imagination.

Ask for what you desire. What gift, what grace do you want right now?

Read the passage through.

Identify with a character: Choose one of the people in the story and imagine the scene from their point of view.

Set the Scene: Fill in the details to make the story real for you. Imagine the scenery, the weather, the people. Be aware of how you feel.

Luke 22:39-46 (NRSVA)

Jesus came out and went, as was his custom, to the Mount of Olives; and the disciples followed him. When he reached the place, he said to them, 'Pray that you may not come into the time of trial.' Then he withdrew from them about a stone's throw, knelt down, and prayed, 'Father, if you are willing, remove this cup from me; yet, not my will but yours be done.'

Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.

When he got up from prayer, he came to the disciples and found them sleeping because of grief, and he said to them, 'Why are you sleeping? Get up and pray that you may not come into the time of trial.'

Conversation: When you come towards the end of your time of prayer, talk to Jesus, or Martha about what has come up for you. Imagine how they might reply.

Prayer: End with a formal prayer, such as the Lord's Prayer/Our Father

Review of Prayer

Notice how you reacted and felt.

Is this saying anything about you, about the way you see others or God?

Did anything surprise you?

Is there anything you need to pray about in future?

Today's Meditation

Forgiveness

There are times when people need a friend to be with them. Someone to be by their side when times are difficult.

Jesus' friends, his disciples, couldn't quite manage to support him in this agony of anticipation.

But for all their failure to give support at this vital time, he didn't hold this against them when they met again in the world of the Resurrection.

Can you say the same in your own life?

Ponder for a few moments on those you resent for letting you down.

Are there people who doubtless you once loved, for whom you now harbour angry or resentful thoughts? Recall for a moment why you are angry or resentful.

Imagine you see Jesus in the Garden of Gethsemani, see him in his anguish.

Now go to the scene of your resentment.. stay with this for a while.

Alternate between Gethsemani with Jesus and your own scene.

Maybe you wish to talk to Jesus, what do you want to say?

You may wish to ask him how he managed to forgive his disciples who betrayed him.

Listen to his reply.

You may find it profitable to repeat this exercises later with Christ on the Cross and with the resurrected Christ