

Readings: Isaiah 53:10; Mk 14:32-42

Title: Your Will, Not Mine

GETHSEMANE

EDEN

REFLECT

(verses chosen for meditation)

Jesus cried out, "Abba Father, every thing is possible for you. Please take this cup of suffering away from me. **Yet I want your will to be done, not mine.**" Mark 14:36

Then Jesus left them a second time and prayed, "My Father! If this cup cannot be taken away unless I drink it, **your will be done.** Matthew 26:42

He prayed more fervently, and he was in such agony of spirit that **his sweat fell to the ground like great drops of blood.** Luke 22:44

RELATE

(Take time to consider the following)

1. Are you in distress, agonizing over an important decision? Are you at the crossroads of your life? Would you say as Jesus did, **"Your will, not mine be done!"** Consider the decision you are about to make and ask yourself, **"What is the best way for God's will to be fulfilled through me?"**
1. Think of people who are facing pain and suffering and feeling battered by circumstances. **Commit them to Jesus** who knows what it means to struggle and yet do God's will.

REST

(pray slowly and meditatively)

Abba Father, help me to say and do as Jesus did,
"Your will, not mine be done."

I commit my loved ones and friends who are
struggling with pain and suffering to your care.
Amen.

REFLECT

(verses chosen for meditation)

And He (Jesus) came and found them sleeping and he said to Peter, "Simon, are you asleep? Could you not watch one hour?" ... **Their eyes were very heavy, and they did not know what to answer him.** Mark 14:37, 40

RELATE

(Take time to consider the following)

3. Think of an occasion when you failed to do what Jesus asked of you. What were your reasons for not complying? **Confess your complacency or shortcomings to Jesus. Receive His love and forgiveness afresh.**
4. **Pray for loved ones or friends who are discouraged, disillusioned or at the brink of giving up.** Ask God to give them a fresh touch of His love that they may enjoy a renewal of energy and vision. Ask God to show you how you can bring encouragement to them.

REST

(pray slowly and meditatively)

O Lord Jesus Christ,
take as your right,
receive as your gift,
all my liberty, my memory, my understanding, my will;
all that I have,
all that I am,
all that I can be,
All is yours,
dispose of it according to your will.
Give me your love.
Give me your grace.
It is enough for me.

(spiritual exercise of St Ignatius)

REST

(pray slowly and meditatively)

Jesus,
May all that is you
flow into me.
May your body and blood
be my food and drink.
May your passion and death
be my strength and life.
Jesus,
with you by my side
enough has been given.
may the shelter I seek
be the shadow of your cross.

(spiritual exercise of St Ignatius 1/2)

REST

(pray slowly and meditatively)

Let me not run
from the love which you offer.
But hold me safe
from the forces of evil.
On each of my dying
shed your life and your love.
Keep calling me until the day comes,
when, with the saints
I may praise you forever.
Amen.

(spiritual exercise of St Ignatius 2/2)