

Lenten Encounter : Week 5

Jeremiah 31:31-34;Psalm 51;Hebrews 5:7-9;John 12:20-33

We now move closer to the passion of Jesus in our journey to the Resurrection. We get glimpses of how Jesus dealt with his emotions in the weeks leading up to his passion. The letter to the Hebrews says “that in the days of his flesh, Jesus offers up prayers and supplications, with loud cries and tears, to **him who was able to save him from death....”**

As Jesus grapples with his experience in conversation with his Father, he is at the same time trying to prepare people to better understand the deeper significance of what is unfolding. He says clearly that he feels troubled. Showing his wrestling, he also shows us how to wrestle authentically with our own painful and raw experiences. To pray the truth of our inner experience with radical honesty. Its ok to show our struggles, our fear and weakness.

We are invited to spend time with Jesus and watching **how it is possible** to continue on in fear and come to terms with the letting go and dying to parts of our own lives that needs to die, for new life to sprout- like the grain of wheat that falls to the ground and dies.

Imagine yourself as one of Jesus’s disciples, or his close friend and allow yourself to be present to the experience of Jesus, trusting that the Holy Spirit is at work guiding your conversations and moments of prayer with him.

- Take some time to have a conversation with Jesus who shares with you that “now his soul is troubled”.
- Ponder the verse: “Unless a grain of wheat falls into the ground and dies it remain alone, but if it dies it bears much fruit.” What in your life may need to die that more fruit may be borne?
- What is the grace that you need to be a friend to Jesus as he approaches his passion?