

12) THE AGONY IN THE GARDEN

Read and Pray with Matthew 26:36-46

As you pray with this passage, you might follow a technique that St. Ignatius Loyola recommends for people who are praying with the passages in Scripture that narrate events. That technique, called Ignatian Contemplation, is to imagine the scene in its details, even to the point of imagining that you are one of the people in the event. Or you might make up a small role in the event for yourself so that the event comes alive for you.

Keep in mind:

In Gethsemane, Jesus implores his apostles to watch with Him and pray. They are incapable. Does He ask you to watch or to pray with Him at this time? Jesus surrenders Himself into the Father's hands, into the will of His loving Father. Can you do the same but now supported and strengthened by the example and the presence of Jesus in your life? Can you do this readily, peacefully, and, almost, joyfully, knowing it unites you even more with the Him.

For your journal or notes:

Does it seem that God is saying something in particular to me?

Is there any way that I can "watch" with Jesus in this time and place? Is there anything I must surrender to the Father?

Are there insights that came to me from the Scripture passage or from my prayer?