

STAGE TWO

THE WEEPING SAVIOUR



LISTEN - read - ponder - seed

Listen to PSALM 42.

listen - READ - ponder - seed

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Then he returned to his disciples and found them sleeping. "Couldn't you keep watch with me for one hour?" he asked Peter. "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." MATTHEW 26 v 36-40

listen - read - PONDER - seed

The Psalmist speaks of feeling downcast and writes, "tears have been my food". As the passage above shows, Jesus was also familiar with sorrow; one theologian called Him "the Weeping Saviour". Time and again in the gospels Jesus weeps and is deeply moved. We are not alone in our sorrows. The Psalmist and the Saviour lend us language for our own sadness. It is not something to hide or be embarrassed about, it is just real life. In the bible we find the whole gamut of human experience.

In Hebrews the author writes, "we do not have a Great High Priest who is unable to sympathise with us". No, we have a Saviour who wept. In another passage we read that God stores up our tears in a jar - nothing is overlooked. What a beautiful invitation for our own heavy hearts.

listen - read - ponder - SEED

Take a moment to pray. Even to cry. When you are ready take the pipette, take up some water and squeeze it out. Drop by drop. Tear by tear, on to the cross in front of you.

