

*No wonder
they
crucified
Him*



SIXTH MONDAY OF LENT
DEVOTIONAL

APRIL 11, 2022

Today is the sixth week of Lent.

Take a moment to pause and breath in and out slowly.

Intentionally.

Rest in and welcome God's grace-filled presence.



As you journey into Holy Week take a moment to reflect on where God has guided you on your journey this year.

Where on this year's journey has God seemed the closest to you?

When did God feel the most distant? Can you discern why to each of these opposing feelings?

What has the Holy Spirit shown you on this year's journey that you are grateful for? ...Was it an affirmation? ...A realization?... Or a reminder?... A needed loving correction?



Today we find Jesus near the end of His journey. The cross is in sight. The burden is getting heavier. The temptation to succumb to a different plan has already claimed Judas. Jesus needs help and goes to prayer, urging his closest friends to be with Him for support.

As you listen to Jesus this week, do so with an attentive heart, an intent mind and a ready hand to the Holy Spirit's leading in your own life.



SCRIPTURE
LUKE 22:39–45 (NLT)

³⁹ Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. ⁴⁰ There he told them, "Pray that you will not give in to temptation."

⁴¹ He walked away, about a stone's throw, and knelt down and prayed,

⁴² "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine." ⁴³ Then an angel from heaven appeared and strengthened him. ⁴⁴ He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.

⁴⁵ At last he stood up again and returned to the disciples, only to find them asleep, exhausted from grief. ⁴⁶ "Why are you sleeping?" he asked them. "Get up and pray, so that you will not give in to temptation."



In the span of 8 verses Jesus tells His disciples twice to pray so they won't give in to temptation. Do you think Jesus did this because He noticed how fatigued they were getting? How tired they seemed? Emotionally? Physically?

Reflecting on your life...as you did at the beginning of this devotional...what lovingly pointed advice do you hear Jesus giving you?



If you know someone in recovery, you are graced with a friend who has a lot to offer. One resource I am grateful to have gleaned from my friends in recovery is to HALT... H-A-L-T.

This handy acronym reminds me to take a moment - to (HALT) and ask myself if I'm feeling Hungry – physically or emotionally – Angry, Lonely, or Tired.

Because it's typically when I am experiencing one or more of those conditions that I am much more susceptible to making poor choices and to give in to the temptations that come my way.

†

As you listen again to Jesus speaking to you – pay attention to where and why you are close to giving in to temptation.

†

SCRIPTURE
LUKE 22:39–45 (NLT)

³⁹ Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. ⁴⁰ There he told them, “Pray that you will not give in to temptation.”

⁴¹ He walked away, about a stone’s throw, and knelt down and prayed,

⁴² “Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.” ⁴³ Then an angel from heaven appeared and strengthened him. ⁴⁴ He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.

⁴⁵ At last he stood up again and returned to the disciples, only to find them asleep, exhausted from grief. ⁴⁶ “Why are you sleeping?” he asked them. “Get up and pray, so that you will not give in to temptation.”

Take a moment to HALT and pray right now.

Are you hungry? ...Get something to eat. Or maybe it's emotional hunger. It might fill your soul to have a meaningful conversation with someone you trust and that cares for you.

Are you Angry?...Ask God to give you insights into the anger, discerning the root cause.

Do you feel Lonely?...Counterintuitively when we feel lonely we tend to pull away from community and isolate ourselves further. A great medicine to loneliness is to share a simple pleasure – meal, hobby, walk in the park – with someone you enjoy being around.

How Tired are you?...I so appreciate Dallas Willard's reminder that sometimes the most spiritual thing we can do is to take a nap.

Tiredness and fatigue puts a burden on every dimension of our life.



In these final moments today, talk to Jesus about where you need to HALT and pray so you might not fall in to temptation.

Listen for how Jesus responds before you end your time of reflection today.

CLOSING AFFIRMATION
JOHN 6:66–69 (NLT)

⁶⁶ At this point many of his disciples turned away and deserted him. ⁶⁷ Then Jesus turned to the Twelve and asked, “Are you also going to leave?”

⁶⁸ Simon Peter replied, “Lord, to whom would we go? You have the words that give eternal life. ⁶⁹ We believe, and we know you are the Holy One of God.



501 Oak Brook Rd. | Oak Brook, IL 60523 | 630.654.1882 | ChristChurch.us