

# In the Shadow of the Cross Jesus Trusts Abba (Mark 14:32-42)

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**Guidelines:** Protect confidentiality and follow the leader's prompts.

**Ignatian Meditation Process:** Ignatius chose this Gospel reading for Week 3 of *The Spiritual Exercises*. Read the introduction and then “ask for the grace.” Then quietly read the passage by using your imagination to enter into the story, sensing and feeling what's going on. Don't analyze the passage or seek insights — *experience yourself as a character in the story*. After the second reading have a “colloquy” (short, personal conversation) with the Lord. You can use the prompts and questions at the bottom to guide your prayer time and journaling (and sharing with others).

**Introduction:** Jesus went to the cross *spiritually* in the Garden of Gethsemane. Confronting Satan and preparing to be tortured and crucified for the sins of humanity caused him to sweat drops of blood and it nearly killed him. But he didn't just fall to the ground — he fell into the arms of his Abba (Hebrew for Papa). Thank God he made it to the cross so he could be publicly crucified as the Savior of the world! With the help of Christ even in the most frightening and painful situations we can trust God as our Abba.

**Ask For the Grace:** Father God, I ask for the grace I desire: for sorrow, regret, and confusion because the Lord is going to his Passion for my sins.

## Imagine Yourself in the Gospel: Mark 14 (MSG)

32-34 They came to an area called Gethsemane. Jesus told his disciples, “Sit here while I pray.” He took Peter, James, and John with him. He plunged into a sinkhole of dreadful agony. He told them, “I feel bad enough right now to die. Stay here and keep vigil with me.”

35-36 Going a little ahead, he fell to the ground and prayed for a way out: “Papa, Father, you can—can't you?—get me out of this. Take this cup away from me. But please, not what I want—what do *you* want?”

37-38 He came back and found them sound asleep. He said to Peter, “Simon, you went to sleep on me? Can't you stick it out with me a single hour? Stay alert, be in prayer, so you don't enter the danger zone without even knowing it. Don't be naive. Part of you is eager, ready for anything in God; but another part is as lazy as an old dog sleeping by the fire.”

39-40 He then went back and prayed the same prayer. Returning, he again found them sound asleep. They simply couldn't keep their eyes open, and they didn't have a plausible excuse.

41-42 He came back a third time and said, “Are you going to sleep all night? No—you've slept long enough. Time's up. The Son of Man is about to be betrayed into the hands of sinners. Get up. Let's get going. My betrayer has arrived.”

**1st Reading:** Visualize yourself in the Gospel story. Don't seek intellectual insights — stay with the imagery. Use your senses to see, touch, feel, and hear. What part of the story are you drawn to? Which character do you identify with? Or are you a bystander?

**2nd Reading:** Experience the story in the role of the character God led you to. Then talk with the Lord. What do you feel? How does this relate to something in your life today? What is God saying to you?