

# BEFORE I GO: WORDS FROM THE UPPER ROOM

1. Jesus in the garden of Gethsemane (Matthew 26:36-41)
2. Jesus is betrayed by Judas (Mark 14:43-46)
3. Jesus is condemned to die (Luke 22:66-71)
4. Jesus is denied by Peter (Matthew 26:69-75)
5. Jesus is judged by Pontius Pilate (Mark 15:1-5, 15)
6. Jesus is whipped and beaten (John 19:1-3)
7. Jesus carries the cross (John 19:6, 15-17)
8. Simon of Cyrene carried Jesus' cross (Mark 15:21)
9. Jesus meets the women of Jerusalem (Luke 23:27-31)
10. Jesus is crucified (Luke 23:33-34)
11. Jesus promises eternal life to the thief (Luke 23:39-43)
12. Jesus speaks to his Mum and Disciple (John 19:25-27)
13. Jesus dies on the cross (Luke 23:44-46)
14. Jesus is Buried (Matthew 27:57-60)

## LECTIO DIVINA

'Sacred reading' is a prayerful way to engage deeply in the scriptures. Focusing on small sections at a time, Lectio encourages the reader to prayerfully work through four movements as you draw closer to the Father and listen attentively to the leading of the Spirit in the words.

### LECTIO (READING)

Read slowly and prayerfully. Pause regularly and let yourself be open to the presence of God. as you read take in each word and the overflow of the passage in your spirit. Allow a time of silence following your reading.

### MEDITATIO (RECEIVE)

On your second reading, listen for particular words or phrases the Spirit wants to speak to you. Meditate on those phrases or words you are drawn to. Reflect on why the Spirit might draw these out. Listen to what God might be saying..

### ORATIO (RESPOND)

On the third reading of the passage, listen for the Father's invitation, and respond from your heart. The Father is always inviting us in some way... to let go of something, or to take up something. In silence, continue to listen for His invitation and then respond from an honest heart.

### CONTEMPLATIO (REST)

The fourth reading is to simply let the words wash over you, to rest in the love of the Father. Simply linger in this deep place. No need to respond- just be loved.

Pause here before you finish and recall what the Father has shown you.

