Praying through the week 21st April 2025

In the Garden of Gethsemane, Jesus asked his disciples to **"Stay… and keep watch."** as He prayed, agonising with His Father…, **"yet not my will, but yours be done."** …The disciples fell asleep… Mark 14:34, Luke 22:42

This scene portrays human *spiritual*, *emotional* and *physical* needs to spend time with God… share our inner most thoughts and feelings… rest…

We rejoice in Jesus' resurrection this week, thankful that the invitation to linger with Jesus in prayer, rest and heartfelt sharing is always open to us. As with the travellers on the road to Emmaus (Luke 24:13-35), Jesus journeys with us …*when and where has…is…Jesus appearing alongside you… the stranger become a friend…? Re-live this moment with Jesus now, listening anew to what He may be saying…*

Jesus welcomes us… asleep, we rest in the arms He held open for us on the cross… awake, we lean into Him … and pray we will remain alert to His presence…

Rachel