

# SLOW: Preparing Your Heart for Easter

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## S—SACRIFICE

As we consider the sacrifice of Christ on the cross, we must also consider **the sacrifice He's called us to make in our own lives.** The laying down of all we care about and trusting He cares more. My friend [Kris](#) speaks of Lent this way, "It occurred to me that perhaps what God calls us to give up, really, is ourselves" (*Holey, Wholly, Holy*). I've found that [Lent presses in on me](#) in ways I'd never expected.

Meditate on these passages about sacrifice: Psalm 116 (especially verse 17) and John 12:1-8.

## L—LINGER

When was the last time you lingered in the Lord's presence? Just stayed to enjoy being wrapped up in Him? Jesus called us to "abide in Him" and even said without doing so we could accomplish nothing (John 15:5). In the Psalms we find the simple but challenging truth that we best know God when we are still in His presence (Psalm 46:10). Carve out time to linger in the Lord's presence.

Meditate on these passages about lingering: Psalm 46 and John 15:1-9

## O—OWN

Do you realize your own need for the Lord, your own part in His death? Sometimes we fail to accept ownership of the reality of our sin. We like those words like "mistake" and "messed up" over the harsher "sin" and "sinner." But the reality is: We have to reach the point of owning our sin in order to fully recognize the price Christ paid for it. Spend time contemplating the reality of your own sin and the depth of Christ's sacrifice paid for it.

Meditate on these passages as you consider your own sin: Psalm 22 and John 18:15-18, 25-27; 21:15-19

## W—WONDER

I often think about Mary Magdalene's experience that first resurrection morning. She probably wondered about how the stone would be moved from the tomb, then wondered how she would tell the disciples what she had seen. As she returned to the garden, I bet she wondered about all she'd learned from Jesus and then, when He spoke her name, I just can't imagine the wonder at hearing His voice once again. May I invite you into the wonder of WHO Jesus is and how much He loves you? Take time to embrace the wonder of God-made-flesh, sent to die, now sitting at God's right hand, someday to return, and eternally to reign.

Meditate on these passages as you wonder: Psalm 89 and John 20:11-18