



Be Still Day 35

Seventh Station of the Cross

Jesus takes up His cross

[John 19:17](#)

BE STILL

Take a moment to still yourself before Jesus. Take a few minutes to tell Him who He is. "Jesus you are _____."

Take another few moments to reflect on any good that has happened in the last 24 hours. Scripture tells us that every good and perfect gift comes from God ([James 1:17](#)). Thank Him for those things.

What concerns are on your mind? How has the last 24 hours gone? Do you see ANY movement or change in the things you have prayed for over the last week? If so, make note of it.

Prayer

God, Thank you for the way you are working – even when I don't see you at work. I know you are involved. I thank you for what you have done, are doing and will do. All for your glory and honor. Amen.

READ

[John 19:17](#)

Application

After the torture Jesus had already endured, he was forced to carry His own cross. It's hard to even compare this type of persecution with anything we might experience today. And yet this is exactly what Jesus himself did when talking with His disciples: *Then Jesus said to his disciples, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me ([Matthew 16:24](#))*. What? How could we ever compare what we must go through for Christ with what Christ went through for us? Of course we can't! It is impossible to think we could ever do enough to repay Jesus for what He did. However, we can choose to give Him our all. We can choose to do whatever He asks us to do. We can choose to face persecution and hardship because we are walking in His will. We can choose to be people who will not shrink back and be destroyed, but those who will believe and be saved! ([Hebrews 10:39](#))

REFLECT & WRITE

Take some time to be still and reflect. Are there people God is leading you to speak to about Jesus – or at least reach out to in an act of kindness that might lead to conversations about Jesus? Are there instances at work or among friends where God is calling you to stand up for Him? Are you afraid of what the reaction might be? Carrying our cross (living out our faith) is not always easy. But the Holy Spirit will help you and your testimony will be rewarded.

Prayer

Thank you God for this time we could share together. May the stillness and peace of these moments carry over into the movement of my day. Teach me to look for you – to practice your presence. In Jesus name, Amen