Be Still Day 36

Eighth Station of the Cross

Simon of Cyrene helps Jesus carry His cross

Luke 23:26

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

Luke 23:26

Application

Little is known about Simon of Cyrene since he is not mentioned in the Bible after he helped Jesus carry His cross. He was ordered to help Jesus by the Romans soldiers. Simon didn't resist, most likely fearing for his own life. As Christians, we are to join Jesus in His suffering willingly. Paul says in 2 Timothy 1:8, *"So never be ashamed to tell others about our Lord. And don't be ashamed of me, either, even though I'm in prison for him. With the strength God gives you, be ready to suffer with me for the sake of the Good News."*

REFLECT & WRITE

There are many examples of selfless sacrifice in the Scriptures. Simon's story has been given much attention because even though he was forced to serve, he did so with no apparent complaint.

This is another example of Jesus prayer in the Garden of Gethsemane, *"I want your will to be done, not mine"* (Matthew 26:39).

Take some time to be still and reflect on people in your life who are carrying a heavy burden – their own cross so to speak. How could you help them carry what weighs them down?

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