

## Here's a text if you've only a minute ...

The Lord has given me a disciple's tongue.

*First Reading*

O Lord, do not leave me alone;  
my strength, make haste to help me.

*Psalms*

Every tongue should acclaim Jesus Christ as Lord.

*Second Reading*

Almighty ever-living God,  
you have given the human race Jesus Christ our Saviour  
as a model of humility.

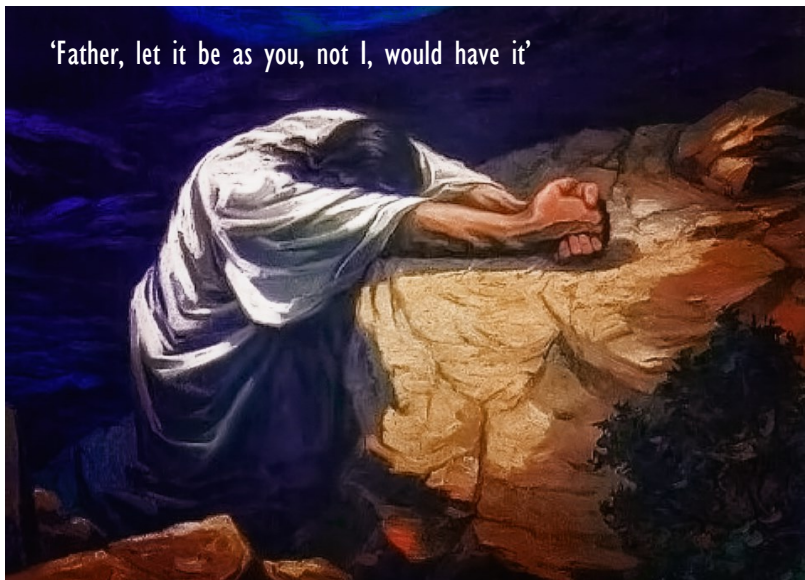
He fulfilled your will by becoming human  
and giving his life on the cross.

Help us to bear witness to you by following his example of suffering  
and make us worthy to share in his resurrection.

*Old Opening Prayer*

This week's texts if you want to reflect further:  
Isaiah 50: 4-7; Psalm 21 (22); Philippians 2: 6-11; Mark 14: 1 - 15: 47

Waiting for the Word: Jesus in the Garden of Gethsemane  
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**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



**Palm Sunday of the Passion of our Lord  
Year B, 24th March 2024**

The Lord God comes to my help

Today marks the end of Lent and the beginning of Holy Week. The readings focus on Jesus's sacrifice for us and express confidence in God's faithfulness.

St Paul (**Second Reading**) highlights the humility of Jesus, who emptied himself of the glory that was his as Son of God. He gives himself away totally in love, coming among us as the suffering servant described by Isaiah in the **First Reading**. Jesus puts others before himself rather than seeking power or honour.

Riding into Jerusalem on a donkey, Jesus shows us his way is one of love, compassion, mercy, humility, and service. We hear the crowds welcome him excitedly, shouting 'Hosanna', wanting to make Jesus into the king who will save them from Rome. (**Procession Gospel**)

In the main **Gospel**, we see the same crowds turn against Jesus, calling for his arrest. He is mocked, beaten, condemned, crucified, and placed in a tomb. Jesus is betrayed by one of his own disciples, denied by another, and abandoned by most.

The **Psalms** describes this humiliation. On the cross Jesus prays the psalm's response: 'My God, my God, why have you forsaken me?'

We are invited to walk with Jesus through Holy Week. Jesus, in turn, wants to be with us in our experience of this journey. Lord, help us to walk with you, to be strengthened by your example and teaching.



### Opening Prayer

Almighty, ever-living God,  
who as an example of humility for the human race to follow  
caused our Saviour to take flesh and submit to the Cross,  
graciously grant that we may heed his lesson of patient suffering  
and so merit a share in his Resurrection.

### First Reading Isaiah 50: 4–7

The Lord God has given me a disciple's tongue.  
So that I may know how to reply to the wearied,  
he provides me with speech.  
Each morning he wakes me to hear, to listen like a disciple.  
The Lord God has opened my ear.  
For my part, I made no resistance, neither did I turn away.  
I offered my back to those who struck me,  
my cheeks to those who tore at my beard;  
I did not cover my face against insult and spittle.  
The Lord God comes to my help,  
so that I am untouched by the insults.  
So, too, I set my face like flint;  
I know I shall not be ashamed.

As I enter into prayer today, I slow right down. I notice where I am, what is around me, how I feel. What's going on in my life at the moment?  
In all of this, God is present, right here, right now. I let God's gaze rest upon me, full of love and kindness.  
I may find it helpful to take a few deep, slow breaths, trying to put aside any busy-ness. There is no rush, I can take as long as I need. I may like to rest quietly with God for a few minutes, savouring his presence.  
When ready, I read this passage through prayerfully, several times.  
As well as showing the servant's trust in God, it foreshadows very graphically what Jesus will go through in his Passion.  
What do I notice? Where am I being drawn?  
I pause at any words that particularly strike a chord: perhaps 'disciple's tongue', 'insults', 'given', 'made no resistance', 'opened my ear'...  
Maybe I stay with an image that especially touches me.  
I might find myself pondering all the Lord has given me, or times when I've spoken or received words of encouragement and comfort.  
Perhaps I reflect on how I respond to criticism or statements about myself that I regard as unfair or untrue. Do I allow events to cause me to feel anger, tension or anxiety?  
Confident of the Lord's unconditional love for me, I speak to him from my heart about anything that may have arisen in my prayer.  
Giving thanks, I slowly close my prayer time. *Glory be ...*

### Gospel Mark 14 – 15: 47 (part)

After psalms had been sung, they left for the Mount of Olives. They came to a small estate called Gethsemane, and Jesus said to his disciples, 'Stay here while I pray'. Then he took Peter and James and John with him. And a sudden fear came over him, and great distress. And he said to them, 'My soul is sorrowful to the point of death. Wait here, and keep awake.' And going on a little further he threw himself on the ground and prayed that, if it were possible, this hour might pass him by. 'Abba (Father)!' he said. 'Everything is possible for you. Take this cup away from me. But let it be as you, not I, would have it.' He came back and found them sleeping, and he said to Peter, 'Simon, are you asleep? Had you not the strength to keep awake one hour? You should be awake, and praying not to be put to the test. The spirit is willing, but the flesh is weak.' Again he went away and prayed, saying the same words. And once more he came back and found them sleeping, their eyes were so heavy; and they could find no answer for him. He came back a third time and said to them, 'You can sleep on now and take your rest. It is all over. The hour has come. Now the Son of Man is to be betrayed into the hands of sinners. Get up! Let us go! My betrayer is close at hand already.'

I settle into stillness, then read and re-read the passage slowly.  
If it is helpful, I place myself in the scene. I try to observe Jesus with the same love and compassion he has for me, as he prays at Gethsemane.  
Perhaps I sense his anguish as I notice how Jesus wrestles with what he is to face; the tone of his voice as he says '*take this cup away from me*'.  
As I hear him continue '*Let it be as you, not I, would have it*', do I see a different Jesus arise from prayer? Perhaps I sense his inner peace?  
Jesus's conviction that he is doing the right thing strengthens and sustains him through his Passion. How do I respond to suffering or difficult times?  
Do I turn to prayer and rely on God's strength and comfort, or do I try take care of it myself?  
Jesus took Peter, James and John to support him in his prayer. Perhaps I sense his deep loneliness and isolation in finding them asleep each time he returns to them. Maybe I ponder their slumber.  
What might I want to say to Jesus now? I speak freely from my heart.  
I ask Jesus to help me accompany him through his Passion. I pray that my heart will respond with love and generosity. *Our Father...*