

BREATH PRAYER | *Jesus wept*

In a moment, We are going to focus in on a verse that we find in the book of John. Perhaps you are familiar with what is famously known as the shortest verse in all of scripture, John 11:35: Jesus wept.

I invite you to settle in, focus on beginning to quiet your mind and to pay attention to your breathing. As you become more settled I want you to reflect on this piece of scripture both as you breathe in and as you breathe out.

Jesus wept.

The word for weeping that is used in this passage is somewhat unique. At other points in scripture, there are words that describe loud crying and mourning. However, in this instance, the lamenting of Jesus is one that is described as quiet anguish or silent tears.

Jesus wept.

Breathe in, breathe out.

Throughout the years, many have reflected on this passage of scripture. While it has gained notoriety for its brevity, it communicates something deep and profound. Jesus Christ demonstrates his humanness in a raw and visceral manner by expressing emotion in a very real way.

Jesus wept.

Don't you think Jesus knew that he could bring his friend back to life with a snap of his fingers? In fact, he was about to do that very thing. Yet, he takes the time – it seems he even *needed* – to mourn and grieve and express himself in this vulnerable yet powerful way.

Jesus wept.

Breathe in, breathe out.

In what ways are **you** maybe grieving or mourning something that is too painful to speak out loud? What are you mourning in silence? Perhaps you have lost someone recently - maybe a family member, friend or loved one. Maybe you've 'lost' something or someone on an emotional level – and it has left you with pain beyond words. Maybe you find yourself hurt or wounded and are so overcome with grief that you can't even bring yourself to talk about it. Maybe you find yourself lost in anxiety or depression and **everything** feels hard, bleak and hopeless.

Jesus Wept.

Breathe in, breathe out.

Maybe you find yourself in a place of joy and contentment at the moment and the idea of expressing sadness feels irrelevant to you. In this passage, we see Jesus expressing deep grief not just for himself, but on behalf of those he loves. He's mourning the loss of his friend Lazarus. He's grieving **with** Lazarus' loved ones and friends. The question you are invited to reflect on is this: Who around you might be grieving, even as you hold your joy?

Jesus wept.

Breathe in, breathe out.

Whether you're aware of it or not, you likely have someone close to you who has experienced deep loss or pain recently. We live in a world full of those who have been oppressed, persecuted, hated, those who have experienced horrors beyond what any of **us** can bring ourselves to imagine. Whether or not you're in a personal place of lamenting in this moment, whom do you need to grieve on behalf of?

Jesus wept.

Breathe in, breathe out.

If you are mourning right now, be comforted by the fact that Jesus mourns **with you**. Whenever you are weeping, Christ is weeping alongside you – and he calls his body to do the same. Whatever has broken your heart, has also broken the heart of your savior. In your grief, you are not alone.

Jesus wept.

Breathe in, breathe out.

Continue to breathe as you focus on these words for the next few moments

Jesus wept.

(Feel free to) Carry these words with you as you go into your day, praying them with your simple breaths, as often as you need to.