

4 Tears



Read: Luke 23:27-31 New Revised Standard Version (NRSV)

A great number of the people followed him, and among them were women who were beating their breasts and wailing for him.

But Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.’ Then they will begin to say to the mountains, ‘Fall on us’; and to the hills, ‘Cover us.’ For if they do this when the wood is green, what will happen when it is dry?”

Some resources to aid reflection and prayer

Reflect and Lord Jesus, the women of Jerusalem wept for you: move us to tears at the plight of the broken in our world.

Pray: A prayer from the Anglican Communion:



Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.
Amen.



Listen: Listen to St Mary's choir singing In [Tears of Grief](#) from Bach's Matthew Passion

Watch: Watch and listen to Jamie Grace singing [You're not alone](#)