

7. The Cross



Just sit at the foot of the cross for a while, spend some time with God, talking about whatever you wish.

'With a smiling face, Jesus looked at his side...there he showed me a place, beautiful and delightful, large enough for all saved humanity to rest in peace and love...And as I looked, he showed me his heart, broken in two...he helped me to understand, a little, anyhow, how God was teaching us poor souls, to appreciate the Eternal Love of God that has no beginning or end. At the same time, our Good Lord said, most beautifully, "See how I have loved you".'

Paraphrased from Dame Julian of Norwich.