

# DAY 11

# ABBA



## Mark 14:35-36

*“Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. ‘Abba, father,’ he said, ‘everything is possible for you. Take this cup from me. Yet not what I will, but what you will.’”*  
- Mark 14:35-36

There are moments in everyone's life where the world seems to stand still as something captures your heart in a way that transcends the present. These experiences can range from encounters with friends or loved ones. Career accomplish-

ments, near-death encounters, graduations. Certainly, as a parent, the moment I held my daughters for the first time, there was a moment of transcendence.

Looking into their tiny eyes, feeling the fragility of their tiny existence. The joy and elation, mixed with fear and anxiety. But what takes place in that moment between child and parent is a moment of reverence mixed with intimacy.

Our word for today is “Abba.” This a unique word that Jesus uses to address God. The term itself is one of familial intimacy. And certainly, the circumstances in which Jesus is praying to God with this title is one of intimacy. In this scene, Jesus is in the garden of Gethsemane, hours before he will be arrested and then unjustly killed. We can easily imagine this is a moment of deep intimacy, and the records of Jesus’ prayer demonstrate this.

Therefore, it is in this moment that Jesus addresses God as “Abba.” It is respect, reverence, intimacy, trust; all of this is conveyed through the simple word, “Abba.”

I think the closest we can get to this intimate connection is when I looked down into my daughters' eyes as I held them for the first time and say the name “daughter.” Or as the years piled on and she sits on my lap and says, “daddy.” There is a connection. It is not an abstract connection; it is not a distant connection. But it is a unique and special connection that only my girls and I experience. This is the sort of reverence a the heart of Jesus’ prayer.

Maybe you can relate to that experience with your own child or with your parent. I don't think the parent-child dynamic is the only place this happens. It can happen between two friends or other family members. It is the unique connection between two persons that speaks to a connection beyond our the norm.

Jesus takes this one step further. Not only does Jesus express this familial relationship with God, but he also wants us - his followers - to do the same. Jesus' instructions in the Lord's Prayer is for us to address God as “father.” We, too, can share the same intimacy of a parent-child relationship with God.

When we open our hearts to the Spirit of Jesus, we are enabled to cry out, “Abba.” Now we also can begin to live as Abba's children, knowing we are deeply loved and cherished and held in that timeless embrace from which we can never be separated.

### Daily Practice

Take the word Abba into all your activities today. Whisper it often to express your heart's intention to be in touch with God in the middle of all you do.

The below reflections are written by congregants & staff of CPC. All reflections are following Trevor Hudson's book Pauses for Lent and are both heavily influenced and borrowed from his work. Any quotes without attribution should be credited to him.