



**God's secret plan has been revealed to us; it is a plan centered on Christ, designed long ago according to his good pleasure.**

**Ephesians 1:9 (NLT)**

**HEARING THE WORD OF GOD:**

*<sup>15</sup>When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you truly love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs." <sup>16</sup>Again Jesus said, "Simon son of John, do you truly love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep." <sup>17</sup>The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you."  
John 21:15-17 (NLT)*

**RESPONDING TO THE WORD OF GOD:**

For our opening prayer, we will say:

**Christ died for our sins, was buried, was raised on the third day, and appeared first to the women, then to Peter and the Twelve, and then to many faithful witnesses. We believe Jesus is the Christ, the Anointed One of God, the firstborn of all creation, the firstborn from the dead, in whom all things hold together, in whom the fullness of God was pleased to dwell by the power of the Spirit. Christ is the head of the body, the church, and by the blood of the cross reconciles all things to God. Amen.**

Eddie went on a mission trip last fall to Emmanuel Orphanage in Honduras. He was struck by the many acts of faith the directors had shown throughout the inception and growth of the orphanage. This is but one example: The orphanage grew to 500 children and was, therefore, recognized by the local government as needing a staff counselor/psychologist. When an official visited the orphanage to inform them of this requirement, the director said happily, "Oh, we already have a counselor and psychologist on staff." "You do?" asked the official incredulously, "Can we meet him?" "Certainly," the director replied, handing the official the Holy Bible, "He's right here:

His name is Jesus and He can solve every problem you and I and the children will ever have.”

In our scripture for the week, Peter has a problem. He has denied his Lord and Savior three times, just as Jesus prophesized. Yet here he is, eating and conversing with Jesus during the period between His resurrection and ascension to Heaven. We know how Peter feels. We’ve gossiped or spoken poorly of someone, only to find them standing in the room with us. Peter is ashamed, guilt ridden, embarrassed. Jesus needs to rid Peter of these feelings, so Peter can focus on becoming “the rock” in which the Christian church will be built upon.

Notice in the scripture that Jesus asks Peter three times if Peter loves Him – amazing. Jesus gives Peter three opportunities to proclaim his love for Jesus: one for every time Peter denied Him. Problem solved. Grace given and received. Friends, we have a wonderful counselor (Isaiah 9:6) and psychologist on our staff; let’s open up our Holy Bibles and meet Him. For there is nothing new under the sun (Ecclesiastes 1:9): modern psychology only reiterates and restructures the forgiving, healing, and redemptive acts of the Trinity. Let us focus on these three qualities this Easter week

### **ASANA (POSE):**

#### ***Crow (Bakasana)***

Peter denied Jesus three times before the cock *crowed*. As we practice *Crow* today, let’s be mindful of the grace that was given and received that night to Peter, and remind ourselves that the same grace is available to us daily. From a supported *Prayer Squat* position, we lower our hands onto the floor, in front of our feet, and place the weight of our upper body upon them. Our knees stay wider than our hips as we lower our buttocks and hug the back of our arms with our shins. Coming onto the balls of our feet, we contract our abs toward our spine and round our backs as much as possible. Keep tailbone close to the heels. We take more weight into our upper arms until we feel our feet leave the floor. For a modification, we keep our toes on the floor, balancing briefly on one set of toes, then the other.

Have a wonderful week!  
Emmanuel, Becky

