



Cries of Trust

A Journey Through Holy Week and the Sacred Path of Surrender.

Latoya Hazell-Alcide, MDiv

A Free E-Book



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A Journey Through Holy Week and the Sacred Path of Surrender.

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Presented to:

YOU

from:

Clarity to Heal - Latoya Hazell-ALcide

Trust God through every tear and watch new life rise.



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Dedication

To the voices of women whom God has called
to proclaim the Good News.

“Then they remembered His words and returned from the tomb to tell all these things to the eleven and to all the rest. It was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who shared this message with the apostles. Yet their words seemed to the others like an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths lying by themselves, and he went home, amazed at what had happened.”

Luke 24:9-12 (NRSV)

Perhaps the proclamation of Scripture anticipated this very moment:

“The Lord announces the word, and the women who proclaim it are a mighty throng.” Psalm 68:11 (NIV)

Not only Mary Magdalene, as we have often been taught, but a host of women became the first heralds of resurrection hope. Their voices carried the Good Tidings that the King had won, that the battle over sin and the grave had a Victor, and that death itself had been overcome through Jesus the Christ. So to every woman called to bear witness, tell the story anyway.

- Even when your testimony is doubted.
- Even when your voice is dismissed.
- Even when your witness is misunderstood.
- Speak what God has spoken.

For generations, women have carried the weight of blame and misunderstanding, yet they have also carried the courage to

proclaim truth. Where silence once followed deception in Eden, proclamation now follows resurrection at the tomb. The voice once questioned has become the voice now commissioned.

Declare what Eve wished she had declared with clarity:

He said what He said.

And one day, what is now doubted will be seen, what is now questioned will be believed, what is now spoken in faith will be confirmed in glory.

For the tomb is empty.
The promise still stands.
And His Word never fails.

#awomansvoice #womeninministry #believewhatGodsaid #tell-
theworld #resurrectionproof #thetombisempty #hallelujah
#hispromisesneverfail

Acknowledgements

Tears Before You, God

Thank You, God, for Your grace.

Thank You, Elohim.

Every page written here carries the memory of tears.

- Tears You saw when no one else noticed.
- Tears You counted when I thought they were falling without purpose.
- Tears of correction, tears of growth, tears of surrender, and tears of gratitude.

Lord, this journey has been shaped by Your hand.

- When my thinking needed renewal, You corrected me.
- When my strength felt weak, You sustained me.
- When my heart grew weary, You reminded me to allow Your mind to become my mind.

There are not enough words to fully thank You for what You have done, but these pages are my offering; my testimony that no tear placed in Your hands is ever wasted.

You gathered every tear.

You redeemed every moment.

You, my God, inspire me.

 Epigraphs 

“Then they remembered His words and returned from the tomb to tell all these things to the eleven and to all the rest. It was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who shared this message with the apostles. Yet their words seemed to the others like an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths lying by themselves, and he went home, amazed at what had happened.”

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Introduction
The Cries of Trust
Luke 23:34

Holy Week has ended.

Palm branches have dried and now lie scattered like quiet memories along the road of reflection. Hosannas that once filled the air with celebration have faded into silence, leaving echoes of voices that shouted with expectation but did not yet understand the cost of redemption. The crowds that once pressed forward in excitement, waving branches and spreading garments beneath the feet of a humble King, slowly shifted their tone as the week unfolded. Celebration gave way to confusion. Confusion gave way to accusation, and accusation gave way to suffering.

Somewhere between triumph and tragedy, trust was tested, not only in heaven's courts, but in the heart of Christ.

Holy Week began with movement and hope. It began with a King entering Jerusalem, not on a warhorse, but on a colt; an image of humility wrapped in quiet authority. The people saw victory approaching, yet they misunderstood the path it would take. What appeared to be a coronation would soon become a crucifixion. What felt like celebration would soon be overshadowed by sorrow.

Yet beneath every step of that week, trust was unfolding.

We often think the greatest act of trust happened at the end, when Jesus lifted His voice toward heaven and declared:

"Father, into Your hands I commit My spirit." Luke 23:46

Those words feel like the climax of surrender, the final breath of faith spoken in the face of death. They sound like the moment when trust reached its highest point. And indeed, they were powerful, sacred, and they were complete. But that was not the beginning of trust, that was the crescendo inviting us to hope!

Trust had been speaking long before that final cry. Trust had been moving quietly through every moment of Holy Week. Trust had been whispering in decisions, in confrontations, in prayers, and in acts of service. Trust had been tested not once, but repeatedly; across conversations, conflicts, betrayals, and suffering.

The week leading up what we call *Holy Week*, Trust had been crying out all week.

- Not in one moment, but in many.
- Not in silence, but in surrender.

Each step Jesus took during Holy Week revealed another dimension of trust. Trust appeared in the choosing of humility when power was available. Trust appeared in the confrontation of injustice when silence would have been safer. Trust appeared in the quiet humility of service, in the vulnerability of prayer, in the endurance of suffering, and in the release of control.

- Trust was not reserved for the cross alone.
- Trust was lived daily.

And that truth matters deeply for us today, because we are living in a world where trust feels fragile. We live in a time marked by grief, division, uncertainty, and exhaustion. Headlines carry stories of suffering. Communities wrestle with fear and fatigue. Relationships strain under pressure. Many hearts carry unanswered prayers that linger like heavy burdens. Many souls

wrestle with mistrust, mistrust in systems, mistrust in people, and sometimes even mistrust in God.

There are tears in our world.

There are cries that echo through hospital rooms, family homes, church sanctuaries, and quiet bedrooms where sleepless nights stretch into anxious mornings. There are questions that remain unanswered and wounds that remain tender. There are moments when faith feels strained and hope feels distant. And in the midst of this world filled with uncertainty, the journey of Jesus through Holy Week becomes more than history.

- It becomes instruction.
- It becomes invitation.
- It becomes a roadmap.

A roadmap that does not avoid suffering, but shows us how to walk through it. A roadmap that does not promise immediate relief, but one that demonstrates enduring faith. A roadmap that does not deny pain, but one that transforms pain into purpose. Holy Week teaches us that trust is not built in a single moment, it is built in stages. It is also shaped through decisions, strengthened through obedience, refined through hardship, and completed through surrender. We are invited to learn that trust grows in the quiet places as much as in the visible ones. It deepens in the garden as much as on the cross. It matures in stillness as much as in struggle. And that is why this message is being shared as a free Easter Week ebook, because Easter is not only about celebration, it is about reflection. It is about walking slowly through the story of Jesus, allowing each moment to speak into our own lives. It is about remembering that resurrection did not arrive without preparation, and victory did not appear without surrender.

This free Easter Week offering is an invitation.

- An invitation to pause.
- An invitation to reflect.
- An invitation to walk with Jesus through the moments that shaped redemption.

Each section of this journey explores what I call *The Cries of Trust*; distinct moments where Jesus demonstrated surrender in ways that continue to instruct us today. These cries were not always loud. Some were spoken in prayer. Some were revealed through action. Some were expressed through silence. Yet every cry pointed toward the same truth:

- Trust is not passive.
- Trust is lived.
- Trust is chosen.
- Trust is surrendered.
- And ultimately, trust is rewarded.

As we journey together through these cries, from the colt to the cross, from the cross to the tomb, and from the tomb to resurrection morning, we will discover that trust is not simply something Jesus demonstrated long ago. However, it is something He invites us to practice now.

- In our grief.
- In our uncertainty.
- In our sleepless nights.
- In our unanswered prayers.

And as we move through this sacred journey together, one truth becomes clear:

*The resurrection morning did not begin at dawn.
It began with trust.*

And that is why this journey is not merely a retelling of events. It is a roadmap.


A roadmap of surrender.

A roadmap of endurance.

A roadmap of hope.

*A roadmap of **The Cries of Trust.***



 **Cry One: Trust in the Choosing**
The Colt, the Messenger, and the Courage of Humility
 Luke 19:30

Trust began with a choice. This choice was not loud, not militarized, and not a choice that satisfied human expectations of strength or spectacle. Instead, trust began quietly, humbly, deliberately, with the choosing of a colt. As the week began on Sunday, what we now call Palm Sunday, Jesus approached Jerusalem with unmistakable intention. He did not wander into this moment, nor improvise His entry. Every movement was purposeful, and every instruction carried layers of prophetic meaning. Before entering the city, He paused and sent two disciples ahead with precise direction, revealing both foresight and divine confidence. Scripture records His command:

“Go into the village opposite you, where as you enter you will find a colt tied, on which no one has ever sat; loose it and bring it here.”
 Luke 19:30

Jesus teaches us a poignant lesson. This was more than preparatio... It was proclamation. The colt symbolized humility, but it also represented kingship. Long before this moment, Israel had witnessed a similar act when King David declared his son Solomon king. David instructed that Solomon ride on his own mule as a public declaration of rightful authority and peaceful succession (1 Kings 1:33). In ancient Israel, a king riding a donkey did not signal weakness; it signaled peaceful coronation, a kingdom established by divine authority rather than military conquest. Yet there was another layer unfolding beneath the

surface, one that intersected with the political realities of the Roman Empire.

Rome maintained authority across vast territories through an organized courier system often referred to as the *Cursus Publicus*. Official messengers carried imperial orders from one location to another, frequently traveling alone, bearing the authority of the empire. These messengers did not move in groups or crowds. They moved as single representatives of imperial power. Their arrival signaled that a message had come directly from the authority of Rome itself.

Jesus' choice of a colt carried a striking parallel.

He entered Jerusalem not as a general surrounded by soldiers, but as a singular messenger carrying heaven's proclamation. In doing so, He introduced an element of confusion, intentional confusion that disrupted both political and religious expectations. The crowd expected a conqueror. Rome expected rebellion. The religious leaders expected confrontation, but Jesus arrived as the only Messenger of Salvation.

Not one messenger among many. **The Messenger!**

His entry announced that the message of salvation did not come through multiple voices or competing authorities. It came through *One* life, *One* mission, and *One* divine authority. Just as Roman couriers carried official decrees, Jesus carried the ultimate decree from heaven: the proclamation that God's kingdom had drawn near. Yet unlike Rome's messengers, Jesus did not carry threats of domination.

- He carried grace.
- He carried mercy.
- He carried redemption.

And still, confusion surrounded Him. The crowds misunderstood His mission, many believed that this entry signaled political revolution. They longed for liberation from Roman rule and imagined a Messiah who would overthrow oppression through force. But their understanding of victory was shaped by centuries of conflict. They wanted visible power, immediate action, and unmistakable dominance.

But Jesus trusted His Father's strategy over human expectation.

He trusted that humility would accomplish what violence never could. He trusted that surrender would achieve what strength alone could not. He trusted that obedience to divine instruction would produce results that human logic could never fully comprehend. Have we every thought about the courage this required? Humility often appears weak to those who measure success through visibility and control. Riding a colt into Jerusalem did not look like power. It looked fragile. It looked misunderstood. It looked insufficient to those expecting revolution.

Yet it was precisely the right choice.

Even the colt itself carried symbolic weight. It had never been ridden, representing purity and consecration. It was set apart for sacred use. Jesus trusted that this simple, overlooked animal would carry the weight of divine mission into the city that would soon witness His suffering. As Jesus rode into Jerusalem, garments covered the road and palm branches waved in celebration. Voices shouted "Hosanna," declaring hope and expectation. Yet beneath the celebration lay misunderstanding. They praised Him as king, but many misunderstood the nature of His kingdom. Still, Jesus continued forward.

He did not retreat because they misunderstood. He did not change direction because expectations were misplaced. He trusted that obedience mattered more than public perception. He trusted that divine purpose would unfold even when human understanding lagged behind. This first cry of trust teaches us something foundational about surrender. Trust often begins long before crisis arrives. It begins in decisions that appear simple but carry eternal consequences. It begins when we choose humility over pride, obedience over popularity, and faithfulness over recognition.

And today, this cry still speaks.

In a world that values strength, dominance, and visible success, humility can feel risky. Choosing humility may appear like stepping backward rather than forward. Yet Scripture consistently reminds us that God exalts humility in His perfect time, and trust requires the courage to choose differently. It requires believing that God's method is wiser than human ambition. It requires walking paths that may confuse observers but align perfectly with heaven's design. It requires surrendering the desire to control outcomes and embracing the call to obedience. Therefore we can remain grounded in these truths:

- The choosing of the colt was not weakness.
- It was strength surrendered.
- It was authority expressed through humility.
-

It was the first cry of trust! A declaration that Jesus was not only the King of peace, but the single Messenger carrying heaven's message of salvation into a city that did not yet understand what it was about to receive. Because before trust can endure suffering, before trust can release control, and before trust can rest in promise, trust must first choose humility. And that choice set the tone for everything that followed.



Cry Two: Trust in Confrontation

The Courage to Defend What Is Sacred

Matthew 21:12

Trust does not always remain quiet. Sometimes trust confronts what threatens what is sacred. After entering Jerusalem on Sunday in humility, Jesus did not withdraw into safety or celebration, instead, He moved deliberately toward the temple, the spiritual center of Jewish life and worship. The temple represented more than architecture; it symbolized God's presence among His people. It was meant to be a sacred space where prayer rose freely, where repentance found mercy, and where worship created connection between heaven and earth.

Yet when Jesus entered the temple courts, what He encountered stirred deep grief within Him. What should have been holy had become transactional. What should have been reverent had become commercial. The temple courts had been filled with merchants exchanging currency, selling animals, and conducting business in ways that exploited those who came to worship. Pilgrims traveling long distances were often forced to exchange their money into temple-approved currency at inflated rates. The poor, the vulnerable, and the desperate became victims of systems that prioritized profit over prayer. Scripture records the moment with unmistakable clarity:

“Then Jesus went into the temple of God and drove out all those who bought and sold in the temple, and overturned the tables of the money changers and the seats of those who sold doves.”

Matthew 21:12

This act was not reckless anger. It was righteous trust expressed through decisive action. Jesus did not confront the temple practices because He lacked self-control. He confronted them because He trusted His Father's character and mission.

- He trusted that protecting sacred space mattered more than maintaining public approval.
- He trusted that interrupting the false picture of Him as the Old Testament Sanctuary was crucial for the preservation of the slavific messaging the Sanctuary encompassed.
- He trusted that obedience to God required confronting systems that distorted worship and burdened the people God intended to bless, free, and guide to understanding the work of Jesus on the Cross.

Stephen Haskell, author of *The Cross and Its Shadow* explains:

“In order that man might realize the enormity of sin, which would take the life of the sinless Son of God, he was required to bring an innocent lamb, confess his sins over its head, then with his own hands take its life, a type of Christ's life. This sin-offering was burned, typifying that through the death of Christ all sin would finally be destroyed in the fires of the last day.” (CIS 20.3)

In overturning the tables, Jesus was not merely reacting to corruption, He was fulfilling prophecy echoing the prophets of old.

- His words echoed the warnings spoken centuries earlier by the prophet Jeremiah, who declared that the house of God had been turned into a “*den of thieves*” (Jeremiah 7:11).
- His actions reflected the vision of Isaiah, who proclaimed that God's house was meant to be “*a house of prayer for all nations*” (Isaiah 56:7).

Jesus stood within that prophetic tradition, confronting misuse of sacred space with the authority of divine truth. Moreover, this confrontation required extraordinary trust, outside-of-human trust. It required Divine trust.

Jesus also, understood that His actions would not be welcomed by the religious leaders who benefited from the existing system. He knew that challenging corruption would provoke resistance and intensify opposition. He knew that this moment would accelerate the hostility that would ultimately lead to His arrest and crucifixion.

Yet He acted anyway.

Trust sometimes means stepping into discomfort rather than avoiding it. Trust sometimes means confronting what is wrong, even when silence would feel safer. Trust sometimes means risking misunderstanding in order to preserve what is sacred. The temple cleansing also revealed the emotional depth of Jesus' trust in His Father.

- He trusted that righteousness would be honored, even if it produced conflict.
- He trusted that truth would prevail, even if it provoked rejection.
- He trusted that faithfulness mattered more than acceptance.

And after overturning the tables, Jesus did something equally revealing, He remained in the temple and healed those who came to Him. Scripture tells us that the blind and the lame approached Him, and He restored them. In the same place where corruption had been removed, compassion was restored. Healing followed confrontation. An this sequence matters. Why? Because, trust does not confront merely to destroy. Trust confronts in order to restore.

The cleansing of the temple reminds us that sacred spaces, whether physical, emotional, or spiritual, must be protected. Sometimes those sacred spaces exist in churches, but sometimes they exist within our own hearts. When fear, anxiety, resentment, or distraction begin to crowd our inner spaces, trust calls us to confront what threatens our peace.

This confrontation is not always dramatic. It may appear in quiet decisions to remove harmful influences, to challenge unhealthy patterns, or to speak truth in difficult conversations. It may require setting boundaries that protect emotional and spiritual well-being. It may involve releasing habits that distort clarity and diminish connection with God. Trust requires courage to do what is right, even when it is uncomfortable. And just as Jesus trusted His Father during confrontation, we are called to trust that obedience will produce restoration. We trust that God honors those who defend what is sacred. We trust that clearing corruption makes room for healing.

There is another layer of trust embedded within this moment, one that speaks to timing. Jesus did not cleanse the temple at random. He did so at the beginning of the final week of His life. He confronted corruption knowing that this act would intensify the resolve of those who opposed Him. In many ways, this confrontation became a turning point that hastened the path toward the cross. Leading us to understand that trust sometimes accelerates conflict because truth exposes what darkness prefers to hide.

Yet even in the face of rising tension, Jesus did not retreat.
He trusted that God's purpose was unfolding exactly as planned. And today, this cry still speaks into our world. We live in a time

when sacred spaces are often crowded with noise, distraction, and competing priorities. Spiritual focus is easily replaced with performance, appearance, and convenience. The pressures of daily life can transform moments of prayer into moments of worry. The sacred can slowly become secondary.

Trust calls us back.

Trust invites us to confront what distracts us from God. It calls us to overturn the tables of fear, doubt, and compromise that accumulate within our lives. It reminds us that protecting what is sacred is not optional, it is necessary for healing.


This second cry of trust reveals that faithfulness is not always quiet and gentle. Sometimes faithfulness requires strength, courage, and boldness. Sometimes trust must confront what threatens peace in order to make room for restoration. Why? Because trust does not only choose humility.

Trust defends holiness.

Trust clears space for healing.

And trust prepares the way for everything that comes next.



 **Cry Three: Trust at the Table**
Servanthood as the Language of Leadership
John 13:12

Before betrayal unfolded in the shadows of night, before the weight of the cross pressed against His shoulders, and before the garden echoed with cries of surrender, there was a table. The table became the place where trust took on flesh through service. It was not a public demonstration meant for crowds or critics. It was a private moment, shared among those who had walked closely with Jesus throughout His ministry. Yet even in that sacred gathering, Jesus understood what the disciples themselves did not yet fully grasp. He knew that betrayal was already forming in the heart of one disciple. He knew denial would rise in another. He knew fear would scatter the rest.

Still, He chose to gather them, to serve them, and to trust that the seeds He planted in this moment would bear fruit beyond their present failures. Scripture captures this moment with striking simplicity:

“So when He had washed their feet... He said to them, ‘Do you know what I have done to you?’” John 13:12

This question was not asked because Jesus lacked clarity. It was asked because He wanted them to recognize what trust looked like in action. In that culture, foot washing was not a task reserved for leaders or teachers. It was the responsibility of servants, the lowest position in the household hierarchy. Roads were dusty, sandals were worn, and washing feet was considered

menial work. Yet Jesus, fully aware of His identity and authority, chose to kneel.

- He lowered Himself.
- He touched what others avoided.
- He performed the task no one else wanted.

This was not merely an act of humility; it was an act of trust. Jesus trusted that leadership rooted in service would outlast leadership rooted in control. He trusted that the lessons taught in quiet moments would sustain the disciples in louder moments of crisis. He trusted that love demonstrated through action would remain in their memory long after words faded.

There is something profoundly revealing about the timing of this moment. Jesus did not wait for loyalty to be proven before serving. He did not delay until faithfulness was guaranteed.

- He washed the feet of men who would soon abandon Him.
- He washed the feet of Peter, who would deny Him publicly.
- He washed the feet of Thomas, who would later doubt His resurrection.
- Most strikingly, He washed the feet of Judas, the very disciple who would betray Him for silver.

This is where trust moves beyond comfort into courage.

Serving those who love us feels natural. Serving those who misunderstand us feels challenging. But serving those who will betray us requires extraordinary trust in God's purpose. Jesus trusted that obedience to His Father mattered more than human loyalty. He trusted that love extended freely would not be wasted, even if it was not immediately returned. The table also became the place where Jesus introduced the language of remembrance. He broke bread and shared wine, symbols that would forever point

to sacrifice and redemption. He knew that His body would soon be broken and His blood poured out. Yet even in the shadow of suffering, He created a moment of connection that would sustain generations of believers. Therefore, trust at the table was not limited to physical action, it was theological preparation.

Jesus entrusted the disciples with a legacy. He trusted them to carry forward the message of love, service, and sacrifice after His departure. This trust was remarkable because the disciples were still learning, still questioning, still uncertain. They did not yet possess the courage they would later demonstrate. They did not yet understand the full scope of the mission they would inherit.

Still, Jesus trusted them.

- He trusted that God would transform their weakness into strength.
- He trusted that their failures would not define their future.
- He trusted that grace would accomplish what human effort alone could not.

The table also revealed the tension between greatness and humility. The disciples, even in this sacred moment, wrestled with questions of status and recognition. They debated who among them would be considered the greatest. Their understanding of leadership was still shaped by hierarchy and power. Still, Jesus responded not with rebuke alone, but with demonstration. By kneeling before them, He redefined greatness and showed them that leadership in God's kingdom is measured not by authority exercised, but by service offered. Trust, in this moment, became the willingness to lead by serving rather than commanding.

This lesson carries profound relevance for our lives today. Trust

often requires serving in spaces where recognition is minimal and appreciation is uncertain. It requires choosing humility when pride feels justified. It requires believing that unseen acts of kindness carry eternal significance. Trust at the table teaches us that greatness in God's kingdom is not measured by visibility, but by willingness to serve.

There is also a deeply relational dimension to this cry of trust. The table was a place of vulnerability. It was a place where hearts were exposed, where emotions surfaced, and where truth unfolded. Jesus shared openly with His disciples about what was coming. He spoke of betrayal, departure, and sorrow. Yet He also spoke of comfort, peace, and promise.

- Trust creates space for honesty.
- Trust allows truth to be spoken even when it is difficult to hear.
- Trust invites vulnerability rather than avoidance.

In many ways, the table foreshadowed the cross.

- The breaking of bread symbolized the breaking of His body.
- The sharing of the cup symbolized the pouring out of His blood.
- The humility displayed in washing feet anticipated the humility that would be displayed on the cross.

Everything at the table pointed forward. Everything at the table prepared them for what was coming. And everything at the table revealed that trust is not only demonstrated in moments of crisis, but in moments of preparation.

Today, this cry still speaks into our relationships and responsibilities. Trust invites us to serve when convenience

suggests withdrawal.

- It calls us to care for others even when gratitude is uncertain.
- It challenges us to lead with compassion rather than control.
- It reminds us that leadership rooted in humility creates space for transformation.

Trust at the table reminds us that preparation matters.

- Before suffering comes service.
- Before sacrifice comes humility.
- Before the cross comes the quiet act of kneeling before others.
- Because trust does not only confront corruption and choose humility.

Trust kneels.

Trust serves.

Trust prepares hearts for what lies ahead.





 **Cry Four: Trust in the Garden***Surrender Before Suffering*

Luke 22:41-42

If the colt revealed trust in choosing humility, and the temple revealed trust in confronting what was sacred, and the table revealed trust through service, the garden revealed trust through surrender. After leaving the upper room, Jesus walked with His disciples into the night. The city that had echoed with celebration only days before now rested in uneasy silence. The air carried tension, though few could yet name its source. Every step toward the garden of Gethsemane moved Him closer to suffering, betrayal, and the cross. Yet Jesus did not avoid the garden. He went there intentionally, fully aware of what awaited Him.

Gethsemane was not unfamiliar ground. It was a place where Jesus had prayed before, a place of communion with His Father. Yet on this night, the garden would become something different. It would become the place where trust was tested at its deepest level, not in public, but in private, in solitude, and through surrender. Scripture records the emotional weight of this moment with sobering honesty:

“And He was withdrawn from them about a stone’s throw, and He knelt down and prayed, saying, ‘Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours be done.’”

Luke 22:41-42

This prayer reveals the humanity of Jesus in a way few other moments do. He did not mask His distress nor did He pretend

indifference. He expressed the full weight of His anguish. The reality was that the suffering ahead was not abstract, it was imminent. And all of the the betrayal, the false accusations, the humiliation, the physical torment, all of it pressed heavily upon His heart.

Trust, in this moment, did not mean denying fear.

Trust meant bringing fear into the presence of God. There is something profoundly instructive in the way Jesus prayed. He acknowledged His desire, that the cup of suffering might pass from Him. He spoke honestly about what He felt. Yet, He surrendered His will to the will of His Father. This was not passive resignation. It was active alignment. It was the deliberate choice to trust God's purpose even when the path felt unbearable.

The garden reminds us that trust is not emotionless obedience. Trust allows room for grief, anxiety, and trembling. It does not silence pain; it surrenders pain. The intensity of this moment is further revealed in the description of His physical response. Scripture tells us that His sweat became like drops of blood falling to the ground. This detail reflects the depth of His distress.

Modern medical understanding recognizes that extreme stress can produce physical manifestations within the body. The body responds to fear and sorrow with tension, increased heart rate, and overwhelming emotional strain. Jesus experienced this fully. He did not bypass suffering; He entered it. Yet, even in the depth of His anguish, trust remained intact. The disciples, however, struggled to remain awake. As Jesus prayed, they slept. Their exhaustion overtook them, leaving Him alone in His most vulnerable moment. This detail reminds us that even those closest to us may not always understand the weight we carry. Support systems may falter. Companions may fail to stay present.

Still, Jesus continued to trust His Father.

There is another profound moment within this garden that reveals the nature of trust under pressure. When the soldiers arrived to arrest Jesus, chaos erupted among the disciples. Fear replaced composure, and Peter responded impulsively, drawing his sword in an attempt to defend his Teacher. In that instant, human instinct demanded resistance.

But Jesus intervened.

He instructed Peter to put away the sword, declaring that violence was not the path God had chosen. This moment revealed trust in divine justice over human retaliation. Jesus trusted that His Father's plan did not require weapons. He trusted that surrender, not resistance, would accomplish redemption. Trust in the garden meant refusing control when control felt necessary.

- It meant surrendering power when power was available.
- It meant trusting God's justice rather than seizing personal defense.

There is also a profound theological truth embedded in the location itself. Gethsemane means "*oil press*," a place where olives were crushed to release oil. The symbolism is striking. Just as olives are pressed to produce oil, Jesus was pressed emotionally and spiritually to release obedience. The crushing pressure of the moment did not destroy Him; it revealed His faithfulness.

Trust often emerges most clearly under pressure.

When life presses against us: through grief, uncertainty, or fear, our response reveals where our trust rests. The garden teaches us that surrender does not eliminate pressure; it transforms pressure into purpose. This cry of trust also speaks directly into the experiences of those who carry anticipatory grief, the awareness that suffering is approaching even before it arrives. Jesus knew

what lay ahead, and that knowledge intensified His anguish. Anticipatory grief is one of the most difficult emotional experiences a person can endure. It is even on the list of options in charting for us working in the clinical chaplaincy field. It carries the weight of what has not yet happened but feels inevitable. Yet, Jesus did not run from the garden.

- He entered it.
- He remained in it.
- He prayed through it.

This teaches us what we learn in chaplaincy and in fostering presence in relationships when there is a need to journey with someone in hard times, that trust does not avoid difficult places. Trust walks into them with God.

The garden also reveals the necessity of repeated surrender.

Scripture indicates that Jesus prayed multiple times, returning again and again to the same posture of submission. Trust is not always accomplished in a single moment. Sometimes trust requires returning to God repeatedly, releasing the same burden over and over until peace begins to take root. This repetition reflects the rhythm of human experience. We do not surrender once and remain permanently free of anxiety. Instead, we surrender daily, sometimes hourly, learning to release control in layers.

Today, this cry of trust continues to resonate in our own gardens; the spaces where decisions must be made, where fear rises, and where uncertainty lingers. Each person encounters moments where the future feels overwhelming and the cost of obedience feels high. These are the moments when trust feels fragile and surrender feels costly. Yet the garden reminds us that surrender is

not defeat. It is preparation.

- Preparation for endurance.
- Preparation for faithfulness.
- Preparation for the cross that follows.

Because before trust can endure suffering, before trust can forgive enemies, and before trust can release life into God's hands, trust must first kneel in the garden.

Trust must pray.

Trust must surrender.

And trust must rise from prayer,

ready to walk forward into whatever comes next.



 **Cry Five: Trust Under Pressure**

Faith When Pain Intensifies

Matthew 27:24-36

After the garden came movement.

The quiet surrender of prayer gave way to the noise of arrest. Torches flickered in the darkness as soldiers entered the garden, their presence cutting through the stillness of the night. The one who had prayed in agony now stood face to face with those who came to seize Him. Betrayal unfolded not in chaos alone, but in intimacy. Judas, one of the twelve, approached Jesus and greeted Him with a kiss, a gesture that should have signified loyalty, now transformed into the signal of surrender to authorities.

Trust now moved from private prayer into public pressure.

Jesus was led away under guard, not as a criminal proven guilty, but as an innocent man falsely accused. The night that began in surrender quickly became filled with accusation. Religious leaders gathered witnesses whose testimonies contradicted one another, yet the process continued. Truth was overshadowed by urgency, and justice was replaced by political expediency.

Under pressure, silence became His strength.

Scripture records that when questioned, Jesus often remained quiet. He did not argue His innocence, though He possessed the authority to expose every lie spoken against Him. He did not defend Himself with anger or outrage. Instead, He trusted that His Father understood what human courts distorted. Trust under pressure does not always respond loudly.

- Sometimes trust remains silent when accusations rise.
- Sometimes trust endures when fairness disappears.

From the religious courts, Jesus was transferred to Roman authority. Pilate questioned Him, searching for grounds to justify punishment. Yet even the governor recognized the absence of guilt. The charges lacked substance, and the accusations lacked coherence. Still, pressure mounted from the crowd. Political fear outweighed moral clarity. Public opinion began to shape judicial decisions.

“When Pilate saw that he could not prevail at all, but rather that a tumult was rising, he took water and washed his hands before the multitude, saying, “I am innocent of the blood of this just Person. You see to it.” And all the people answered and said, “His blood be on us and on our children.” Then he released Barabbas to them; and when he had scourged Jesus, he delivered Him to be crucified.

Matthew 27:24-36

Trust now faced injustice without relief.

We stand in history where we know that Roman soldiers carried out the punishment that followed. The scourging of Jesus represented one of the most brutal practices of the time. Strikes were delivered with calculated force, designed to inflict maximum pain and humiliation. Flesh was torn. Strength diminished. Blood marked the path of suffering. The body that had healed the sick and lifted the broken now endured relentless violence.

The following is an excerpt from the presentation *“The Science of the Crucifixion,”* on March 1, 2002 by Cahleen Shrier, PhD, professor in the Department of Biology and Chemistry at Azusa Pacific University:

“It is important to understand from the beginning that Jesus would have been in excellent physical condition. As a

carpenter by trade, He participated in physical labor. In addition, He spent much of His ministry traveling on foot across the countryside. His stamina and strength were, most likely, very well developed. With that in mind, it is clear just how much He suffered: If this torture could break a man in such good shape, it must have been a horrific experience....

...Pilate orders Jesus to be flogged as required by Roman law before crucifixion. Traditionally, the accused stood naked, and the flogging covered the area from the shoulders down to the upper legs. The whip consisted of several strips of leather. In the middle of the strips were metal balls that hit the skin, causing deep bruising. In addition, sheep bone was attached to the tips of each strip.

When the bone makes contact with Jesus' skin, it digs into His muscles, tearing out chunks of flesh and exposing the bone beneath. The flogging leaves the skin on Jesus' back in long ribbons. By this point, He has lost a great volume of blood which causes His blood pressure to fall and puts Him into shock. The human body attempts to remedy imbalances such as decreased blood volume, so Jesus' thirst is His body's natural response to His suffering (John 19:28). If He would have drank water, His blood volume would have increased."

Yet trust did not collapse.

Jesus did not retaliate. Jesus, in the height of pain, chose not to curse those who struck Him. He did not abandon His mission when suffering intensified. Instead, He absorbed the cruelty without surrendering His purpose.

Under pressure, trust remained steady.

After the scourging came mockery. Soldiers placed a crown of

thorns upon His head, pressing it into His skin as a cruel parody of kingship. They draped Him in a robe and bowed in sarcastic homage, ridiculing the very identity He carried. The King of heaven stood mocked by those who could not recognize His authority.

Trust endured humiliation without bitterness.

This moment reveals another dimension of pressure, the emotional burden of public shame. Pain is difficult enough in private, but humiliation before others deepens the wound. Jesus faced not only physical suffering, but the scorn of spectators who misjudged His mission. The crowd that once shouted praises now joined in mockery or remained silent in uncertainty. But Jesus practiced a trust which gave Him the strength and courage to continue to move forward.

Then came the cross.

Wood was placed upon His wounded shoulders, and Jesus was led through the streets of Jerusalem. The path He now walked had once been filled with palm branches and celebration. Only days earlier, voices had lifted in praise as He entered the city. Now, those same streets witnessed His suffering beneath the weight of the cross. There is profound symbolism in this movement:

- The road of celebration became the road of suffering.
- The path of honor became the path of humiliation.
- Trust walked the same streets under entirely different circumstances.

This journey reminds us that life often leads us through familiar spaces under unfamiliar burdens. Places once associated with joy may later become places marked by grief. Memories once filled with hope may become overshadowed by sorrow. Yet even in those transitions, trust continues forward.

The physical weight of the cross eventually exceeded His strength. Exhaustion overcame endurance, and the body that had carried divine purpose began to falter beneath human limitation. At that moment, Simon of Cyrene was compelled to assist in carrying the cross. (Matthew 27:32, Mark 15:21, Luke 14:27, Luke 23:26)

This detail reminds us that even in suffering, God provides unexpected support. What a powerful and hope filled picture which many of us can testify too that it is truth. Trust does not eliminate the need for help, it allows room for it. And, under pressure, trust does not isolate. It allows others to share the burden.

In my own life living with chronic illness and pain, I have experienced the transformation of shame into gratitude when in my weakness, trust invited me to open space for help. Those moments have created a deepening in relationship and connection with those who got into the boat of suffering with me. It is also a pay-forward season for me in the hospital setting, offering a similar gift of presence in the rooms with patients who without the medical staff and chaplains, may only experience isolation.

As Jesus continued toward Golgotha, the emotional atmosphere intensified. Women wept openly, mourning the suffering unfolding before them. Their grief reflected the heartbreak of witnessing injustice without power to intervene. Yet even in this moment, Jesus spoke words of compassion, instructing them to weep not for Him, but for themselves and future generations. Trust, even under pressure, extended concern for others. This reveals the remarkable depth of His character. Pain did not make Him self-centered and suffering did not close His heart. Instead, trust kept His compassion alive even in agony.

Finally, the cross was raised.

Nails pierced His hands and feet, securing His body to wood. The sky darkened as suffering reached its peak. Yet even in this moment, trust spoke again, this time through forgiveness.

“Father, forgive them, for they do not know what they do.”

Luke 23:34

These words represent one of the most powerful expressions of trust under pressure. Forgiveness requires confidence that justice belongs to God. It requires releasing the desire for revenge and trusting that God will address wrongdoing in His time. Therefore, a Divine conclusion offers to us that forgiveness under pressure is not weakness, it is trust in divine justice. This cry teaches us that trust is not measured by comfort, but by endurance. Trust does not disappear when pressure increases. Instead, it deepens. It strengthens. It refuses to surrender even when suffering intensifies.

Today, this cry speaks into every life that faces overwhelming circumstances. Pressure may appear in the form of illness, loss, betrayal, or injustice. It may arise through unexpected hardship or prolonged struggle. These moments test faith in ways that comfort never does. Yet, the example of Jesus reminds us that trust remains possible even under the heaviest burden.

- Trust walks forward when strength feels limited.
- Trust endures when pain increases.
- Trust remains faithful when outcomes remain uncertain.


*Because trust under pressure is not about avoiding suffering.
It is about remaining faithful through it.*

ISAIAH 53:5
But He was
wounded for our
transgressions,
He was bruised for
our iniquities;
The chastisement
for our peace
was upon Him,
And by His stripes
we are healed.







 **Cry Six: Trust in Humanity**
Entrusting Mary to John - Relational Trust
John 19:25-29

Even in the midst of unbearable suffering, trust continued to reach outward.

The cross was not only a place of physical agony; it was also a place of relational responsibility. Jesus did not withdraw into isolation or focus solely on His own pain. Instead, in the middle of suffering, His attention turned toward those He loved. The noise of mockery surrounded Him, the weight of exhaustion pressed against Him, and the physical wounds inflicted upon His body intensified with every passing moment. Yet even in that state, He remained attentive to the needs of others.

Among those standing near the cross was His mother, Mary.

Mary, who once carried Him within her womb, now stood beneath the cross watching Him suffer. The one who had nurtured Him as a child now witnessed His final hours as a man. Her heart must have carried memories of lullabies sung in Bethlehem, moments of laughter in Nazareth, and years of watching Him grow into His calling. Now those memories stood in painful contrast to the present reality unfolding before her eyes.

There is a unique grief carried by parents who witness the suffering of their children. It is a grief layered with helplessness, love, and longing. Mary's sorrow was not simply maternal, it was deeply spiritual. She had been chosen to carry the Son of God, yet now she stood watching the fulfillment of a mission that required unimaginable sacrifice. Research has offered some physiological

insight into this grief earmarked only for a mother:

“In this state of loss, the mother’s ability to function is greatly reduced as symptoms of grief consume all areas of her life: cognitive dysfunction, physical symptoms, as well as the constant emotional turmoil. Although physical symptoms of grief such as insomnia, nausea, fatigue are common in many losses, in maternal grief such symptoms are more frequent, intense and long lasting, such as several years, decreasing slowing in intensity over time. Loss of a child has been associated with higher morbidity and mortality.”

Janice Bell Meisenhelder, School of Nursing, Emmanuel College, MA

Jesus saw her.

Even while enduring pain, He noticed her, not just Mary, His mother’s presence. Even while surrounded by chaos, He remained attentive to relationship. This moment reveals that trust is not limited to spiritual surrender, it includes relational responsibility to one deemed to carry an equivalence of safety and a place to call home. Scripture records His words with remarkable tenderness:

“Woman, behold your son!” Then He said to the disciple, “Behold your mother!” And from that hour that disciple took her to his own home.”

John 19:26-27

These words were not casual instructions. They were sacred trust placed into human hands. The same God who through virtual transaction, entrusted Mary to carry the fetal God, continued His mindset toward humanity by invited horizontal trust transaction. Jesus entrusted Mary into the care of John, the disciple known for his closeness and loyalty. This was not simply about providing

shelter, it was about providing love, companionship, and continued care. In that moment, Jesus demonstrated that trust includes believing that others can carry responsibility with faithfulness.

This moment is profound because it reveals that Jesus trusted humanity even after experiencing betrayal, denial, and abandonment. Judas had betrayed Him. Peter had denied Him. The disciples had scattered in fear. Yet Jesus did not conclude that humanity was incapable of trustworthiness. Instead, He chose to trust again. He trusted John. This reveals something deeply important about the nature of trust.

- Trust does not disappear simply because betrayal has occurred.
- Trust does not cease because people have failed.
- Instead, trust recognizes that God continues to work through imperfect people to accomplish divine purposes.

There is also a powerful theological dimension in this moment. Jesus, even in suffering, fulfilled His earthly responsibility as a son. Caring for one's parents was a sacred obligation within Jewish culture. By entrusting Mary to John, Jesus honored that responsibility even while enduring the cross. Trust, therefore, was not limited to divine surrender, it extended into practical obedience.

- Trust cares.
- Trust plans.
- Trust ensures that love continues beyond the moment of crisis.

There is also another layer of relational symbolism unfolding here. In entrusting Mary to John, Jesus was forming a new kind of

family, one not defined by blood alone, but by faith and commitment. John became responsible for Mary, not because of biological connection, but because of spiritual relationship.

This moment foreshadows the creation of the Christian community itself with God at the center, and through the lens of Calvary, entrusts people to people. He places responsibility within relationships and calls individuals to care for one another in ways that reflect His love. Trust, therefore, transforms from individual action to communal.

- It becomes shared.
- It becomes relational.

This cry of trust speaks powerfully into our lives today. Many people carry responsibilities that feel overwhelming, caring for aging parents, supporting loved ones through illness, nurturing children through uncertainty, or walking beside friends through grief. These responsibilities often require trust not only in God, but in others who share the journey.

- Trust invites us to believe that people, though imperfect, can still be instruments of God's care.
- Trust invites us to step into responsibility rather than retreat from it.
- Trust invites us to recognize that love often continues through the hands of others.

There is also a deeply pastoral lesson embedded in this moment. In times of suffering, relationships matter more than ever. Isolation intensifies pain, but connection softens it. Jesus demonstrated that even in His final hours, relational care

remained essential.

- He did not leave Mary unprotected.
- He did not ignore her grief.
- He did not overlook her need.
- Instead, He entrusted her future to another.

This act reminds us that trust is not abstract, it is practical. It shows up in decisions that protect, provide, and preserve relationship. It shows up in caregiving, companionship, and shared responsibility. And perhaps one of the most remarkable truths in this moment is that Jesus trusted humanity at the very moment humanity appeared least trustworthy.

That is extraordinary:

- After betrayal, He still trusted.
- After denial, He still trusted.
- After abandonment, He still trusted.

This cry teaches us that trust in humanity is not based on perfection, it is based on God's ability to work through imperfection. Even today, God continues to entrust His work to human hands. He entrusts care to caregivers. He entrusts love to families. He entrusts healing to communities. He entrusts responsibility to individuals who may feel unprepared but are called nonetheless. A sentiment I believe that all moms (parents) can relate to. I know that I felt unprepared as a mother, but His grace has been sufficient for the journey. For Jesus, Mary, and John trust, in this moment, became relational surrender. It became the willingness to believe that love would continue beyond the cross.


And this cry prepares us for what comes next, because after trusting others with relationship, Jesus would soon entrust His life into the hands of His Father.

*Trust in humanity prepared the way for trust in release.
And love, once entrusted, continued long after the cross.*







 **Cry Seven: Trust in Release**
“Into Your hands...” - Final Surrender
 Luke 23:46

After the long hours of suffering, after the cries of forgiveness, after the care extended to His mother, trust reached its final expression, release. This moment did not arrive suddenly. It had been forming throughout the entire week. Every act of obedience, every surrender of pride, every refusal to retaliate, and every choice to endure had been leading to this final cry. From the colt to the temple, from the table to the garden, from the trials to the cross, trust had been unfolding step by step. Now, at the close of suffering, trust would no longer hold anything back.

Jesus had endured betrayal without bitterness. He had faced injustice without retaliation. He had forgiven those who harmed Him and cared for those who loved Him. Yet there remained one final act of trust, the surrender of His very life. Scripture records this sacred moment with remarkable clarity:

“Father, into Your hands I commit My spirit.” Luke 23:46

These words were not spoken in desperation. They were spoken in confidence, transforming what could have been interpreted as cries of defeat into declarations of trust. Jesus was not losing His life; He was releasing it. He was not being overcome by death; He was surrendering to the will of His Father.

Release requires extraordinary faith.

It is one thing to trust God when answers are visible. It is another

to trust God when the future remains unseen. Yet, Jesus demonstrated that trust reaches its fullness when nothing remains withheld. In this moment, He entrusted breath, body, mission, and destiny into the care of God. There is something profoundly intentional in the way Jesus addressed God as Father. Even in the final moments of suffering, He did not speak to a distant authority, but to a trusted parent. The relationship between Father and Son remained intact despite the pain surrounding Him, showing us that His trust was rooted not in circumstances, but in relationship. And this cry reminds us that trust is deeply relational.

- We release into the hands of One we believe to be faithful.
- We surrender to One we believe to be trustworthy.
- We let go because we trust who is holding what we release.

The phrase “*into Your hands*” carries symbolic depth. Hands represent care, protection, and responsibility. To place something into another’s hands is to acknowledge their ability to hold it securely. Jesus placed His spirit into the hands of God with confidence that His Father would preserve what had been entrusted. Jesus’ release, therefore, was not abandonment, of His own will, it was placement. He did not cast His life into emptiness of uncertainty, He placed His life into safety.

This distinction matters deeply. Many people struggle with release because it feels like loss of control. It feels like vulnerability. It feels like stepping into uncertainty without guarantees. Yet still, Jesus demonstrated that release is not reckless, it is relational strength. It is grounded in confidence that God’s hands are steady, capable, faithful, and strong enough to carry all who surrender their lives and cares, worries, and fears to Him. The invitation still

stands today:

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” Matthew 11: 28-30

This moment also fulfilled the words of Psalm 31:5, where David wrote, *“Into Your hand I commit my spirit; You have redeemed me, O Lord God of truth.”* By quoting this passage, Jesus connected His suffering to a long-standing tradition of trusting God in moments of distress. He stood within the lineage of faithful servants who placed their lives into God’s care when human strength reached its limit.

There is also a physical dimension to release that deserves attention. Up to this moment, Jesus had endured unimaginable physical strain. His body had been battered, exhausted, and weakened. Breathing itself had become laborious. Yet, even in that weakened state, He chose the moment of release. Wow! This is powerful, restraint, and timing at best. Jesus did not allow the pain to direct His mission. He did not surrender prematurely, nor did He cling to life out of fear. He released His Spirit at the appointed time. Therefore, He teaches us that trust includes timing.

- Trust recognizes when to hold on and when to let go.
- Trust understands that surrender is not failure, it is fulfillment.

This cry also invites us to examine our own relationship with release. Many of us struggle to let go of burdens that weigh heavily on our hearts. We hold tightly to unresolved pain,

unanswered questions, and lingering fears. We attempt to manage outcomes that lie beyond our control. Yet, release calls us to place those burdens into God's hands, trusting that He will carry what we cannot. Believe me when I tell you that I am speaking to myself also. This is the area which I am challenged, sometimes more in seasons of intimate loss. I am constantly learning that release does not mean that pain disappears, release means that responsibility shifts to the One who can manage the weight of my burden. What we once carried alone becomes entrusted to Divine care.

This shift transforms the weight we carry. Anxiety begins to loosen its grip, fear begins to soften, the heart begins to breathe again; and then something beautiful and unexpected happens, release becomes the doorway to rest.

And this is why Cry Seven prepares the way for what comes next.

- Without release, there can be no rest.
- Without surrender, there can be no Sabbath.
- Without letting go, there can be no peace.

Jesus' final cry did not end the story, it opened the door to sacred stillness. It marked the completion of His earthly labor and the beginning of divine rest. The hands that received His spirit were the same hands that would soon bring resurrection life. This cry speaks into every life that wrestles with surrender. It speaks into moments when control feels necessary and release feels risky. It reminds us that trust does not require certainty, it requires relationship.

And perhaps the most powerful truth in this moment is this:

Jesus did not wait until everything made sense before releasing His life. He released because He trusted.

- Even when the sky darkened.
- Even when the earth trembled.
- Even when suffering reached its peak.

Trust released.

And in that release, peace was made possible. This cry of trust stands as the ultimate invitation to every believer. It calls us to release what we cannot control, to surrender what we cannot fix, and to trust God with what we cannot fully understand.

*Because true trust does not cling endlessly.
True trust releases completely.
And in releasing, it prepares the soul for rest.*





Cry Eight: Trust in Sleep

Death as Sabbath-Like Rest; Nightly Trust Parallels

Matthew 27:62-66, Matthew 28:1, Mark 15:42-47,

Mark 16:1, Luke 23:54-56, Revelation 14:13, Exodus 20:8

After the cry of release came stillness.

The body that had endured betrayal, accusation, exhaustion, and unbearable suffering finally rested.

- The struggle for breath ceased.
- The movement of muscles stopped.
- The noise of suffering gave way to silence.

The work that had consumed the final hours of Friday reached completion, and trust, having released everything into the Father's hands, entered into rest. Scripture often describes death using the language of sleep, not to minimize its seriousness, but to emphasize its temporary nature for those who trust God.

(1 Thessalonians 4:13-14; John 11:11-14)

Sleep suggests pause rather than finality. It suggests rest rather than defeat. It suggests restoration rather than abandonment. Jesus entered death not as one overwhelmed by chaos, but as one who had completed His work and now rested in trust.

(Revelation 14:13) This rest bears striking resemblance to the rhythm God established at creation. From the very beginning, God created the pattern of evening and morning, work followed by rest, activity followed by stillness. Genesis records that each day concluded with the words, "And there was evening, and there was morning." Evening always came before morning. Darkness

preceded light. Rest preceded renewed activity and this rhythm was not accidental, it was instructional.

God designed life to include interruption; periods when striving ceases and restoration begins. Just as the body requires nightly sleep to recover from daily exertion, the soul requires sacred rest to recover from emotional and spiritual strain. Jesus' death on Friday and rest in the tomb during the Sabbath reflected this divine rhythm. After the intense suffering of the cross, rest became necessary. The body that had carried the burden of humanity's sin was placed in the tomb, wrapped carefully, and laid to rest. That moment of stillness was not defeat, it was Sabbath-like restoration.

There is something profoundly healing about the imagery of rest following suffering.

Psychologically, the human body is not designed to remain in a constant state of distress. When trauma or prolonged stress overwhelms the nervous system, the body remains in survival mode.

- Muscles tighten.
- Breathing becomes shallow.
- The heart races.

Over time, sustained pressure without relief begins to exhaust the system. The vagus nerve, responsible for helping the body return to calm, requires moments of safety and stillness to restore balance. There are consequences we suffer without rest:

- Without rest, the body cannot recalibrate.
- Without pause, the nervous system cannot recover.
- Without sleep, exhaustion deepens and resilience weakens.

God understood this long before science explained it.

The Sabbath rest of Jesus in the tomb mirrored the rest the human body requires after trauma. It demonstrated that rest is not weakness, it is wisdom and it is not avoidance, it is healing. Rest allows the body to release tension, the mind to process experience, and the heart to regain strength. This truth also unfolds in our daily lives through the simple act of sleep. Each night, when we lie down and close our eyes, we engage in a quiet act of trust:

- We release awareness.
- We surrender control over what happens while we sleep.
- We trust that morning will come.
- We trust that life will continue even while we are unconscious.

Sleep becomes a daily rehearsal of surrender.

We rarely think of sleep as an act of faith, yet it is one of the most consistent expressions of trust in our lives. When we sleep, we acknowledge our limitations:

- We admit that we cannot remain vigilant indefinitely.
- We accept that rest is necessary for survival.

And in that acceptance, we trust God. There is also something deeply comforting in recognizing that Jesus Himself entered into rest. He did not resist stillness. He did not fight the transition into silence. Instead, He entered the tomb as one entering sacred rest: trusting that His Father would guard what had been entrusted.

The Sabbath that followed the crucifixion became more than a historical pause. It became a theological statement about

restoration. After the intense trauma of Friday, heaven allowed space for recovery. Humanity needed time to breathe. Creation needed time to settle. The disciples needed time to process grief. The earth itself needed time to exhale. And for them, they gift of the Sabbath hours became the space between suffering and resurrection. It became the quiet chamber where healing began beneath the surface.

There is another beautiful parallel between sleep and trust found within creation itself. And learning about God from Creation is not unbiblical, it is biblical to the core and the tools Jesus used many times from His own schooling in nature as God instructed Mary to do instead of sending Him to the school of the Prophets, to share God's love and ways. The ravens and lilies are a couple of things from the creation story used by Jesus to drive home the invite which nature has accepted to trust God as Creator.

Matthew 6:25-34:

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one [a]cubit to his stature? “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after

all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

In other words - Trust in God is the answer to worry...therefore do not worry.

Let's see how nature practices this. As the sun sets each evening, light withdraws and darkness spreads across the sky. The earth does not resist this transition. Plants fold inward. Animals retreat into rest and the world becomes still. This nightly rhythm reminds us that constant exposure to intensity is not sustainable. I am a plant mom and I have learned the hard and expensive way that even the strongest plants cannot endure endless sunlight.

- They require shade.
- They require night.
- They require cycles of restoration.

Just as plants close their leaves at night to conserve energy and restore strength, the human body withdraws into sleep to renew itself. The cooling darkness of night protects life from exhaustion. The rhythm of rest ensures survival.

There is also a deeply personal reminder found in something as simple as a prayer plant. During the day, its leaves extend outward, reaching toward light and activity. Yet, as evening approaches, those same leaves slowly lift and fold upward, resembling hands in prayer. It is as if creation itself demonstrates surrender, quietly reminding us that nighttime is not meant for striving, but for release.

When worry tempts us to remain awake, holding onto burdens that cannot be solved in the darkness, the image of the prayer plant offers gentle instruction: *release what you carry. Lift your concerns. Rest in trust.*

This mirrors the invitation found in Scripture:

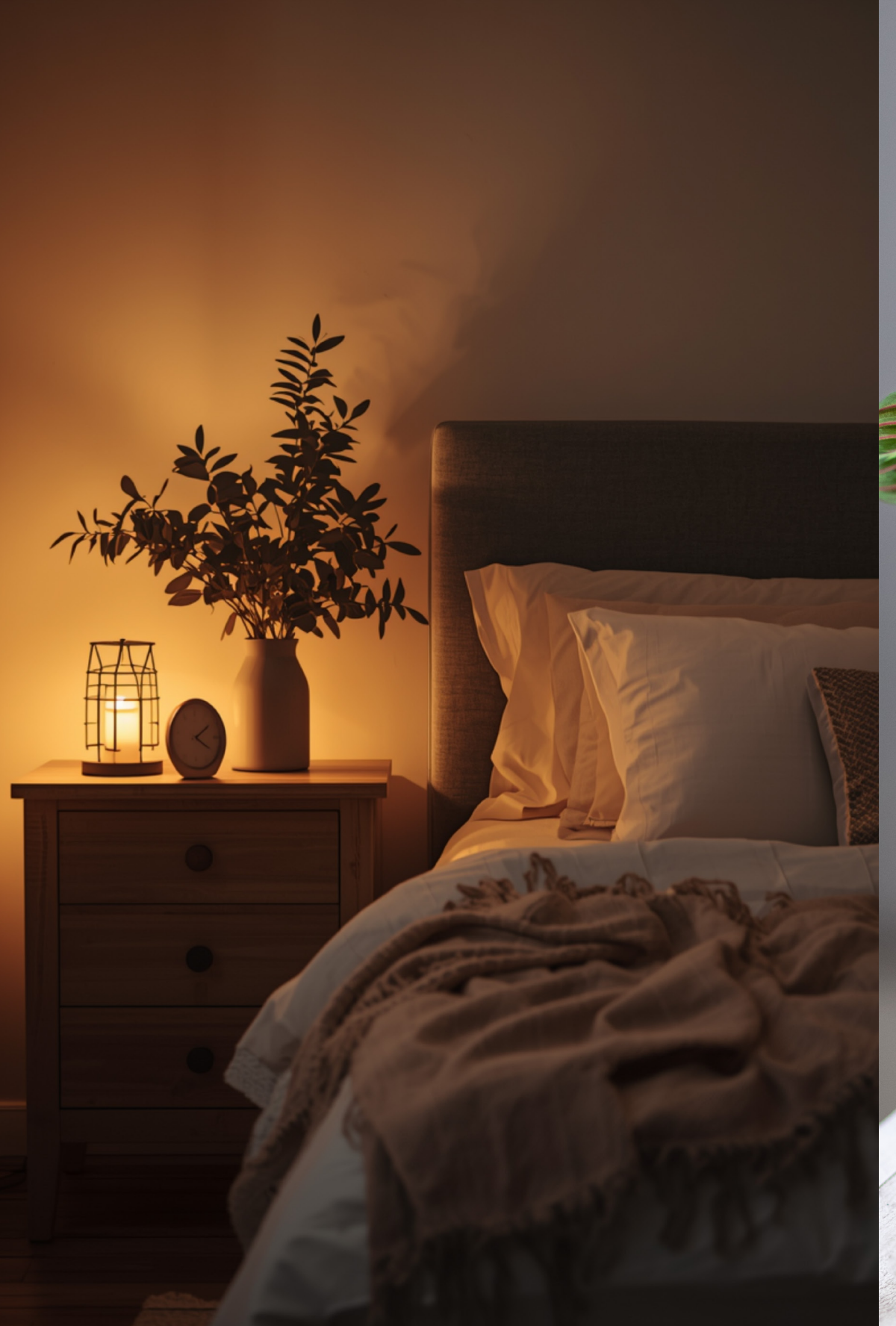
“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.” Philippians 4:6

Prayer becomes the companion of sleep, because when we pray before rest, burdens are surrendered, before stillness, concerns are released. Trust moves from activity into quiet confidence. And this is precisely what Jesus demonstrated. After releasing His spirit into the Father’s hands, He entered into rest. The body lay still in the tomb. The chaos of Friday gave way to the silence of Sabbath. The suffering that filled the day ended in the peace of stillness. However, this rest was not the end, it was preparation.

- Preparation for renewal.
- Preparation for resurrection.
- Preparation for morning.

Trust in sleep also reminds us that darkness does not cancel promise, it prepares the way for light. Rest does not interrupt purpose, on the contrary, it restores strength for what comes next. And just as night eventually gives way to dawn, the stillness of the tomb would soon give way to resurrection.

*Because every act of trust, whether in prayer, surrender,
or sleep, moves us closer to morning.*







Cry Nine: Trust in the Tomb

Faith When Nothing Moves

Genesis 3:15, Psalm 16:10, Hosea 13:14, Matthew 27:66,
Acts 2:27, Jude 1:9, Revelation 20:10

The tomb represents one of the most difficult dimensions of trust, the space between promise and fulfillment. It is the place where movement stops, where voices quiet, and where hope appears buried beneath stone and silence. But outside of the tomb, physically and in the spiritual realm, there was unrest. For the disciples, the tomb was not simply a location; it became an emotional and spiritual crisis. Everything they believed seemed to collapse in that single moment when the stone was rolled into place. Scripture records the burial with solemn finality:

“And laid it in his own new tomb, which he had hewn out in the rock: and he rolled a great stone to the door of the sepulchre, and departed.” Matthew 27:60

From a human perspective, this moment felt irreversible. The stone sealed the entrance. The silence confirmed the loss. The Roman authorities, unwilling to risk the possibility of resurrection rumors, went even further. They secured the tomb with official authority and placed guards at its entrance.

“So they went, and made the sepulchre sure, sealing the stone, and setting a watch.” Matthew 27:66

What appeared to be closure was, in truth, resistance. The powers of earth attempted to secure death itself, as if sealing a stone could

silence prophecy. Yet even while human hands sealed the tomb, heaven remained active beyond human sight.

For the disciples, trust was now tested in stillness.

They hid behind locked doors, overwhelmed by fear and uncertainty. The women who loved Jesus prepared spices in sorrow, expecting to complete burial rites rather than witness resurrection. Their grief was real, their confusion was heavy, and the promises they once held tightly now seemed distant and uncertain.

And yet, heaven was not silent.

There is an unseen tension reflecting a larger cosmic conflict hinted at throughout Scripture. The book of Jude provides a rare glimpse behind the veil of human awareness:

“Yet Michael the archangel, when contending with the devil he disputed about the body of Moses, durst not bring against him a railing accusation, but said, The Lord rebuke thee.” Jude 1:9

This brief passage reveals that the struggle between good and evil extends even beyond death. Satan’s interest in the bodies of the faithful reveals his desire to maintain the finality of the grave. If resurrection could be prevented, hope itself could be silenced. And if Satan contested over Moses’ body, one must consider how intensely he would guard the tomb of Christ, because the resurrection of Jesus was not merely a miracle, it was a declaration of defeat against death itself.

The grave represented Satan’s strongest claim over humanity. Sin had introduced death, and death had become the visible evidence of separation from God. The enemy’s entire strategy depended on

maintaining death's authority. Keeping Christ in the grave would have preserved that illusion of power. Yet, scripture had already declared death's destiny:

“I will ransom them from the power of the grave; I will redeem them from death: O death, I will be thy plagues; O grave, I will be thy destruction.” Hosea 13:14

This prophecy declared that the grave would not remain undefeated. Death would not hold its power forever. And redemption would reach even into the silence of burial chambers.

This moment also connects deeply to the sanctuary message of the Old Testament. Within the sanctuary system, sin was transferred symbolically through sacrifice, pointing toward a future day when responsibility for sin would be fully addressed. The Day of Atonement revealed that sin would not remain unaccounted for forever. There would come a moment when responsibility would be placed upon the one ultimately accountable for rebellion. How beautiful it is to see that from Genesis onward, Scripture foretold the defeat of the enemy:

“And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.” Genesis 3:15

Even at the beginning of human history, God announced that the serpent's authority would not endure. The wound inflicted upon Christ would not be fatal, but the enemy's defeat would be final. This prophecy echoes forward into the book of Revelation, where the ultimate fate of evil is revealed:

“And the devil that deceived them was cast into the lake of fire and

brimstone... and shall be tormented day and night for ever and ever.”
Revelation 20:10

Keeping Christ in the grave was Satan's final attempt to delay his own destruction. But, if resurrection occurred, his defeat would be certain. And, if resurrection failed, hope itself would collapse.

The author of one of my favorite books *The Desire of the Ages*, Ellen White, vividly describes the unseen tension surrounding the tomb. While the earth appeared quiet, angels were stationed near the resting body of Christ, guarding the sacred trust placed in the grave. Forces of darkness lingered nearby, watching, waiting, hoping that death would hold its grip. What appeared to be stillness on earth was, in reality, preparation in heaven. The silence of the tomb was not inactivity, it was divine timing unfolding beyond human sight.

And so the tomb became more than a burial site, it became a battleground of prophecy. So, although the 24 hours in the tomb was a mere fraction of the entire week's events, the theme of trust in the tomb, therefore, is not passive.

- It is faith when nothing moves.
- It is belief when silence dominates.
- It is confidence when evidence appears absent.

For us today, we live in the reality of tombs. Many people today live in tomb seasons: waiting seasons, grieving seasons, uncertain seasons. These are the moments when prayers seem unanswered, progress appears stalled, and hope feels fragile. These are the seasons when faith feels most difficult, because nothing visible confirms that God is working. Yet the tomb reminds us that visible stillness does not mean divine absence.

God's greatest movements often occur in hidden places. Did you know that the Psalmist shared a promise of God's protection even when we do not see it? Psalm 91:11-12

*“For He shall give His angels charge over you,
To keep you in all your ways.
In their hands they shall [a]bear you up,
Lest you dash your foot against a stone.*

The disciples could not see what heaven was preparing. The women could not hear the conversations unfolding among angels. And, humanity could not measure the tension between prophecy and opposition. Yet, resurrection was already being prepared beneath the silence. The message to us screams and whispers all the same:

The tomb was never the end...It was the threshold.

- What appeared to be final was, in truth, transitional.
- What seemed like defeat was actually preparation.

God was working in the quiet, even while human hearts mourned in uncertainty. I have the humble and awesome privilege, when invited, to share this wonderful trust opportunity with patients and families facing end of life. Therefore, trust in the tomb means believing that God is faithful even when time feels suspended. It means resting in promises that have not yet been fulfilled. It means holding hope when evidence appears buried beneath stone and shadow, because resurrection does not begin in noise. It begins in stillness.

*And trust in stillness prepares the ground for resurrection,
reminding us that God's greatest victories often emerge
from places that feel most silent.*





Cry Ten: Trust in Resurrection

When Trust Produces New Life

Matthew 17:1-3, Matthew 28:6, John 11:25, John 11,
1 Thessalonians 4:16, 1 Corinthians 15:55, Revelation 1:18; 21:4

Early on the first day of the following week, silence broke.

Darkness gave way to light, and what had once been sealed became open. The breaking news was that, the stillness of the tomb did not last forever. The stone that symbolized finality was rolled away, not merely to allow Jesus to exit, but to allow humanity to witness the evidence of Divine victory. Resurrection did not occur randomly or without preparation. It was the culmination of trust lived consistently, faithfully, and completely. Scripture records the announcement that changed history: *“He is not here; for He is risen, as He said.”* Matthew 28:6

These words did more than describe an event. They confirmed a promise. Resurrection was not an interruption of death, it was the fulfillment of trust. Every word Jesus had spoken about rising again now stood vindicated. Every moment of surrender throughout Holy Week found its answer in this single declaration of life. When the women approached the tomb, they came expecting death. They carried spices prepared for burial, hearts weighed down with sorrow, and minds still processing the trauma of Friday. Yet, instead of decay, they encountered life. Instead of silence, they heard proclamation. Instead of finality, they witnessed fulfillment.

- Grief turned into astonishment.
- Sorrow turned into testimony.
- Fear turned into faith.

Resurrection affirmed what trust had whispered all along: God's promises are never misplaced, even when the path leads through suffering and silence.

Yet resurrection was not an unfamiliar idea to those who had walked with Jesus. Throughout His ministry, He had been planting seeds of resurrection into the minds and hearts of His followers. He had given them glimpses of life beyond death, not as vague hope, but as visible demonstrations of divine authority. One of the most striking examples occurred in Bethany, when Jesus called Lazarus from the grave. After four days in the tomb, when decay had already begun, Jesus stood before death and declared:

“Lazarus, come forth.” John 11:43

And life returned.

That moment was more than a miracle, it was preparation. It was a living illustration of resurrection power, a rehearsal of hope before the final act of redemption unfolded. Jesus also spoke words that continue to echo through every generation:

“I am the resurrection and the life. He who believes in Me, though he may die, he shall live.” John 11:25

These words revealed that resurrection was not merely an event, it was a person. Life itself stood before them in human form. Death did not hold ultimate authority; Christ did! And, even before the crucifixion, glimpses of life beyond death appeared in moments such as the Transfiguration.

- On the mountain, Peter, James, and John witnessed Moses and Elijah speaking with Jesus, one who had died and

one who had been taken into heaven without seeing death (Matthew 17:1–3).

This moment became another vivid testimony that God's authority extended beyond the grave. And make no mistake, these were not breadcrumbs, they were declarations. They were visible assurances that death would not have the final word.

From the earliest pages of Scripture, resurrection hope had been woven into prophecy and promise. The Old Testament recorded moments where life returned through divine intervention, reminding God's people that the grave was not invincible. These acts were not isolated, they were testimonies that life belongs to God. Resurrection morning revealed the fullness of those promises. Every act of trust throughout Holy Week contributed to this moment of divine vindication:

- The humility of the colt
- The courage in the temple
- The surrender in the garden
- The endurance at the cross
- The silence of the tomb all converged into the miracle of resurrection power.

Trust produced life.

This truth speaks directly to our present reality. Resurrection is not simply an event confined to history, it is a pattern of Divine renewal that continues to shape lives today. When trust is placed in God, life emerges from places that once appeared lost. New beginnings rise from surrendered endings, strength grows from brokenness, and faith deepens through uncertainty. Resurrection reminds us that God's promises are not canceled by delay, and His

purposes are not defeated by suffering. *Even death itself cannot cancel God's plans.* Scripture continues to reinforce this hope with powerful clarity:

“For the Lord Himself will descend from heaven with a shout... and the dead in Christ will rise first.” 1 Thessalonians 4:16

This promise extends resurrection beyond the empty tomb into the future of every believer. Death is not final, it is temporary.

Earlier, we established that death is often described as sleep. If death is sleep, then resurrection is awakening. Those who sleep in Christ will rise again. John, the beloved disciple, later recorded his vision of the risen Christ:

“I am He who lives, and was dead, and behold, I am alive forevermore.” Revelation 1:18

This declaration confirms that Christ holds authority over death itself. The grave no longer controls destiny. Life has been reclaimed. And the final promise of Scripture echoes with hope:

“God will wipe away every tear... There shall be no more death, nor sorrow, nor crying.” Revelation 21:4

Resurrection does not only restore breath: it restores hope, peace, and belonging. There is also a warning embedded within resurrection hope. Jesus taught that life cannot be preserved through self-protection alone. He declared:

“Whoever desires to save his life will lose it, but whoever loses his life for My sake will find it.” Matthew 16:25

Therefore, trust requires surrender. Life does not emerge from clinging to control, but from releasing self into God's care. Those who surrender self-will discover life beyond what they imagined possible. And so resurrection becomes more than an ending to suffering, it becomes the beginning of new identity. The apostle Paul later captured this victory with triumphant words:

"O death, where is your sting? O grave, where is your victory?"
1 Corinthians 15:55

The message was and is still loud and clear today. The rider of the colt brought a message from God, that He was the answer to sin and death. In Jesus' life, death, and resurrection, death's authority was broken, the grave's dominance was shattered, and life triumphed. The chapter based on Matthew 28:2-4, 11-15, chapter 81 titled *"The Lord Is Risen,"* engages our minds and describes beautifully the resurrection morning as heaven's moment of triumph, when angels rejoiced and the power of death was permanently weakened. What appeared impossible to human understanding became undeniable reality. Christ emerged from the tomb not only as the risen Savior, but as the living assurance that trust in God always produces life.

- Trust produces renewal.
- Trust produces victory.
- Trust produces life beyond what we thought possible.

And because He lives, resurrection is not limited to one morning long ago. It is a promise still unfolding. A promise that those who trust in Him, even in suffering, even in silence, even in death, will rise again.

*Because when trust is placed in God,
life always has the final word.*







The Cry of Trust through Prayer and Sabbath Rest

The Exhale Humanity Needed

Genesis 2:2-3, Isaiah 30:15, Hebrews 4:9-11,

Philippians 4:6-7, Psalm 30:5

The week begins on Sunday.

Holy Week began on Sunday with movement, noise, and rising tension. Voices filled the streets, crowds pressed in, and expectations grew with each passing day. By Friday, that tension reached its breaking point at the cross. The cries of suffering were loud. The tears were real. Trust was stretched to its deepest limits. But the story did not move directly from suffering to celebration. Between Friday's agony and Sunday's triumph, there was Sabbath. And between human striving and sacred rest, there was prayer.

As we have already seen throughout this journey, trust does not only live in action, it also lives in surrender. We have traced this rhythm through moments of prayer, through the release of burdens, and through the body's need for recalibration. Earlier reflections reminded us that sustained strain cannot continue without consequence.

- The heart grows weary.
- The mind grows overwhelmed.
- The body signals its need for pause.

The Answer

- Prayer becomes the first release.
- Sabbath becomes the sustained rest.

Together, they form the exhale humanity needed. The Holy Week

may have ended in tears and cries on Friday, but the Sabbath rest of trust for Jesus became the mercy humanity required. After the violence of the cross, stillness was not avoidance, it was compassion. How beautiful is it to know that Heaven did not rush past grief. God allowed space for breath. And He offers us the same grace today.

The body of Christ rested in the tomb, and the earth itself entered into sacred stillness. What appeared to be silence was, in truth, divine kindness unfolding. The Sabbath did not erase suffering, but it held it in sacred pause.

And I am reminded again of the prayer plant that has already taught us so much about surrender. We have seen how, as evening approaches, its leaves slowly rise and fold upward, no longer stretched outward in effort, but lifted in quiet posture. It does not resist the coming night. It does not struggle against the shift into stillness. Instead, it responds with surrender. Each evening, that plant rehearses trust.

- Not loudly.
- Not dramatically.
- But faithfully.
- It lifts before it rests, just as prayer prepares the heart before Sabbath prepares the soul.

Prayer becomes the act of lifting burdens into God's hands before Sabbath becomes the act of resting in His care. Without prayer, rest becomes routine. With prayer, rest becomes relationship. Jesus prayed regularly, teaching us that to Him:

- Prayer was lifestyle. Luke 5:16: *"So He Himself often withdrew into the wilderness and prayed."*

This is one of the strongest verses showing that prayer was not

occasional for Jesus, it was habitual.

- Jesus also prayed before making major decisions. Luke 6:12-13: *“Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God. And when it was day, He called His disciples to Himself; and from them He chose twelve...”*

There is an emerging theme that trust precedes action. Jesus prayed before choosing the disciples, just as trust preceded His major steps.

- Jesus prayed more under emotional strain. Luke 22:44: *“And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.”*
- Jesus Taught Others How to Pray: Matthew 6:9-13 (The Lord’s Prayer): *“Our Father in heaven...”*

In just this prayer alone, Jesus taught themes of

- Dependence
- Trust
- Daily surrender

Jesus prayed in moments of gratitude, in suffering, before miracles, before feeding the multitudes, and in every occasion, therefore, we are invited to see the connection with rest, peace, relationship and trust as necessity not haphazardly. To Jesus, talking to His Father was the life connection He would not compromise!

*Jesus did not arrive at the cross suddenly trusting,
He arrived there practiced in prayer.*

How about us? If prayer was a must for Jesus then, how much more do we need prayer in our lives. To me, I need prayer just as much as I need oxygen to breathe and water to stay alive.

Hebrews 5:7: *“Who, in the days of His flesh, when He had offered up prayers and supplications, with vehement cries and tears... was heard because of His godly fear.”*

Scripture continues to highlight these sacred rhythms of trust no matter the circumstances, with quiet reassurance:

“Weeping may endure for a night, but joy comes in the morning.”

Psalm 30:5

The events of Holy Week echoed this rhythm:

- Sunday carried action in announcement
- Thursday carried servanthood and crushing
- Friday carried torture, weeping, and community.
- Prayer carried surrender.
- Sabbath carried waiting.
- Sunday carried joy, victory, newness, and promise.

This progression reminds us that God does not leave humanity suspended in suffering without providing space to recover. As we have already explored, sustained pressure without pause exhausts both body and spirit. Sabbath stands as God’s declaration that rest is not weakness, it is restoration. It is a challenge and faith walk to trust in something else which we may not have ever been introduced to, and yet still, Jesus’ invites us to follow Him, the Father invites us to trust Him, and the Holy Spirit invites us to listen to His counsel and to follow His guidance:

- To stop working requires trust.
- To cease striving requires faith.

- To release control through prayer requires humility.
- To rest in Sabbath requires confidence that God remains active even when we are still.

Sabbath becomes the weekly embodiment of what prayer teaches daily. Prayer releases the burden before it hardens into anxiety. Sabbath protects the space where peace can grow. One lifts the weight. The other holds the stillness.

- Prayer lifts.
- Sabbath settles.
- Prayer releases.
- Sabbath restores.

And just as the prayer plant lifts its leaves at night, signaling readiness for rest, Sabbath lifts the soul into surrender. It becomes the weekly reminder that we are not sustained by effort alone, but by the faithfulness of God. Even creation continues to echo this truth. Nothing thrives under endless strain. Everything flourishes within rhythms, movement followed by stillness, labor followed by rest, prayer followed by peace.

We, human beings are no different.

God did not design us to live in unbroken tension. He designed us to breathe, to work, to surrender, to pray, and to rest. And Sabbath becomes the visible reminder that our survival does not depend on endless effort, but on divine provision. This truth also speaks to the emotional reality of Holy Week. After the trauma of Friday, humanity needed space to breathe. The grief of the cross required time to settle. The shock of suffering demanded stillness before celebration could emerge. Sabbath became the sacred pause between devastation and victory.

- Not the end of the story.
- Not the absence of God.
- But the preparation for resurrection.

And perhaps this remains one of the most powerful lessons of trust: God does not rush healing. He allows space for restoration. He honors the limits of the human heart and body. He provides pauses not as punishment, but as provision.

Because, before resurrection morning arrives, humanity must learn how to pray, and then learn how to rest. And sometimes, the deepest expression of trust is not found in movement, or self-preservation, but in surrender.

*The exhale humanity needed then
is the exhale humanity still needs today.*

Prayer







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 Genesis 3:15 - Prophecy of victory over the serpent
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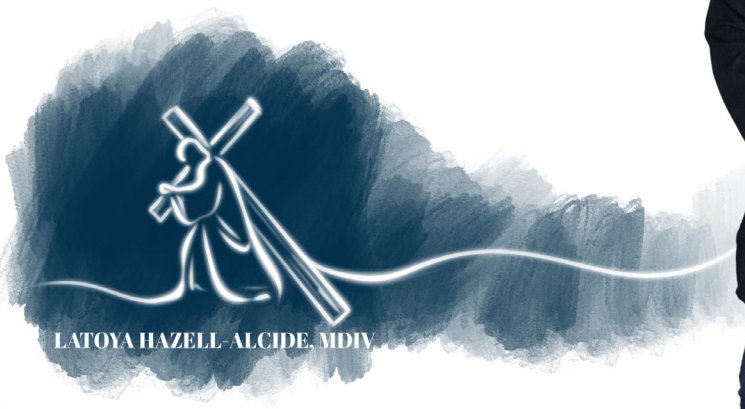
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by Latoya Hazell-Alcide

Foreword by Pastor James Black, Sr.

Pastor, Former Youth Director, Prayer Director,
Chaplain for the North American Division of
Seventh-day Adventists Church

The DeVan Group

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"All I had was the
blind word of my
doctor ... and a
body which was
giving up on me. I
kept speaking
about my faith to
him... and one day
he said,
it would take a
supernatural act

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Pray. Rest. Trust. Rise.

What if trust is not proven in one moment...but revealed in many? Holy Week is often remembered for the cross and the resurrection, but between the waving of palm branches and the breaking of dawn on resurrection morning, there were cries.

- Cries of surrender.
- Cries of endurance.
- Cries of waiting.
- Cries of trust.

In *The Cries of Trust*, journey step-by-step through the final days of Jesus' earthly ministry and discover how trust unfolded long before the empty tomb. From the humility of the colt to the stillness of the tomb, each moment reveals a powerful truth: trust is not a single act, it is a daily surrender. Through Scripture, reflection, and vivid imagery drawn from nature, prayer, and the rhythms of rest, this Easter devotional invites you to:

- Learn how trust grows through surrender
- Discover the healing power of prayer and Sabbath rest
- Find peace in seasons of waiting and uncertainty
- Recognize that even in silence, God is still at work
- Experience resurrection hope in your own life

Whether you are walking through grief, uncertainty, exhaustion, or renewal, this journey reminds us that no tear given to God is ever wasted, because before resurrection morning arrives, trust must learn how to rest. And when trust rests in God, new life always follows.



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