



H O L Y W E E K & E A S T E R at HOME

Here are some simple guidelines for praying with Scripture:

- Spend 5-10 minutes settling down. Notice your cares and concerns. Jot down a few feeling words.
- Invite God to approach you. Notice His presence, and enter into it.
- Read the daily Scripture passage slowly several times.
- Highlight words or phrases that stand out to you.
- Notice what rises in your heart: thoughts, emotions, memories, hopes, fears, or dreams. Offer them to God.
- Listen for His response, through Scripture or a stirring in your heart.
- At the conclusion of your prayer time, thank God for this time together. Journal your experience, if you so desire.

Unfortunately we are unable to meet in person to reflect on the events of Holy Week leading up to Resurrection Sunday. Please use this guide to focus your mind and heart this week.

Sunday is coming...

Monday

Yesterday was Palm Sunday, it is the Sunday the people confessed who Jesus was, the King of Israel. Read John 12:12-16. They wanted him to save them, he came riding on a donkey, the sign of victory. Yet through Jesus' ministry we learn we need to confess Jesus with our lips but also repent and believe. The excitement over Jesus was short lived when trials came.

Ponder your words you use, do they confess what you believe in your heart? Do your words, actions, and lifestyle match?

On Monday Jesus went to Jerusalem, and was frustrated with what he saw.

Read Luke 21:5-37

What do you need to clean out of your house or life that would not please God?

Read Psalm 51:3-19

This psalm of repentance powerfully reminds us of God's purifying action when we fail in our covenant love with God and one another. If you are alone, read it as a meditation of God's love for you. If you are with others, share reading sections in a slow and deliberate way. Savor the tremendous feelings that well up in David, who is returning to God after his sin. Meditate on the amazing love God has for us, even when we sin. May we love God and neighbor with the same generosity today.

Tuesday

Read the passages Luke 23:26-29, 50-56 and Luke 24:1-12

As you read them, individually or in a shared way with others, consider the love and the courage of the women. Jesus has been betrayed, denied, and abandoned by the Twelve. The women mourn; they understand the tremendous love and compassion of Jesus. He has touched them in ways that definitively changed their lives even before the Resurrection. Women without social status, women who could not read from the bema of the synagogue, women who made homes, raised children, passed on the faith of the Covenant people. They believed. They did not understand it all, but their hearts, even though broken, did not abandon Jesus.

Wednesday

Wednesday, the murder plot against Jesus was being made. Jealousy drove the Jewish religious leaders to want to kill Jesus. Judas decides to betray Jesus for 30 pieces of silver. Read Luke 22:1-6. Today on a day evil was plotted, do a random act of kindness to overcome evil with good.

Thursday

1 Corinthians 11:23-26 This is the most ancient written text of what Jesus did with his disciples at that Passover meal, which we call often refers to as the Last Supper. As a ceremonial meal, the Passover bound the Israelites to the living reality of God's intervention in their lives. As they marked their doorposts with the blood of the sacrificed lambs, they fell under the protection of God. The Angel of Death passed them by and thus God began their liberation from slavery in Egypt.

John 13:1-15, read this narrative with pauses between the actions and the responses. If possible, have different people read sections if you are in a group or connected by social media. In our communion, we

mark a new Passover in Jesus's self-offering. We name him the Lamb of God who takes away the sin of the world. In our freedom we are called to become more than we imagine we can be. When Jesus washed the feet of his disciples, which is at the core of the Last Supper in the gospel of John, recall that Peter tried to refuse. He could not imagine a servant leader, on his knees before the likes of them. Yet this is what Jesus calls all of us and each of us to.

Thursday was the day of the Last Supper, the Passover meal, where Jesus washed the feet of his disciples, ate dinner, and explained communion to them. They also sang a hymn. He then went to the Garden of Gethsemane to pray. Make a special meal tonight, prepare a special washing station (if you want to wash each other's feet you can, or wash your hands). Close your meal with communion (use what you have), sing, and pray together to remain strong in your faith and not to fall into temptation.

If you are at home with family, consider making some unleavened but tasty bread:

INGREDIENTS

1 cup of flour	1/3 cup of Perrier or other sparkling water
1 tablespoon of light oil	1 tablespoon or two of honey

DIRECTIONS

1. Preheat oven to 425°F
2. Mix all ingredients thoroughly.
3. Make approximately 6 small 3" rounds
4. Bake for about 8-10 minutes

Friday

Late Thursday night into Friday, Jesus was arrested and his trial in front of officials started. He was mocked and beaten before he was crucified. By Friday night he gave up his spirit and was buried. Jesus died for you to have forgiveness of sins and have a relationship with God. Write a letter to someone who needs to know the power of forgiveness and Jesus' sacrifice, and the impact Christ has had on your life.

Today we enter the solemn time of Jesus' passion. We mark his abuse at the hands of the Romans, the abandonment by his disciples, his labored journey to Calvary and his death on the Cross.

Isaiah 52:13-53:12

We reflect on the beautiful reading from Isaiah that speaks of Jesus as the Suffering Servant.

Mark 14:1 - 15:47 For an extended meditation on the Passion read the Passion.

Saturday

On Saturday, Jesus laid in the tomb. The disciples had all abandoned Jesus and were living in fear. Guards were posted at the tomb so his body could not be stolen. Write down a list of fears you have, write a second list of promises of God.

Read Psalm 16, sharing the stanzas among your group if possible. If you are alone, read them deliberately and with a spirit of joy, mindful that our true happiness relies in God alone

After the Psalm read the following and share with one another what it speaks to you. Excerpt from an ancient homily on Holy Saturday “What is happening? Today there is a great silence over the earth, a great silence, and stillness, a great silence because the King sleeps; the earth was in terror and was still, because God slept in the flesh and raised up those who were sleeping from the ages. God has died in the flesh, and the underworld has trembled. Truly he goes to seek out our first parents like lost sheep; he wishes to visit those who sit in darkness and in the shadow of death. He goes to free the prisoner Adam and his fellow-prisoner Eve from their pains. The Lord goes in to them holding his victorious weapon, his cross. Grasping his hand he raises him up, saying: ‘Awake, O sleeper, and arise from the dead, and Christ shall give you light. I am your God, who for your sake became your son, who for you and your descendants now speak and command with authority those in prison: Come forth, and those in darkness: Have light, and those who sleep: Rise.’ I command you: Awake, sleeper, I have not made you to be held a prisoner in the underworld. Arise from the dead; I am the life of the dead. Arise, O man, work of my hands, arise, you who were fashioned in my image. Rise, let us go hence; for you in me and I in you, together we are one undivided person.”

Sunday

Read the Resurrection story of the gospel of Luke 24:1-12. Imagine being Mary Magdalene, Joanna, or Mary the mother of James and finding the tomb empty.