
POURED OUT: Elements of Holy Week

APRIL 11 – FRIDAY OF HOLY WEEK (HOLY SATURDAY) – LINEN

READ

John 19:38-42

REFLECT

“One way to pray on Holy Saturday, then, is to imagine this time about which Scripture is silent. We can imagine what Mary, John, and the others did. We can imaginatively place ourselves in their midst. Where do we need comfort or encouragement? Or are we the ones who want to offer it to another? The disciples probably had a variety of reactions: perhaps a sense of failure or trauma, wondering what happened, but also perhaps faith, hope, courage, or trust that somehow God would make it better. Where are we in this story, right now, and how do we bring not only our own lives but also the lives of others in our wider communities into this story? We know that Easter is coming. When Easter arrives, what do we hope will be fulfilled?

– *Marina McCoy* (“Praying on Holy Saturday,” from *Ignatian Spirituality.com*)

HEAR

Holy Saturday Meditation (*approximately 10 mins*)

PRAY

Come, let us see our Life lying in the tomb, that He may give life to those that in their tombs lie dead. Come, let us look today on the Son of Judah as He sleeps, and with the prophet let us cry aloud to Him: Thou hast lain down, Thou hast slept as a lion; who shall awaken Thee, O King? But of Thine own free will do Thou rise up, who willingly dost give Thyself for us. O Lord, glory to Thee.

Today a tomb holds Him who holds the creation in the hollow of His hand; a stone covers Him who covered the heavens with glory. Life sleeps and hell trembles, and Adam is set free from his bonds. Glory to Thy dispensation, whereby Thou hast accomplished all things, granting us an eternal Sabbath, Thy most holy Resurrection from the dead.

– *Greek Orthodox Hymns for Holy Saturday Liturgy (Hymns of the Ainoi “Praises”)*