

# holy week 2020

BE STILL AND KNOW THAT I AM GOD.

PSALM 46

PRAYMK

## This pandemic feels a bit like an endless Holy Saturday, doesn't it?

We hear hourly about the virus and what it is doing, but we don't know how or when it will end. Holy Saturday - between Good Friday and Easter - must have felt incredibly long to those who knew Jesus. His friends would have spent time grieving for him but also for the life they led with him. They might have been holding up memories to look at. And it must have felt like a huge confusing disappointment. How could He have let this happen?

As we stay safely at home, or go out to work as safely as we can to support and care for others, we might feel confused, disappointed, frightened, depressed, anxious or simply sad. But perhaps as we are forced to be distant from our friends, families and colleagues, we might seek for a deeper connection with our Creator. As we do that, we might gain a deeper connection with ourselves.

Eckhart Tolle said: "You find peace not by rearranging the circumstances of your life, but by realising who you are at the deepest level."

Our circumstances have changed, and perhaps now is a good time to let ourselves be ourselves. Get some paper and a pen and write down the thoughts in your head: people,

worries, joys, jobs to do, and then sit quietly for five minutes. Light a candle, or go out into the garden if you have one. Breathe in for 5 and out for 6, then breathe in for 5 and out for 7, then in for 5 and out for 8. Then breathe normally.

Next, list down the things that you enjoy. These can be anything: sights, smells, sensations, tastes or sounds. They can be things you miss from pre-Covid days or they can be things you enjoyed today. Sit with these things in your mind and be thankful. God made delight and He is delighted with you.

Unlike Jesus' friends, we know what happened after Holy Saturday. We know Easter happened. And resurrection can happen now - in this moment. And then it will need to happen again, and again as we go about our days. God is risen in Jesus and he cannot leave us, we are adopted into the family. Our family is scattered at the moment, but our hearts and minds connect daily as we connect with the Great Connector. The Great God who is our 'refuge and strength an ever-present help in trouble' (Psalm 46).

'Be still and know that I am God.'

If you would like to follow along with the video, go to [www.facebook.com/praymiltonkeynes](https://www.facebook.com/praymiltonkeynes)

The ebook, 'That Week,' is a series of reflections for Holy Week which you can print out or read on your phone.

## Families - Lego Prayers

With Lego or Duplo or any other building blocks, have a go at building a tower. For each brick you add, you could say a prayer.

For example, with a red brick, you could say sorry for something; with a blue brick, you could say thank you to God for something; with a yellow brick you could say a prayer for someone you are concerned about or who you aren't able to see at the moment.

Or you could see how big a tower you can make by adding a brick for each thing you are thankful to God for. Have fun - God loves it when you do!

