

Holy Saturday

Today is a day of waiting: first the pain, then the waiting, then the rising. We must sit today with our own response to the gruesome crucifixion of our Lord and ask ourselves: How do we respond? What does today, a day of waiting, look like as followers of the recently crucified Lord? The disciples were in shock. They didn't know what to do in the wake of this devastating loss. They could not see a way forward through the grief and profound loneliness without Jesus.

READ: Matthew 27: 56-61

REFLECT: Holy Saturday is a day of waiting. Often times Holy Saturday gets overlooked; we tend to jump straight from the pain and darkness of Good Friday to the light and joy of Easter Sunday without fully experiencing what has happened. This also happens in life. We often want to just skip ahead to the happiness, skip ahead and be healed. But what we sometimes forget is that it is in the still and quiet waiting that we heal. On this Holy Saturday, don't move too quickly away. Pain deserves to be acknowledged. Sit with it. Feel it. Lean into it. What pain are you avoiding? How does it feel to allow yourself to feel what you feel, knowing that good news comes in the morning?

PRAY: Lord, today all is silent. You have given your precious life for the salvation of the world. You died a horrific death, poured out all mercy from your wounded heart, and now you rest in peace in the tomb as the soldiers keep vigil. Lord, may I also keep vigil with you as you sleep. I know that this story ends with your glorious triumph. But for now, I sit quietly mourning your death. Help me, dear Lord, to enter into the sorrow and the silence of this Holy Saturday. Today the world waits in mourning and in anticipation of the glory of new life. Amen.