



Holy Week Devotional 2020

Lake Shore Church

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Sunday Night/Introduction

Dear Friends:

We call this Holy Week. This week that starts with Jesus' Triumphant Entry into Jerusalem and then turns dark and somber very quickly. This is the week that takes us to the cross. It is a holy week.

Holy week is different this year. We won't be in the church building. This is hard for many of us. Our building is a sacred space. A place that is set apart for the worship of God. It is holy. But it is only holy because it is where we gather for worship. Any place where we worship is holy. As we move our worship into our homes, as we set our homes up for the worship of God, we know these are sacred spaces too. After all, the early church didn't gather in church buildings. They gathered in their homes. The church was very much alive back then and we know our church is very much alive this week as well.

I invite you to use this devotion as a daily act of worship. Gather whoever is in your house (or just yourself). Some adjustments may need to be made for the kids, but know that we have designed many of the activities to be kid friendly. Set time aside each day to do these devotions. Decide on a space to do it. Maybe it is in the living room. Maybe at the kitchen table. Know that these devotions are created out of love and they are created to be interactive and participatory. Imagine being in discussion with each of the authors of these devotions. They come to you from myself, Pastor Isaac, and our pastoral intern Ginny Stieler. Pastor Isaac has joined our staff for these next few months (you'll remember he was going to cover during my sabbatical – now you get both of us – what a blessing). His two devotions in this booklet offer us a great introduction! The format for each devotion is as follows:

- Scripture reading
- Pastoral reflection
- Questions for reflection
- Individual/Family Activity

Remember too that we will be uploading worship videos for Maundy Thursday and Good Friday. They will be up by noon on each of those days and can be viewed at any time later that day. They are all in addition to these devotions and I invite you to do both. Before starting the Maundy Thursday worship video, please be ready with some bread and juice (or wine), so that we can remember the Last Supper together.

As I write, I am hearing that the death tolls from Covid-19 are expected to be hitting a high point during Holy Week. As we are surrounded by death, how appropriate it is for us to reflect on Jesus' death and his sacrifice. We remember how his death saves us. And we know that even now, Easter is still coming. Praise be to God, Amen!

In Christ,
Pastor Adam

P.S. We have included an Easter worship flyer. Please help us spread the word about Easter worship. The number one reason that people visit a church on Easter is because someone in that church invited them. Even during this time, I know it will still be true! And because of this time, I expect a lot more people will be tuning in for a message of life and hope!

Monday, April 6, 2020 ~ Ginny Stieler

John 12: 1-11, The Message (MSG)

Six days before Passover, Jesus entered Bethany where Lazarus, so recently raised from the dead, was living. Lazarus and his sisters invited Jesus to dinner at their home. Martha served. Lazarus was one of those sitting at the table with them. Mary came in with a jar of very expensive aromatic oils, anointed and massaged Jesus' feet, and then wiped them with her hair. The fragrance of the oils filled the house. Judas Iscariot, one of the disciples, even then getting ready to betray him said, "Why wasn't this oil sold and the money given to the poor? It would easily have brought three hundred pieces of silver." He said this not because he cared two cents about the poor, but because he was a thief. He was in charge of their common funds, but also embezzled them. Jesus said, "Let her alone. She's anticipating and honoring the day of my burial. You always have the poor with you. You don't always have me." Word got out among the Jews that Jesus was back in town. The people came to take a look, not only at Jesus, but also at Lazarus, who had been raised from the dead. So the high priests plotted to kill Lazarus because so many of the Jews were going over and believing in Jesus on account of him.

Reflection

They called him a wasteful person. The place smelled like the perfume department of a big store. It was as if somebody had bumped an elbow against a bottle and sent it crashing to the floor, setting off the most expensive stink bomb on earth! But it happened in a house, not a shop. A house to which Jesus had been invited for a meal by his best friends, Mary, Martha and Lazarus, and the person that was no casual shopper. Martha served, but Mary chose the better way. She chose to anoint Jesus' feet as a way to give what she had to the Lord. The thief objected because she was a woman (how dare she touch a man who wasn't her husband!), but also because his priorities were in the wrong place. Jesus sat still while she poured the precious oil on his feet. And those who smelled it, and those who saw it, and those who remembered that he was against extravagance, called him a wasteful person. They forgot that he had nothing, And they who had much and who had given him nothing, objected. God has time for women, for the poor, and for you and me. Will we choose the better way and give what we have to our Lord during this holiest of weeks? Let us remember - he has given us himself.

Taken from the Iona Community, "Stages On the Way"

Additional Reflection

In the midst of this current pandemic, we have seen acts of selfishness. There are those who decided to hoard in order to insure that they had enough for themselves. Food, hand sanitizer, toilet paper...there have been plenty of items that have flown off the shelf. The empty shelves seem to be more a result of our hoarding than because of increased use. Then there are those who have taken advantage of others by buying up items of high demand and then turning around and selling them at a steep profit. Price gouging has been alive and well during this time. They justify themselves by saying they are helping create market efficiencies. As Christians we understand a different way. The way of generosity. We have also seen during this time great and heroic acts of generosity. People who are giving freely of their money to support those who have little. Our health care workers who are putting themselves in harm's way to care for the sick. We are noticing neighbors who are reaching out in especially generous ways to one another. Like one neighbor who recently started CPR on someone who collapsed because of difficulty breathing. We are reminded that as we give to the "least of these" we are giving to our Lord himself (Matthew 25: 40).

Questions for Reflection

- Have you ever felt that an act of generosity was really just wasteful?
- What are some acts of generosity that you have seen during this COVID-19 time?
- How does this COVID-19 time impact your level of generosity? Does it make you want to give more or less?

Activity

Mary's act of generosity was grounded in gratitude to Jesus for what he did for her brother. Take out a piece of paper or your journal and spend five minutes writing down all that you are grateful for. If you are with others, do this as a group.

Additional activity for the kids

In thanksgiving to God, and as an act of generosity, create cards for neighbors who live by themselves. Leave them on the doorstep.

Tuesday, April 7, 2020 ~ Pastor Isaac Chung

John 12:20-36, The Message (MSG)

20-21 There were some Greeks in town who had come up to worship at the Feast. They approached Philip, who was from Bethsaida in Galilee: "Sir, we want to see Jesus. Can you help us?" 22-23 Philip went and told Andrew. Andrew and Philip together told Jesus. Jesus answered, "Time's up. The time has come for the Son of Man to be glorified. 24-25 "Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it is, destroys that life. But if you let it go, reckless in your love, you'll have it forever, real and eternal. 26 "If any of you wants to serve me, then follow me. Then you'll be where I am, ready to serve at a moment's notice. The Father will honor and reward anyone who serves me. 27-28 "Right now I am storm-tossed. And what am I going to say? 'Father, get me out of this'? No, this is why I came in the first place. I'll say, 'Father, put your glory on display.'" A voice came out of the sky: "I have glorified it, and I'll glorify it again." 29 The listening crowd said, "Thunder!" Others said, "An angel spoke to him!" 30-33 Jesus said, "The voice didn't come for me but for you. At this moment the

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world is in crisis. Now Satan, the ruler of this world, will be thrown out. And I, as I am lifted up from the earth, will attract everyone to me and gather them around me.” He put it this way to show how he was going to be put to death. 34 Voices from the crowd answered, “We heard from God’s Law that the Messiah lasts forever. How can it be necessary, as you put it, that the Son of Man ‘be lifted up’? Who is this ‘Son of Man’?” 35-36 Jesus said, “For a brief time still, the light is among you. Walk by the light you have, so darkness doesn’t destroy you. If you walk in darkness, you don’t know where you’re going. As you have the light, believe in the light. Then the light will be within you, and shining through your lives. You’ll be children of light.”

Pastoral Reflection

The power of multiplication! We are seeing the negative power of it today as we try to slow the spread of the COVID-19 pandemic with our social distancing, self-isolation, and quarantine measures. The idea being that if we stay alone, the virus can’t jump to another person. In today’s scripture, Jesus is teaching about the positive power of multiplication. A single grain or seed, remains single, unless it is planted, then it sprouts and reproduces. During this crazy time of global pandemic crisis, I think many of us are realizing how much we have overlooked and taken for granted the human experience of contact and connection. Have you longed to just be out among people, even strangers? Doesn’t it feel good seeing your neighbors walk by or the delivery person at the door? Are you looking forward to your “essential” trips to the grocery store? Just as our human experience craves contact and connection, Jesus says our faith is no different. Faith is something we do with others, and for others. This is how it grows and spreads. Our lives are like a seed, and its purpose is to bear fruit! Jesus offered his life so that seeds of life might be grown in all people. During our time of crisis, how can we give our lives to share our faith and to share the life of Christ with others? Many with medical training are going to work and risking their lives as an act of faith. But how about the rest of us? How can we share the light of Jesus Christ during this dark time? Maybe it’s time to reach out to your neighbors and offer a helping hand. Maybe it’s time to learn to FaceTime and Zoom and MarcoPolo and Duo and Messenger, so you can stay connected with friends, family, and more. Maybe it’s time to get on the phone more or to send out cards and letters. Maybe it’s a recommitment to stay connected with your church family. Maybe it’s being more open about your faith – sharing hope or what God is teaching you, how you are being encouraged or challenged, or even the questions and doubts you have, so that you might have some deeper conversations with your co-workers, friends, neighbors, and family members. Our lives are not our own, but belong to God, whom we serve and follow, and when we die to ourselves, then God will use us to bear fruit as his children of light!

Questions for Reflection

- How is God challenging you to “die”? How can you “spread” your faith today?
- For children especially... What are signs of things coming to life in the springtime?
- What are ways we can show God’s love and be God’s Light?



Activities (choose one, two, or three of these)

- Get outside today. Plant a tree! Or flowers, or vegetables! Let it be a reminder of the power of multiplication and growth!
- Write a message of hope, a bible verse, or draw a rainbow of promise at the end of your driveway for your neighbors to see.
- Write a message of hope, a bible verse, or post a picture of encouragement on your social media feed. Go a small step past what you normally would post.
- Be intentional about contacting and connecting with someone today that God puts on your heart.
- Download and try a new communication App today! “Messenger” or “FaceTime” someone you haven’t yet!
- Give those in your house, a prolonged Hug or Kiss, and savor the ability to do it!

Wednesday, April 8, 2020 ~ Pastor Adam Grosch

Reading: John 13: 21-32 (NIV)

²¹ After he had said this, Jesus was troubled in spirit and testified, “Very truly I tell you, one of you is going to betray me.” ²² His disciples stared at one another, at a loss to know which of them he meant. ²³ One of them, the disciple whom Jesus loved, was reclining next to him. ²⁴ Simon Peter motioned to this disciple and said, “Ask him which one he means.” ²⁵ Leaning back against Jesus, he asked him, “Lord, who is it?” ²⁶ Jesus answered, “It is the one to whom I will give this piece of bread when I have dipped it in the dish.” Then, dipping the piece of bread, he gave it to Judas, the son of Simon Iscariot. ²⁷ As soon as Judas took the bread,

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Satan entered into him. So Jesus told him, "What you are about to do, do quickly." ²⁸ But no one at the meal understood why Jesus said this to him. ²⁹ Since Judas had charge of the money, some thought Jesus was telling him to buy what was needed for the festival, or to give something to the poor. ³⁰ As soon as Judas had taken the bread, he went out. And it was night. ³¹ When he was gone, Jesus said, "Now the Son of Man is glorified and God is glorified in him. ³² If God is glorified in him, God will glorify the Son in himself, and will glorify him at once.

Pastoral Reflection (April 8, con't.)

Who is responsible for Jesus' death? There were the "Jews," which is the bible's reference to the religious leaders of the day. They were out to get Jesus early on. They were the ones who began talking about it and actively worked toward it. Then there is Pilot, the governor of the state, the only one who could issue the death sentence. And of course, there is Judas. We can blame any of the above.

As we are faced with this current enemy, the coronavirus, there is this question looming of who is responsible. When these questions are asked, I am reminded of the cracks and fissures of division that existed in our society before the virus struck. Blame is often cast around these fissures. Some blame the Chinese. Others, the Europeans. We can blame the media. We can blame our politicians. Of course, our politicians blame each other. Where does the responsibility fall?

Of course, this is the wrong question for the moment. It would be better for us to come around in common cause with one another. But the desire to cast blame is natural. When there is someone else to blame, then the spotlight comes off ourselves. When Jesus announces there is a betrayer among them, what do they do? They ask who. They want to know who they should blame.

Of course, Jesus names Judas as the Betrayer. God does hold people accountable for their actions. God does assign responsibility. And Judas certainly bears responsibility. But it is not just him. There are others to blame. And as this question has been asked over these last 2000 years, we have come to recognize that actually each of us are culpable too. In both an individual and collective sense, our sinful nature killed Jesus. Our desire to live for ourselves. To protect our own interests. The way we live in ignorance. Our desire to grab power and to seek control over others. These all contributed to Jesus' death.

Before we are quick to focus blame for coronavirus onto others, we would be wise to examine the way each of us betray our neighbors and our God. In what ways are we acting in our own self-interest in this time? Later, when it is time to cast judgement and to hold others accountable, let's also remember that it was immediately after Jesus announces the guilt of Judas that he then says, "Now is the Son of Man glorified." God can use even the betrayals for his glory. For each of our sakes, thank God!

Questions for Reflection

- What is the difference between blaming and holding someone responsible?
- Have you contemplated questions of blame related to our current pandemic? In what ways has this been helpful and in what ways has it not been helpful?
- Do you have a personal experience of betrayal? How did you respond to that betrayal? How would you compare that response to the way that Jesus responds to Judas?

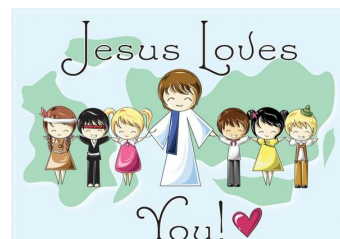
Personal/Group Activity



Recognize your own culpability and the ways that you have betrayed God and others. Now write a prayer of confession. If you are with others, share these prayers with one another and after each shares have the other offer this assurance:

"Through the cross of Christ, you are forgiven."

For the kids: Take a piece of paper and cut out a large cross. On the cross invite the kids to draw or write about a recent moment when they let their anger or selfishness take control of their behavior. After encouraging them to take responsibility for the action, talk to them about the cross and assure them: "Jesus loves you."

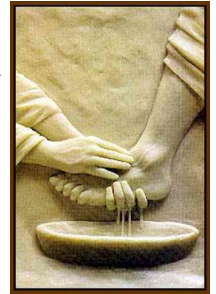


Thursday, April 9, 2020 ~ Ginny Stieler

John 13: 2-9, 12b-15, Common English Bible

Jesus and his disciples were sharing the evening meal. The devil had already provoked Judas, Simon Iscariot's son, to betray Jesus. Jesus knew the father had given everything over to his hands and that he had come from God and was returning to God. So he got up from the table and took off his robes. Picking up a linen towel, he tied it around his waist. Then he poured water into a washbasin and began to wash the disciples' feet, drying them with the towel he was wearing. When Jesus came to Simon Peter, Peter said to him, "Lord, are you going to wash my feet?" Jesus replied, "You don't understand what I'm doing now, but you will understand later." "No!" Peter said. "You will never wash my feet!" Jesus replied, "Unless I wash you, you won't have a place with me." Simon Peter said, "Lord, not only my feet, but my hands and my head!" Jesus responded, "You disciples are clean, but not every one of you." He knew who would betray him. That's why he said, "Not everyone of you is clean." Then he said to them, "Do you know what I have done for you? If I, your Lord and teacher, have washed your feet, you must wash each other's feet. I have given you an example: just as I have done, you also must do."

Reflection: . He could have called Judas out - been a divine whistle blower. Why wasn't there a showdown? Jesus is God, he knew everything, and yet he chose a different way. Instead of exposing Judas as a betrayer and Peter as a denier, he showed his love for these men by being a servant, humbling himself and washing their feet. The gospel of John tells us that Jesus loved this world fully and right to the very end. His disciples, indeed, all of his followers were his community of loved ones, just as we are today. Sin is in the world, Jesus knew that, and yet he chose a different way. Jesus knew what was in store for him - suffering and death on a cross. He took sin upon himself and showed us his awesome love. He set an example for us and the world by figuratively, humbly washing our feet. During this time of extreme stress, when we are having to separate ourselves from one another, when we can't gather as usual to partake of the Lord's Supper - to "wash each other's feet," let us continue to do the acts of love that Jesus showed his disciples. Let us "chose a different/better way" as we continue to be in touch as much as possible. Call your loved ones and friends; do the small things that still say we are a community and that we love each other with God's love. Stay strong!



Based on a commentary by Robert Hoch

Questions for reflection

- Would you ever consider "washing the feet" of someone who has betrayed you?
- What are some acts of love that you can offer others in this time?
- When is a time that you have resisted receiving an act of love or generosity from someone else?

Activity

During this time when hand washing has become so important, put water in a basin and grab a towel. Take turns washing one another's hands. Spend time on each finger and each thumb. Be meticulous. This is an act of love. You may want to use fresh water for each person! If you are by yourself, fill a basin and grab a towel and do it yourself! While your hands are being washed, imagine that it is Jesus washing them. Take that in!

REMEMBER TO JOIN US FOR OUR MAUNDY THURSDAY SERVICE ONLINE

Friday, April 10, 2020 ~ Pastor Isaac Chung

John 18:1-27, New Revised Standard Version (NRSV)

18 After Jesus had spoken these words, he went out with his disciples across the Kidron valley to a place where there was a garden, which he and his disciples entered. ² Now Judas, who betrayed him, also knew the place, because Jesus often met there with his disciples. ³ So Judas brought a detachment of soldiers together with police from the chief priests and the Pharisees, and they came there with lanterns and torches and weapons. ⁴ Then Jesus, knowing all that was to happen to him, came forward and asked them, "Whom are you looking for?" ⁵ They answered, "Jesus of Nazareth." Jesus replied, "I am he." Judas, who betrayed him, was standing with them. ⁶ When Jesus said to them, "I am he," they stepped back and fell to the ground. ⁷ Again he asked them, "Whom are you looking for?" And they said, "Jesus of Nazareth." ⁸ Jesus answered, "I told you that I am he. So if you are looking for me, let these men go." ⁹ This was to fulfill the word that he had spoken, "I did not lose a single one of those whom you gave me." ¹⁰ Then Simon Peter, who had a sword, drew it, struck the high priest's slave, and cut off his right ear. The slave's name was Malchus. ¹¹ Jesus said to Peter, "Put your sword back into its sheath. Am I not to drink the cup that the Father has given me?" ¹² So the soldiers, their officer, and the Jewish police arrested Jesus and bound him. ¹³ First they took him to Annas,

who was the father-in-law of Caiaphas, the high priest that year. ¹⁴ Caiaphas was the one who had advised the Jews that it was better to have one person die for the people. ¹⁵ Simon Peter and another disciple followed Jesus. Since that disciple was known to the high priest, he went with Jesus into the courtyard of the high priest, ¹⁶ but Peter was standing outside at the gate. So the other disciple, who was known to the high priest, went out, spoke to the woman who guarded the gate, and brought Peter in. ¹⁷ The woman said to Peter, "You are not also one of this man's disciples, are you?" He said, "I am not." ¹⁸ Now the slaves and the police had made a charcoal fire because it was cold, and they were standing around it and warming themselves. Peter also was standing with them and warming himself. ¹⁹ Then the high priest questioned Jesus about his disciples and about his teaching. ²⁰ Jesus answered, "I have spoken openly to the world; I have always taught in synagogues and in the temple, where all the Jews come together. I have said nothing in secret. ²¹ Why do you ask me? Ask those who heard what I said to them; they know what I said." ²² When he had said this, one of the police standing nearby struck Jesus on the face, saying, "Is that how you answer the high priest?" ²³ Jesus answered, "If I have spoken wrongly, testify to the wrong. But if I have spoken rightly, why do you strike me?" ²⁴ Then Annas sent him bound to Caiaphas the high priest. ²⁵ Now Simon Peter was standing and warming himself. They asked him, "You are not also one of his disciples, are you?" He denied it and said, "I am not." ²⁶ One of the slaves of the high priest, a relative of the man whose ear Peter had cut off, asked, "Did I not see you in the garden with him?" ²⁷ Again Peter denied it, and at that moment the cock crowed.

Pastoral Reflection

Jesus is so sure about who he is. Simply, I AM.

Peter on the other hand, keeps stating, "I am not!"

Jesus surely knows who he is, while Peter is still figuring out his own identity.

Throughout the gospel of John, Jesus has made assertions of who he is. I Am the Good Shepherd. I Am the True Vine. I Am the Light of the World. I Am the Way, the Truth, the Life. Implicit in all these statements is that Jesus is saying He Is God. A reminiscence of Moses being told God's name is "I Am who I Am". The ultimate existence. Who was, and is, and is to come. So when it comes to being questioned on the night of his betrayal, he simply answers all the questions of "Are you..." with "I AM". If wondering why that is such a offensive answer with the Jewish leaders, we have to remember that they never (still) even write the name G-d and whenever the Hebrew name for God, YHWH, came up in their writings, they simply said, "the Lord". Uttering the name of G-d was blasphemy, heresy, and a death sentence, and that is exactly what Jesus is embracing. He was NOT put on trial for leading a sect, teaching rebellion, gathering more followers, or being more popular. He ultimately was put on trial for saying he is God, I AM.

Peter, when questioned and challenged that he was one of Jesus' followers, kept answering, "I am not." It's easy to call him a coward, and that is exactly what he himself felt afterward, but let's give him a break. There were many times earlier and then later that he understood who Jesus is and who he is in him. We too are still trying to figure out who we are and who we are not. We vacillate back and forth as well. God says... You are my Beloved, You are my children, You are sons and daughters of the King of the Universe. So what do you say? Who are you?

The reason why today is GOOD is because how we answer at any given time doesn't matter as much as how Christ answers who he is. When Jesus says, "I AM", that overcomes all the times we say "I am not." When Christ goes to the cross to become the sacrifice, it is once and for all, and our feeble attempts to make ourselves right before God don't matter anymore, because Christ's righteousness is what counts. When Jesus says, "It is finished," (19:30) it is the beginning of a reconciled relationship with God that doesn't depend on us, but is made possible in Christ Jesus. Brothers and Sisters, know this paradoxical truth today, "You Are" beloved forever, because of "I AM".

Questions for Reflecion

- How do you vacillate in your identity as a child of God?
- What ways do you continue the folly of making yourself "right" with God?
- For children especially... What else are you in God's eyes? Complete this with as many answers as you can.
"You Are... !"

Activities

- Create a Paradox Poster board with all of Jesus' I AM statements, followed by "You Are" statements. (i.e. Jesus says, "I AM the Good Shepherd", so You/We Are his sheep"). Once you are done, contact someone to let them know "You Are..."



REMEMBER TO JOIN US FOR OUR GOOD FRIDAY SERVICE ONLINE TODAY

Holy Saturday - April 11, 2020

Scripture: none

~ Pastor Adam Grosch



Pastoral Thoughts

Silence. That is what today is about. There is no reading for today. Scripture is silent about what happened on Holy Saturday. The scripture jumps from Jesus' burial as the sun sets Friday night to just before dawn on Easter morning. We can guess what the day looked like. Saturday was the Jewish Sabbath. And so they observed the Sabbath. All things ceased. They didn't work. They didn't play. They spent the day in silence. Where were they? They were at home. Or at least in a home. They were likely in that upper room. The same one where they celebrated the Last Supper. All of those memories would be at the top of their mind. They were remembering all that Jesus had said about his death and realizing that he knew they would be in this place. Then there was the memory of his gruesome and ugly death. It was jarring. They were in grief. They needed to re-evaluate everything. Life is now lost. Hope is lost. Their purpose and mission gone. At least it seems.

When you are experiencing a crisis in your life, it's natural to dwell on the crisis more than anything else. It's natural to let the crisis take over and consume you. Whether it's a death, a small personal dilemma, or a global pandemic, our natural tendency is to meditate on that thing. How are you filling the silence of these days? How often do you check the latest developments on the news? It's important to stay informed but I know I am checking more than I need to. It doesn't matter that I just looked an hour ago (or less). What number are they reporting now? How long are they saying this will last? How is the stock market doing? What does the latest expert have to contribute? What are our leaders saying?

We can choose to fill the silence differently. Sabbath is meant to turn our focus back to God. To re-evaluate everything through the lens of God. The disciples probably wouldn't have chosen to rest on this day. But there could have been a blessing in it if they took the chance to focus on God's goodness. Even in their grief, they could still give thanks to God for Jesus. They could thank God for the time they had together and for all he taught them.

In this time where we often find ourselves at home, in the midst of a world that is upside down. When we can't go go go, might we take advantage of moments of rest? Moments of silence? Yes, it is good to sit and recognize the grief and loss of this moment. But that doesn't mean dwelling on our anxiety. Can we use silence to praise God in the midst of our grief? Can we focus our eyes in gratitude for the things we do have? After all, life is bigger than our current crisis. The disciples didn't know it yet, but they are about to find out just how much bigger God is than the current crisis they are experiencing!

Questions for Reflection

- Can you remember a time when family has been gathered together in the aftermath of death? How might the disciples' Holy Saturday experience been similar? How might it have been different?
- In what way has this COVID-19 time provided rest and sabbath to you?
- In what way is COVID-19 been a time of loss and grief for you?

Individual/Family Activity: Meditation

Try some silent meditation. Get a timer. Find a comfortable spot in the room where you can be seated and relaxed (if you are with others, spread out around the room). Silence all distractions. Set your timer for 5 minutes (or another set amount of time). Choose a centering word (example: Jesus, cross, peace, etc). Have everyone close their eyes. Start your meditation by focusing on your breath. Breathe in through your nose and out through your mouth. As you breathe in and out, focus on your centering word. Now let your mind rest as best you can. It's natural for your mind to begin to wander. As it does, go back to breathing and your centering word. The object here is to try and "empty" your mind. When your timer goes off, you can open your eyes again. If you are with family, share your experience with one another. Otherwise, take a moment to write down and reflect on your meditation experience.

**PLEASE JOIN US FOR EASTER SERVICE, SUNDAY, APRIL 12, 2020 AT 10AM
IT'S ONLINE, INVITE YOUR FAMILY & FRIENDS**