

HOLY WEEK | HOLY SATURDAY



seeking:
*Why have you
forsaken me?*

**What emotions
does this week
stir up in you?
How do you
sit with those
emotions?**



prayer

God of our best days and our worst days, this week is laden with emotions. I feel the joy and the fear of Palm Sunday. I feel the grief and the love of Maundy Thursday. I feel the pain and the injustice of Good Friday. Help me to sit with these emotions instead of running from them. Allow me to be present to the full story so that I might be present to you. Amen.