

HOLY WEEK

Silent Saturday

Silent Saturday Passage and Resources

On Silent Saturday we prepare our hearts for Easter by remembering our great need for Jesus' love. On the first Silent Saturday, Jesus' disciples didn't know that Sunday was coming, like you and I do. They were experiencing deep grief and loss, confusion, and probably had unanswered questions. We participate in this day by slowing down, pausing, and remembering our desperate need for Jesus' love. Some people also choose to fast on Saturday to help them focus on God's love. (More info on fasting is linked under the Good Friday Resources.)

Passage:

Out of the depths I cry to you, Lord; Lord, hear my voice. Let your ears be attentive to my cry for mercy.

If you, Lord, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you.

I wait for the Lord, my whole being waits, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.

He himself will redeem Israel from all their sins.

Psalm 130 (NIV)

Invitations: We invite you to shape your day in response to Jesus' love. Here are some suggestions for how you may choose to respond today:

1. **Spend your day in a posture of waiting.** This invitation may seem ethereal, however it is an invitation for your whole being - mind body soul and spirit, to actively wait upon the Lord, and feel the grief of Silent Saturday.
2. **Participate in this Guided Prayer Practice.** For the rest of the day, pause every 2 hours and slowly read through Psalm 130. As you read, pray and ask God to move and answer the thing you are desperately seeking Him for. We don't know how God is going to answer our prayers, but we get to wait for Him "more than the watchmen wait for the morning."

