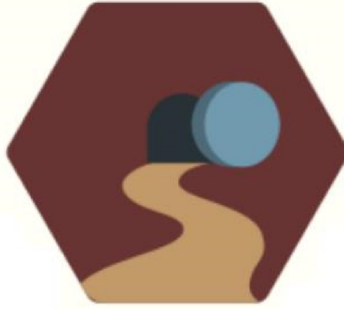


Holy Saturday



This day in the Holy Week is the day Jesus lay in the tomb. While many of his disciples had fled the scene, some of the women who followed Jesus stayed behind. They buried Jesus in a borrowed tomb on Friday before the Sabbath began. The tomb was then sealed tightly and guarded by Roman soldiers. On Saturday we remember how Jesus' disciples must have felt, thinking that everything was over, knowing that Jesus was dead.

Scripture: Luke 23: 55-56

“The women who had come with Jesus from Galilee followed Joseph of Arimathea. They saw the tomb and how Jesus' body was laid in it. Then they went away and prepared fragrant spices and perfumed oils. They rested on the Sabbath in keeping with the commandment.

Activity: Moment of Silence

Need: Just yourself.

Take a moment out of your day as an individual or as a family and just be silent. Use this time to reflect on what happened to Jesus and the miracle that is to come. You can also use this time to pray if you'd like.

Prayer: We rest in your love, O God as we keep silence this day. We wait for the coming of the dawn of Easter light. In the name of Jesus, we pray, AMEN

Food Idea: We're quietest when we sleep so let's make food that makes us sleepy. Turkey has a naturally occurring amino acid that blocks proteins. Normally after consuming it, we become very sleepy. Make your families own favorite turkey dish and get some rest!