



A SPIRITUAL PRACTICE GUIDE

HOLY WEEK: APRIL 14TH - APRIL 20TH

HOLY MONDAY

APRIL 14TH

SCRIPTURE

Matthew 21:12-17

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

After entering Jerusalem, Jesus goes to the temple and overturns the tables of those who have turned a place of worship into a place of profit. His actions reveal His deep desire for pure devotion to God. Where is Jesus inviting you to examine your own heart? Are there distractions, habits, or misplaced priorities that need to be overturned so that your life can be a place of true worship?

SPIRITUAL PRACTICE

A Heart of Worship

- Spend time in reflection, asking God to reveal any distractions, habits, or attitudes that need to be overturned in your life. Write them down, then prayerfully surrender them to Jesus, asking Him to make your heart a place of true worship.

PRAYER

Lord, You know what is best;
Let this be done or that be done
As You please.
Give what You will, as much as You will, when You will.
Do with me as You know best, as will most please You,
and will be for Your greater honour.
Place me where You will and deal with me freely in all things.
I am in Your hand;
turn me about whichever way You will.
Behold, I am Your servant, ready to obey in all things.
Not for myself do I desire to live,
But for You - would that I could do this worthily and perfectly!
Amen.
St. Thomas À Kempis (1380-1470)

HOLY TUESDAY

APRIL 15TH

SCRIPTURE

Mark 12:28-34

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

A teacher of the law asks Jesus what the greatest commandment is, and He responds with a simple yet profound answer: Love God with all your heart, soul, mind, and strength, and love your neighbour as yourself. In a week filled with tension and betrayal, Jesus reminds us that love is the foundation of His kingdom. What does it look like for you to love God fully in this season? How is He calling you to love others in a way that reflects His heart?

SPIRITUAL PRACTICE

Receiving and Reflecting God's Love

- Find a quiet space and spend time in silence, opening your heart to receive God's love. When you're ready, ask God these two questions:
 - How can I love You more fully?
 - Who are You calling me to love today?
- Remain open to what surfaces. Let the Spirit shape your words, actions, and interactions today through the steady stream of love flowing from God.

PRAYER

Lord, because you have made me,
I owe you the whole of my love;
because you have redeemed me,
I owe you the whole of myself;
because you have promised so much,
I owe you my whole being.
Moreover, I owe you as much more love than myself
as you are greater than I,
for whom you gave yourself
and to whom you promised yourself.

I pray you, Lord,
make me taste by love what I taste by knowledge;
let me know by love what I know by understanding.
I owe you more than my whole self,
but I have no more,
and by myself I cannot render the whole of it to you.
Draw me to you, Lord, in the fullness of your love.
I am wholly yours by creation;
make me all yours, too, in love.
Amen.

- St. Anselm (1033-1109)

HOLY WEDNESDAY

APRIL 16TH

SCRIPTURE

Matthew 26:14-16

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

Judas agrees to betray Jesus for thirty pieces of silver. We may not betray Jesus in such a dramatic way, but we all face moments of temptation to prioritize our own desires over faithfulness to Him. Where are you tempted to compromise your faith? How can you remain steadfast in following Jesus, even when it requires sacrifice?

SPIRITUAL PRACTICE

Realigning with God's Heart

- Take time today for honest reflection. Are there areas—big or small—where you've been compromising your faith? Ask God to gently reveal anything in your life that needs to be realigned with His heart. Write a prayer of confession, surrendering these struggles to Him. Receive His mercy, and trust in His strength to lead you forward.

PRAYER

O Lord, who hast mercy upon all,
take away from me my sins,
and mercifully kindle in me the fire of thy Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore Thee,
a heart to delight in Thee,
to follow and enjoy Thee, for Christ's sake, Amen
— St. Ambrose of Milan

MAUNDY THURSDAY

APRIL 17TH

SCRIPTURE

John 13:1-17, 34-35

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

On the night before His crucifixion, Jesus kneels to wash His disciples' feet—an act of humility, love, and self-giving service. Even as He prepares to lay down His life, He chooses to serve. This is the kind of love He calls us to live out—not just in words, but in action. True discipleship is not about status or power, but about putting others before ourselves. How is Jesus inviting you to embody His love today? Where is He calling you to serve with humility?

SPIRITUAL PRACTICE

Serve with Humility

- Set aside intentional time today to serve someone in a tangible way. This could be through meeting a practical need, offering encouragement, or taking on a task that allows someone else to rest. If possible, serve in a way that requires humility—putting another person's needs above your own status or comfort, just as Jesus did for His disciples.

PRAYER

This is the night that it begins,
the festival of grief and somehow triumph.
The end is near.

Jesus, we are beginning to understand that
your grace makes no sense—
grace sits next to betrayers,
grace washes the feet of backstabbers,
grace breaks bread with the disloyal,
grace shares a cup with double-dealers.

Jesus, you are undoing every guarantee
that, in loving you, I will not lose.

You are losing everything.

Bless me now, as I see your sacrifice.

How you are pleading with us to love, as your friends break your heart.

How you are showing us how to remember, when we long to forget
that in your undoing, you remade the world.

-Kate Bowler

GOOD FRIDAY

APRIL 18TH

SCRIPTURE

John 19:16-30

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

As Jesus hangs on the cross, He endures rejection, agony, and the weight of the world's sin. Yet even in His suffering, He speaks words of forgiveness, care, and surrender. His final cry —'It is finished'—declares that the work of salvation is complete. This is a moment of sorrow, yet also of profound love and victory. Take time to reflect: What does Christ's sacrifice mean for you personally? How does His willingness to suffer for you change the way you live?

SPIRITUAL PRACTICE

Meditate on Jesus' Sacrifice

- Spend time in silence today, meditating on Jesus' sacrifice. Let His love fill your heart as you reflect on the depth of His suffering and the magnitude of His grace. Respond with gratitude—whether through prayer, journaling, or simply sitting in His presence, acknowledging all He has done for you.

PRAYER

O dear God,
We're in darker places
Than we've ever known.

God, light the way
For this whole sad earth,
For the helpless ones,
And for me.

God have mercy.
Christ have mercy.
Spirit have mercy.

Night has fallen
On the Light of the World,
And betrayal seems
The order of the day.

Love itself is handed over
To brutal ignorance
And cunning that loves the dark.

O God,
You chose to feel what we feel—
How it is to die totally alone,
Ghastly to behold
In Your outstretched
Arms of the cross.

Are You gathering to Yourself
Every hideous thing?
Every failure,
Travesty, and wrong?

Blessed are we
Who shout: Yes! Do it!
Turn things right side up again!

Blessed are we
Who bow and wait
For the morning of the world.

The light shines in the darkness,
And the darkness
Has not overcome it.

God have mercy.
Christ have mercy.
Spirit have mercy.

Open your hands.
Receive it—
Love that comes
Gently as the dawn.
-Kate Bowler

HOLY SATURDAY

APRIL 19TH

SCRIPTURE

Psalm 88

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

The day between the cross and the resurrection was one of waiting, uncertainty, and grief. The disciples had seen their hopes shattered, their Teacher crucified, and their world turned upside down. In this space of silence and sorrow, they did not yet see the redemption that was coming. Holy Saturday invites us into that place of tension—the space where we do not yet see the fullness of God’s plan but are called to trust Him anyway. Are you in a season of waiting? How can you hold onto hope, even when God seems silent?

Reflect on these words by Jonathan Martin:

There is grace this Holy Saturday
for all kinds of in-between spaces.
There is grace this Holy Saturday
for not being who you were,
but not yet being who you are to become.
There is grace this Holy Saturday
for those in the liminal, shadowy place
between crucifixion and resurrection.
There is grace this Holy Saturday
for those in between sleeping and waking,
grieving and dancing,
heartbreak and hope.
There is grace this Holy Saturday
for not knowing,
for holding tension,
for being unsure,
for making a bed in the belly of a whale.

There is grace this Holy Saturday
to rest, be still, and know,
or not know,
because resurrection doesn't depend on you
or need your permission.

SPIRITUAL PRACTICE

Embrace Stillness and Uncertainty

- Set aside time today to embrace the stillness of Holy Saturday. This is a day of waiting, of sitting in the unknown, much like the disciples did after Jesus' death. Read through the poem again slowly, letting its words speak to you. Take a walk, light a candle, or simply sit in silence, acknowledging the tension between grief and hope. Trust that even in the waiting, God is present and at work.

PRAYER

You are the God who remains with us during our Saturdays of waiting and wondering,
marked by the memory of Friday and the hope of Sunday.

Forbid us too-easy exits out of the darkness.

May we wait until we are at last interrupted by your life-giving grace.

Amen.

-Walter Brueggemann

EASTER SUNDAY

APRIL 20TH

SCRIPTURE

Luke 24:1-12

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

The tomb is empty! Christ has risen, and everything has changed. The sorrow of the cross has been transformed into the joy of resurrection. Death has been defeated, and new life is available to all who believe. Yet, just as the disciples struggled to grasp the reality of what had happened, we too can sometimes live as though resurrection hasn't truly taken place. What does it mean for you to live in the power of Christ's resurrection today? How is He calling you to embrace this new life with faith, joy, and hope?

SPIRITUAL PRACTICE

Noticing Resurrection

- **Step One: Go for a Walk (or Sit Somewhere Still)**
 - Spend time in nature or simply in a quiet space. Pay attention to what's around you—light, colour, movement, new growth, warmth, beauty. Ask God to open your eyes to signs of life and renewal.
- **Step Two: Reflect on Where You See Life Emerging**
 - Where do you see signs of resurrection? Where have you noticed hope rising, healing beginning, or something broken being made whole? Think about your own life—Where is God bringing new life to your thoughts, relationships, habits, or desires? Where is He gently calling you out of the tomb?
- **Step 3: Respond to What You Notice**
 - Take a moment to thank God for what you've seen. Ask Him to help you live as someone who believes resurrection is real—with open hands, renewed faith, and a heart ready for joy.

PRAYER

You summon us to life in the midst of death,
peace in the midst of violence,

praise in the midst of despair.

Filled once again with your unruly Spirit,

may we answer your summons and be part of the movement of life.

Amen.

-Walter Brueggemann