

# Meditation and Prayer for Holy Saturday

Some might regard the Saturday in Holy Week as not very important.  
A day of insignificance sandwiched between two great events.  
But there's something crucial about this gap.  
Indeed, there's something vital about all gaps...

The gap is a time to stop,  
a time to think,  
a moment to reflect.  
A pause to ask:  
What just happened?  
What does it mean?  
A stage to  
remember,  
accept,  
and come to terms with  
all that has passed.

It's a break in the rush of events to  
open our emotions,  
and realign our thinking.

The gap is a time to prepare,  
a time to get ready,  
a moment to look forward.  
A pause to ask:  
What happens now?  
Where do we go from here?  
A stage to  
open up,  
move on,  
and let God  
offer a new future.

It's a break in the rush of events to  
open our emotions,  
and realign our thinking.

The gap is a time for God,  
a time to seek,  
a moment to grow.

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A pause to ask:  
Where are you God?  
What are you doing in all this?  
A stage to  
find love,  
get close,  
and bind  
with God's will.

It's a break in the rush of events to  
open our emotions,  
and realign our thinking.

Hold the pebble,  
think about the stone rolled across the tomb,  
sealing what has happened  
and granting time to prepare.  
A stone to enforce a gap.

## Prayer

Loving God,  
We thank you that among the events of our lives,  
you give us time to pause.  
We thank you that you don't rush us through events,  
but offer us moments to remember and comprehend  
all that you do and all that you are.

Help us to understand the importance of the gap,  
and the crucial part it plays in our lives.  
Help us to use these occasions to seek you,  
grow in relationship with you,  
and bind our will with yours.

On this important Saturday,  
a day sandwiched between two major events,  
help us to accept the death of Christ,  
and prepare for the surprise that is to come.  
Through your crucified Son, we pray,  
Amen.

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