

Holy Saturday

The *Pray-as-you-Go* website begins the prayer session for this day without the usual musical extract and instead features the solemn tolling of a church bell, the sombre sound we hear sometimes at churches for funerals.

Between Good Friday and the Easter liturgies every year, Holy Saturday is an empty day.

How many of us spend this day reflecting on the aftermath of Good Friday?

Often we busy ourselves with preparations for the great festival of Easter, but this year it will be different for many.

Can you embrace this difference, make this Holy Saturday different?

Perhaps this year it will be easier to reflect on our current experience, with our changed lives, forced on us by Covid-19, and compare our experience with that of the disciples.

This year many of us are bewildered, lost, fearful of the future, frustrated, wondering how God could allow this to happen, the deaths of innocent, undeserving people.

What state were the disciples in after Jesus' ignominious death? Had they seen it coming? Did they understand why it had happened? How many questions were churning through their minds?

Like us there would be many different responses, but maybe Jesus' death represents the same challenge to us as it probably did to the disciples, the challenge of how we cope with suffering, our own, of those we love and of the human race.

Suffering comes in many forms apart from death, failure of relationships, mental and physical illness. Many of us can add various ways in which we have suffered.

What place does Jesus' suffering have in your faith?

Does suffering tempt you?

How do you react when you encounter suffering?

Are you tempted?

- To give up Faith in God? Get angry?
- To focus only on the happy times of Jesus' life on earth?
Denial?

What is a mature Christian response to suffering?

What to do today: meditate, further reading, delay rejoicing until later?