

Meditating

ON

SCRIPTURE



To meditate is to think on something carefully and deeply for a period of time.

Throughout Holy Week, use this resource corporately or individually to make space to explore Scripture.

Reflect on the moments leading up to Jesus' death and resurrection and allow the word of God to reveal itself to you in fresh ways.

The resources to support you in your Scripture meditation are as follows:

- A Bible reading plan following the events of Holy Week.
- Scripture journaling - an exploration.
- A focus on 'hidden' moments of Holy Week - the moments in Scripture we may overlook.

HOLY WEEK

A BIBLE READING PLAN



PALM SUNDAY

Jesus triumphantly enters Jerusalem
Matthew 21:1-11



MONDAY

Jesus at the Temple; The cursed fig tree
Matthew 21:12-22



TUESDAY

Day of questioning and parables
Matthew 21:23 to 25:46



WEDNESDAY

Judas decides to betray Jesus
Matthew 26:1-16



MAUNDY THURSDAY

Passover, arrest and denial
Matthew 26:17-75



GOOD FRIDAY

Jesus' trial, crucifixion, death and burial
Matthew 27:1-61



SILENT SATURDAY

Christ in the tomb
Matthew 27:62-66



EASTER SUNDAY

Jesus has risen!
Matthew 28

SCRIPTURE JOURNALING

AN EXPLORATION

Placing Yourself in the Story:

Imagining yourself in these pivotal moments can offer profound insights and deepen your connection to the narrative. Journal your thoughts.



- In the scene of the arrest, you might find yourself as Peter, struggling with the urge to defend at all costs. How would it feel to swing a sword in defence, only to be rebuked by the very one you're trying to protect?

- Around the table with Jesus, consider being John, filled with reverence and awe, hanging on to every word spoken. How would you contribute to the conversation, and what questions would you ask?



- Witnessing Jesus overturning tables, you could be a bystander, initially shocked but gradually understanding the righteous anger behind his actions. Would you feel inspired to challenge injustices in your own life?

- At Jesus' trial, imagine being a quiet observer, grappling with disbelief and hope battling within you. What words would form in your mind as you witnessed the unfolding injustice?



- As one of the disciples in the resurrection scene, perhaps you see yourself as Thomas, initially doubtful but ultimately filled with unshakeable belief once confronted with the truth. How would this transformation affect your faith journey?



By stepping into these roles, you embrace the opportunity to explore emotions and perspectives, enriching your spiritual journey and bringing Scripture to life in a tangible, personal way.

SCRIPTURE JOURNALING

AN EXPLORATION

Creative Expression:



Select a scene from Holy Week to draw, paint or visualise.

Reflect on how your artistic choices bring new insights into the story.

Creative expression through art allows you to engage with Scripture on a deeper level, inviting contemplation and personal interpretation. As you immerse yourself in the process, consider how each brushstroke or pencil line connects you more intimately with the narrative.



Journal your Reflections:

- Imagine yourself stepping into the shoes of a character within the scene. How might their experiences and emotions inform your understanding of the passage?
- Write a short dialogue between two characters, capturing their thoughts and feelings in that moment.
- Consider the setting and how it influences the actions and reactions of those present. What might the atmosphere feel like, and how does it contribute to the unfolding events?

By creatively engaging with Scripture, you allow your mind and heart to explore different dimensions of the text, fostering a rich, personal connection with the stories and lessons within.

HIDDEN MOMENTS OF HOLY WEEK

A DIVE INTO THE OVERLOOKED MOMENTS



PALM SUNDAY - THE DONKEY OWNERS

In the Gospels of Mark and Luke we can read details regarding the owners of the donkey and its colt. Jesus instructed his disciples to tell anyone who questions them that 'The Lord has need of it' (Mark 11:3; Luke 19:34 ESV). The magnificent moment easily missed in this passage is the owners' response. Luke 19:33-35 (ESV) says: 'And as they were untying the colt, its owners said to them, "Why are you untying the colt?" And they said, "The Lord has need of it." And they brought it to Jesus, and throwing their cloaks on the colt, they set Jesus on it.' Their instant reaction, requiring no thought or discussion, was sacrifice. What would you be willing to give up, with no wrestle, for the Lord?



MONDAY - JESUS CLEANSSES THE TEMPLE

Matthew 21:15-16 (ESV) says: 'But when the chief priests and the scribes saw the wonderful things that he did, and the children crying out in the temple, "Hosanna to the Son of David!" they were indignant, and they said to him, "Do you hear what these are saying?" And Jesus said to them, "Yes; have you never read, "Out of the mouth of infants and nursing babies you have prepared praise?"'" The often overlooked moment in this passage is that the children had more clarity and knowledge of Jesus than the chief priests and scribes. Where can you humble yourself to learn from those younger or less knowledgeable than you? Through whom and by what unexpected avenues could God be revealing himself to you?



MAUNDY THURSDAY - PETER'S DENIAL

Matthew 26:69-71 (ESV) says: 'Now Peter was sitting outside in the courtyard. And a servant girl came up to him and said, "You also were with Jesus the Galilean." But he denied it before them all, saying, "I do not know what you mean." And when he went out to the entrance, another servant girl saw him, and she said to the bystanders, "This man was with Jesus of Nazareth.'" On two occasions Peter was called to account by a 'servant girl'. It is reasonable to consider that though these girls had observed Peter, Peter was unaware of them. Like Peter, we too will be observed by people as we live under this banner of follower of Christ and may be held to account when our actions do not align with the Master we follow. Do your actions reflect Jesus well to an onlooker? Where do we deny Jesus with our actions, when we think no one is watching?