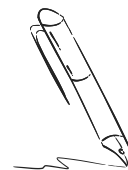
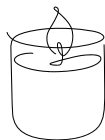
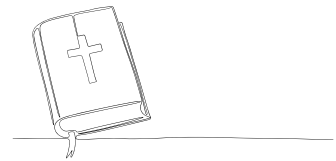
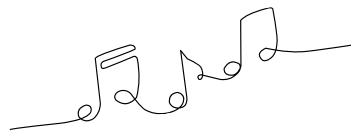
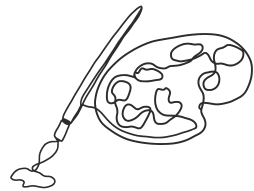


# Moments OF Meditation



# 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



### TUESDAY

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



### MONDAY

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



### 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

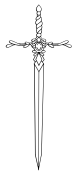
Jesus has risen!  
Matthew 28

# 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



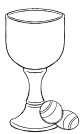
### PALM SUNDAY - THE DONKEY OWNERS

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?



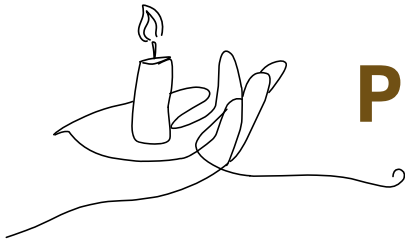
### MAUNDY THURSDAY - PETER'S DENIAL

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?

# Meditating

IN

**PRAYER**



There is no right or wrong way to pray. For some it may be in quiet time at home, for others while taking a stroll through nature. Others still may enjoy talking to God regularly throughout the day. Whether writing, speaking, calling out or thoughtfully meditating, prayer is a vital part of our walk with God. In this guide are some prayerful activities which may help you as you consider the courageous love of Jesus, and all that this week means.

The prayer resources include the following:

- Pray continually
- Pray through the day
- Breath Prayers
- Prayer Prompts with artwork

You can find some of these prayers in *Prayer Matters* - a resource that seeks to inform, encourage, disciple and ensure that the UK and Ireland Territory is immersed in prayer.

You can download *Prayer Matters* each month from [www.salvationist.org.uk/resources/discipleship/prayer-matters](http://www.salvationist.org.uk/resources/discipleship/prayer-matters)

## PRAY CONTINUALLY

1 Thessalonians 5:17 commands us to ‘pray continually’. However, continually shouldn’t mean literally do nothing except pray. Rather, it should be an instruction to talk to God continually throughout the day. Esther Shin Chuang says:

*‘Prayer should be less of a one-time event and more of a common and constant component throughout the day. When prayer becomes a regular rhythm of your life, it will feel like you are always praying.’*

For more information and to dive more into what it means to pray continually, read Eather’s blog post at: <https://www.christianitytoday.com/2023/07/breath-prayer-busy-mom-spiritual-disciplines/>

## PRAY THROUGH THE DAY

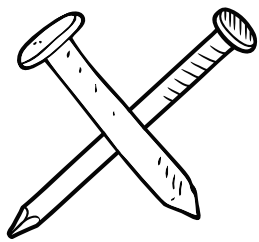
When you see objects around your house or workplace, what thoughts or feelings do they spark in you? It may be that mundane daily items can be used to help you reflect on your walk with God. Each time you see one of these items, reflect on how God can use you, no matter your situation.



**MIRROR** - Who do you see when you look in the mirror? Society can persuade us who we are and we can lose sight of who we really are in God’s eyes. Our Creator’s words show us who we were created to be, and who we have always been. Pray that God will reveal to you who he says you are, and you will know your value and worth in him.

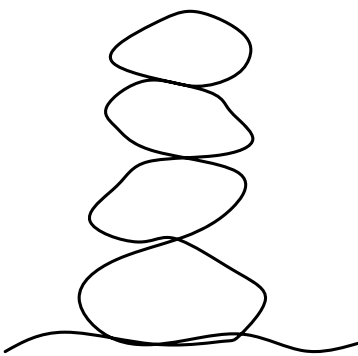
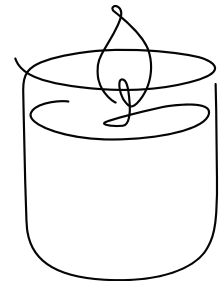


**CUP** - As you use a cup, think about the new covenant of Jesus' blood and the sacrifice he made for our salvation. Remember how his cup overflows with grace. May this Easter be a fresh start, knowing that through him we are forgiven and made whole.



**NAILS** - Nails hold so many things together around our house; yet this week we remember the suffering and pain they caused as Jesus was nailed to the cross. Pray for God's help to nail pride, selfishness and negativity to the cross, and instead embrace the freedom and forgiveness he offers.

**CANDLE** - Even a small candle, burning steadily, brings light to the darkness. How can you be a light in your setting? Pray that God would use you to bring light to your home, workplace, school or community.



**STONE** - Go outside in nature and find a stone. Stones often represent stability, strength and endurance. At Easter we rejoice in the rolled-away stone - Jesus has overcome death and risen again. Pray that during this time and beyond, God will be your strength and stability. Just as Jesus conquered death, pray for the strength to conquer the burdens you carry, and instead allow God to roll them away.

## BREATH PRAYERS

Jesus said his words are 'full of the Spirit and life' (John 6:63). Jesus breathing the Holy Spirit into his disciples recalls the creation story when the Lord breathed his Spirit into Adam's dust-formed body and he became a living soul (Genesis 2:7). There's living power in the word of God!

To learn how to do a Breath Prayer, it's best to settle down in a quiet place where there are no distractions and then get still before God.

To begin, slow down your breathing and your heart rate.

Breathe in deep.

Hold your breath.

And then slowly exhale.



Think of it as if you're breathing in God's Spirit along with the oxygen in the air, knowing that the Holy Spirit is around you and inside of you.

As you hold your breath, embrace the awareness of his presence dwelling in you.

Then, as you exhale, release your worries, allowing yourself to rest in God's love and power.

To practise, you may wish to centre your mind on God's word. You may wish to use Psalm 46:10 (*ESV*) as a Breath Prayer: 'Be still, and know that I am God.'

Breathe in slowly and deeply as you whisper or think 'Be still and know that I am God.' Hold your breath, then exhale and repeat.

You may wish to use other short Scripture verses, or words of affirmation about God's love and promises to you as you rest in God's presence.

## PRAYER PROMPTS WITH ARTWORK

Here you will find visual and written prayer prompts to meditate on. There is also a prayer for personal devotion time for each day of Holy Week, and how we can become more like him.

### PALM SUNDAY - YOUR TRIUMPH



- Celebrate the Saviour, just as the crowds gathered to welcome, greet and praise Jesus upon his triumphant entry into Jerusalem.
- As you reflect on the crowds, pray for the strength to engage in worship fully, not just as passive observers but as active participants.
- Reflect on how you can boldly engage in praising God, not only in moments of celebration, but through the challenges you may face. Ask God to help your worship be more than a moment - it should be a lifestyle.

Heavenly Father, on this Palm Sunday, we come before you with hearts full of praise, remembering the triumphant entry of your Son, Jesus, into Jerusalem. We thank you for his sacrifice, his love, and his unwavering commitment to your will.

As we grasp our palms and triumphantly wave them as a symbol of our praise, Lord, we ask that you stop us simply standing by and observing. Instead, may we actively engage in worship with our whole lives. May our songs of adoration not just echo from our lips but resound in our hearts and in all that we do. Let our worship be a living, breathing expression of our faith, where our hands and feet follow where you lead.

## MONDAY - YOUR FOCUS



- Consider Jesus going to the Temple and finding it had become a place of exploitation, greed, and distraction from its true purpose as a house of prayer.
- Reflect on the things in your life that may be a stumbling block to your walk with the Lord - the things that distract you and take away your attention.
- Instead focus on the things that enhance sincerity in worship and the sanctity of God's house.

Father, we come before you today acknowledging that our hearts are often distracted and our minds pulled in many different directions. Just as Jesus cleansed the Temple, we ask you to cleanse our hearts and reveal the areas in our lives where distractions, materialism, selfishness and worldly pursuits have taken priority over our relationship with you.

We ask that you refocus our attention on what truly matters. Teach us to honour your house, not just in a physical space but in our hearts, where your Spirit dwells. May we approach you with humility, reverence, and a desire to worship you in spirit and truth.

## TUESDAY - YOUR STRENGTH



- Think about Jesus spending time on the Mount of Olives, urging his disciples to live with expectancy and faithfulness, and remain prepared for both the challenges ahead and the ultimate return of Christ.
- Pray for the inspiration to live a life of selfless love and service, and guidance on how to reflect the heart of Christ in all that you do.
- Take a moment to thank God for the times in your life when he has been your constant companion, both in moments of joy and in times of struggle, and how his unwavering presence has shaped your faith.

Loving God, thank you that you are with us through the peaks and troughs. In times of joy you are our strength, and in times of struggle you are our comfort. Help us to remain faithful to you, no matter what we face. Guide us to walk in your ways, trusting that you are with us always.

As we think about your sacrifice, we also trust that we can count on your promised return when we will join you for ever. Lord, stir in us the courage to take up our crosses daily, to walk with you through the highs and lows of life. Empower us to live out the message of love and humility that Jesus showed us.

## WEDNESDAY - YOUR EXAMPLE



- Think about when Jesus and his disciples gathered for the significant Passover meal. It would have been a familiar practice for the disciples, yet Jesus gave the elements a whole new meaning to represent his sacrifice for the salvation of all.
- At that supper, Jesus gave the instruction to ‘love one another’, whilst showing welcome and grace to all, including Judas. Consider how this act of love and sacrifice calls us to remember his sacrifice and live in obedience.
- Pray for wisdom on how you can open your heart and reach out to others with the same inclusivity and compassion. Reflect on those to whom you may also be able to extend an invitation - perhaps someone new at your church, or a neighbour without family nearby.

Lord Jesus, as we reflect on the powerful moment when you gathered with your disciples for the Passover meal, we are humbled by how you offered your body and blood for the salvation of all. Thank you for being the ultimate Passover Lamb, whose death brings freedom from sin. In that sacred moment, you not only showed us the depth of your sacrifice but also called us to love one another, extending grace even to those who would betray you.

Help us to live in obedience to your command to love, offering welcome and compassion to all, just as you did. Grant us wisdom to open our hearts, to reach out with inclusivity, and to extend invitations to those around us who may need to experience your love. May we follow your example and reflect your love in every action.

## THURSDAY - YOUR HUMILITY



- Contemplate the humble service of Jesus in washing the dirty feet of the disciples during the Last Supper.
- In the world, authority and leadership take the form of ruling over and domineering others. In stark contrast, Kingdom authority and leadership requires its citizens to humble themselves and serve others.
- Reflect on the importance of humility, selflessness and serving others, and consider how you can embody that same servant-hearted love in your own life.

Gracious God, as you humbled yourself by washing the feet of your disciples, you showed us the true heart of servant leadership and the power of humility. Teach us to follow your example, embracing selflessness and love in all that we do and serving others with a heart of grace.

Show us how to live sacrificially and extend ourselves to the poor, the outcast and those who suffer around the world. May we remember that true greatness in your Kingdom comes through serving, and let our lives reflect this radical love and humility.

## GOOD FRIDAY - YOUR SACRIFICE



- Jesus was put on trial, then mocked, beaten, flogged and eventually crucified so that we may be forgiven.
- Consider the price of your redemption, remembering that Jesus' suffering and death were necessary for us all to be forgiven and reconciled to God. Take time to reflect on how his sacrifice calls you to live in gratitude, humility and obedience.
- Reflect on how Jesus' death was not the end, but the beginning of victory over sin, death and the grave, offering eternal life to all who believe. Pray for those who do not know about the eternal life and salvation that Jesus offers.

Father God, how can we thank you enough for the sacrifice of your Son on the cross of Calvary? We stand in awe of your incredible plan of salvation and are filled with joy, knowing that through Jesus we can have a relationship with you and live in your presence for ever.

Our hearts ache for those who don't yet know your truth, and we yearn for them to experience the redemption and new life that only Christ offers.

Today we pray for those still far from you, asking that the gospel would reach their ears and that their hearts would be softened, ready to receive the hope found in Jesus.

Thank you, Lord, for the sacrifice of Good Friday which helps us to experience the depth of your love and grace. Teach us all to call on your name as Jesus did, for we live by your strength not our own.



## EASTER SATURDAY - YOUR PROMISES



- Reflect on the silence and waiting of Easter Saturday, as the disciples and followers of Jesus were in sorrow and uncertainty.
- Consider how God works even in the quiet moments of your life - through loneliness, grief and pain. Pray for strength when facing the darkness, and for hope to see the light that Christ offers.
- Meditate on the coming resurrection, the triumph over death, and how to prepare your heart to celebrate the new life we have in Christ through his victory over the grave.

Father God, help us to remember that us that even in dark times, God's promises are sure. Thank you for your unwavering presence which brings light to our path and peace to our hearts. When we feel lost or overwhelmed, remind us that you are near, walking with us through every trial and hardship. Help us to trust in your strength and find hope, knowing that you will never leave us, even in our darkest hours. Thank you that Jesus' death and burial are not the end, but the fulfilment of his promise of resurrection.

## EASTER SUNDAY - YOUR RESURRECTION



- On Resurrection Sunday, celebrate the joy and power of Jesus' resurrection, which conquered death and sin, to give hope, new life and the assurance of eternal salvation.
- Thank God for the depth of his love for you, demonstrated in the resurrection, showing that nothing, not even death, can separate us from his love.
- Pray about the hope and transformation that Easter brings. Ask God to reveal anything that should be left in the darkness of the tomb so that you can step into the eternal salvation offered to you.

Our risen Saviour, on this Easter Sunday, we celebrate your resurrection, the ultimate victory over sin and death, and the assurance of eternal life through you. We thank you that through your sacrifice and triumph, our sins are forgiven, and we are made new in your grace.

Help us to live each day in the light of your resurrection, walking in the freedom and hope you have given us. May our hearts overflow with gratitude as we share this good news with others, reflecting your love and forgiveness to the world.

Amen.

# Meditating

ON

ART



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 allow art and creativity to inspire you and draw you closer to our creative God.

Use these resources to focus your mind on Jesus, to aid your prayer time or simply to make space to abide.

Most of the resources below are links signposting you to wider external material to support you in your artwork meditation including Visio Divina and Videos.

## VISIO DIVINA

Visio Divina is a way to study and contemplate art and Scripture together. It is an ancient and unique practice that allows us to spend time focusing on God's word in an alternative way. This may be the first time you have used artwork as part of your reflections.

It is important that we approach this time with an open mind and heart to listen to what God wants to reveal to us. The link below offers a simple guide that may be helpful to use as you meditate on pieces of art during Holy Week: <https://visiodivinamlh.com/practice/>

The process of Visio Divina can be used on any piece of art, photograph or sculpture. Many wider resources have been created to guide you through the process. However, you may choose to find your own image and Scripture reading to reflect on.

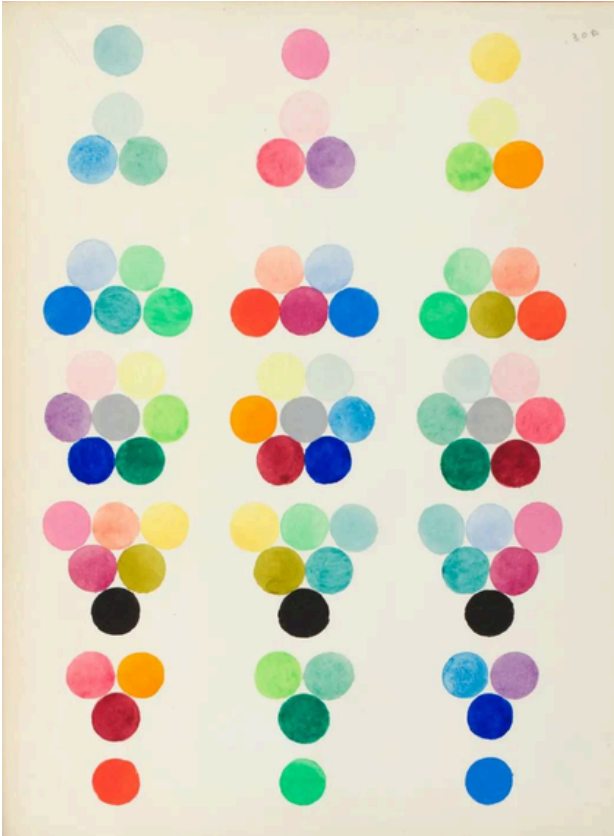
Here are some existing Visio Divina resources to support your Holy Week moments of meditation:

### Christ Rising From the Tomb by Michelle L Hofer



[visiodivinamlh.com/2023/04/09/easter-sunday/](https://visiodivinamlh.com/2023/04/09/easter-sunday/)

A piece of art including the practice of Visio Divina and some thoughts from the author.



Coloured plate representing sections at right angles with the tertiary cross axes by William Benson.

[christian.art/daily-gospel-reading/luke-24-35-48-2024/](https://christian.art/daily-gospel-reading/luke-24-35-48-2024/)

An image linked to Luke 24:35-48 with context and the author's reflection on the painting. Use the 'guide to Visio Divina' above to do your own reflections.

## The Easter Story, by the National Gallery

Selection of 12 images showing the events of the Easter story - you can choose to reflect on an image a day or find the image that stands out to you the most.

[www.nationalgallery.org.uk/paintings/learn-about-art/the-easter-story](https://www.nationalgallery.org.uk/paintings/learn-about-art/the-easter-story)

THE NATIONAL GALLERY | NG200

Christ prays before a group of cherubs who hold up the instruments of his torture and death.

His disciple Judas, who has betrayed him, leads a large band of soldiers down from Jerusalem to arrest him.

Meanwhile his other disciples sleep.

< 1/12 >

Saved to this PC | e: Detail from Andrea Mantegna, 'The Agony in the Garden', about 1455-6

## VIDEOS



### Easter Holy Week Events in Rock Art

[www.youtube.com/watch?v=HCJ0tpQTZiU](http://www.youtube.com/watch?v=HCJ0tpQTZiU)

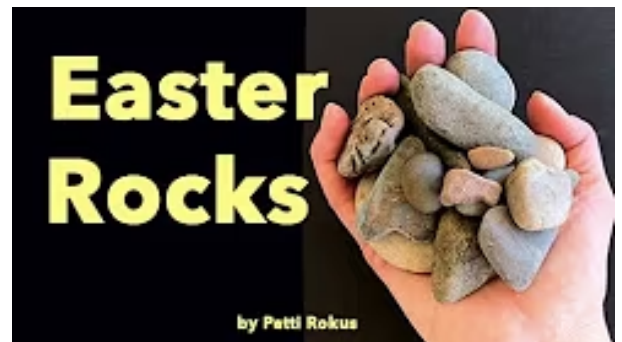
The video runs for 18 mins 10 secs - you may choose to watch the video throughout Holy Week or watch it during one moment of meditation. The video was created using rocks to tell the Easter story with Bible quotes throughout. Consider how seeing the story in this format may reveal something new to you this Easter.

### Easter Week in Rocks Playlist

[www.youtube.com/playlist?](http://www.youtube.com/playlist?list=PLIYkZkY1KaVZTHFP2135R3LQGk9HnS_WG)

[list=PLIYkZkY1KaVZTHFP2135R3LQGk9HnS\\_WG](http://www.youtube.com/playlist?list=PLIYkZkY1KaVZTHFP2135R3LQGk9HnS_WG)

A YouTube playlist as been created using the Rock Art material with the story broken down into smaller videos if you'd rather watch throughout Holy Week.



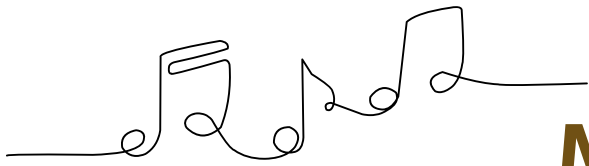
### Holy Week told through 100 paintings

<https://www.youtube.com/watch?v=qTsGZ56otW0>

The story of Holy Week told through 100 paintings, ranging from Ancient Rome to Contemporary Art.



# Meditating



## ON MUSIC

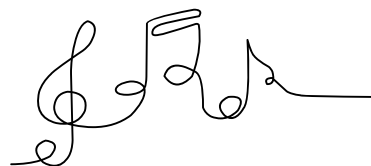
To meditate is to think on something carefully and deeply for a period of time.

Throughout Holy Week, it may be that music is something that helps you connect to God.

You could use these suggestions alongside the other resources of prayer, Scripture and art, or just to immerse yourself in divinely-inspired music throughout Holy Week.

There is a vast array of music for Lent, Holy Week and Easter, both from within The Salvation Army and from other places. Here we draw your attention to a few, but we would also encourage you to search YouTube and find music which resonates with your heart.

## HOW TO MEDITATE ON MUSIC



- You may enjoy just sitting back and listening to the music.
- You could find the words associated with the music, and meditate upon them.
- You may want to set up a calming area, with low lighting to create a relaxing atmosphere.
- You may come across music that you wish to share with others who will also be blessed, challenged or inspired.
- The Holy Spirit may prompt you to reach out to someone, step out in faith or connect with God afresh.

However you enjoy music this Holy Week, may it help you draw closer to God and discover more of who he is to you this Easter.

## SALVATIONIST RADIO MEDITATIONS

Salvationist Radio have produced two meditations you can listen to and reflect on.

### Good Friday Meditation:

<https://www.salvationist.org.uk/easter/good-friday-meditation>



### Easter Sunday Meditation:

<https://www.salvationist.org.uk/easter/easter-day-meditation>





## CONTEMPORARY WORSHIP MUSIC

Check out Salvationist Radio's contemporary Easter worship playlist found here:

<https://www.salvationist.org.uk/articles/salvationist-radios-contemporary-easter-worship>



## SALVATION ARMY MUSIC ON YOUTUBE AND SPOTIFY

There are thousands of Salvation Army bands, songster brigades (choirs), children's groups and more performing Easter music on both YouTube and Spotify. Why not search online and see what you find? Both services are available for free.



## SALVATIONIST PUBLISHING AND SUPPLIES (SP&S)

SP&S has Salvation Army albums available to purchase as both digital downloads and hard copy CDs. There have been many Easter albums produced by various groups around the world which can help focus your heart and mind on the Easter story.

