

## Saturday - April 11

*And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.*

*John 19:42 (RSV)*

Today is Holy Saturday, the day that in the Christian tradition commemorates the time when Jesus was in the tomb. The time in between the cross and resurrection, when everything was silent, when the whole creation has stopped, holding its breath. On our journey of faith we walk, take turns, turn around, or stop. In our hustle and bustle culture though we are encouraged to walk and most of the time, we are pushed to run. But Holy Saturday invites us to stop, to acknowledge that the King of the Universe has died, and to enter into the places in our lives and hearts that perhaps demand from us a pause in the rhythm of our lives.

I remember I was driving home one night, about four months after my grandmother who lived in Russia, died. Random thoughts were running through my head, and for some reason I remembered a very distinct smell of clove that made me burst into tears. I realized how much I associate this smell with the cabinets in my grandmother's kitchen and I realized that I never had a chance to grieve her death. When I came home, I told my husband that I was going to go upstairs and be there for awhile. Even though I had a regular evening routine and things to do, I knew I had to stop and grieve. I spent a couple of hours crying and remembering my grandma, her love, her faith, sometimes her stern look. God's Spirit was stirring and calling me to stop to do the important work of grieving to honor my love and the relationship that I had with my grandmother.

Holy Saturday calls us to stop, to reflect, to pause. What has happened in the past that we need to look back and reflect on? What is happening now that we need to look inside ourselves?

Pastor Katya Brodbeck

**Prayer:** Holy God, help us to listen to Your Spirit for guidance on our journey, to discern when we are called to continue to walk, take a turn, or stop. Fill us with Your love and help us be gentle with ourselves, especially when we need to grieve and process through emotional pain. Fill us with anticipation of the Resurrection and a new hope that comes with it. In Jesus' name. Amen.