

Holy Week and Easter Reflections

Palm Sunday

Pausing to reflect on where we met God in our day.



"Praise God! God bless the One who comes in the name of the Lord! God bless the King of Israel!" Psalm 118:25-26

As I look back on my day through God's eyes of love, I can see;

Where did I encounter hope?
How did I help others feel hope?
Did I see anyone else inspiring hope in others?

Did I show praise to God through my thoughts, my words or my actions?

Did I witness anyone else showing praise to God through their thoughts, words or actions?

Maundy Thursday

Pausing to reflect on where we met God in our day.



"Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins." Matthew 26:26-28.

As I look back on my day through God's eyes of love, I can see;

Where did I encounter love?
Did I give love?
Did I receive love?

Did someone offer me service?
Did I offer a service to someone else?

Let your day unfold before your mind's eye and thank God for the blessings you notice.

Good Friday

Pausing to reflect on where we met God in our day.



'Jesus said, "Father, forgive them, for they do not know what they are doing."' Luke 23:34

As I look back on my day through God's eyes of love, can I see;

Where did I encounter kindness and compassion?
Did I show kindness to another?
Did someone show kindness to me?
Did I witness compassion?

Did I find light in a difficult situation?

Let your day unfold before your mind's eye and thank God for the blessings you notice.

Easter Sunday

Pausing to reflect on where we met God in our day.



"And there, coming to meet them was Jesus. 'Greetings' he said." Matthew 28:9

As I look back on my day through God's eyes of love, can I see;

Joy?
Peace?
Love?
Light?

Where has God met me through another's love and goodness?

Where have I revealed God to others through my love and goodness?