

Silent Saturday

A L E N T E N E X P E R I E N C E / 2 0 2 0

Before you read through, find a place of solitude and silence, dim the lights and light a few candles. Christ is in the grave, hope seems lost, but resurrection is coming.

Silent Saturday is often overlooked during Holy Week. It is hard to know what to do with the death of God. On Saturday the Savior is silent, the Savior is dead. The world dwells in pain and mourning. Silence WITH God is good, it allows us to hear God speak, but silence FROM God is scary. It causes us to ask, "Where is God, what if he is not there, I cant hear or feel him." We live in a culture that attempts to avoid, and suppress, pain and uncertainty. We do everything we can to escape death, but death is necessary for new life. Despair and hopelessness are the birth pains of hope and joy. If we skip one we cannot fully experience the other. Don't skip Saturday. Embrace the silence of God on this day.

Reflect individually or with others.

Read John 19:38-42

Q1 / Is God's presence always accompanied by His activity?

Q2 / Have you ever found your life somewhere between Good Friday and Easter Sunday?

Q3 / Have you ever lost hope?

Q4 / During the pandemic it may seem like God is silent, how can you wait in patience during this season?

Silent Saturday Practices

P1 / Turn off the noise of technology (Phone, Computer, TV, Tablet) for an hour & be present with those around you

P2 / Sit in Silence for 15 min

P3 / Take a walk in silence & notice the beauty of nature around you

P4 / At night don't turn on any of the lights in your living space, instead light a few candles and sit in darkness

Silent Saturday Prayers

1

In this sacred darkness we sit in silence.
We surrender. We are open in this moment, we trust in the silence. We surrender. Waiting in trust, growing in trust, waiting and trusting the sacred silence. We surrender.

2

Father even though there is noise going on all around us, we surrender to the silence. Let our hearts sit in stillness, let our hearts lean into pain and despair, let your death on the cross weigh heavy on our hearts.

In our uncertainty and questions we surrender to your silence. We know that even during this time you are present among us. Even when we cannot feel your presence, we know you are there.

Bring us hope and light in the midst of our darkness, prepare our hearts for resurrection. In the silence, we surrender to your presence.

Silent Saturday Quotes

"This is exactly what happened on Holy (Silent) Saturday: the voice of God resounded in the realm of death. The unimaginable occurred: namely, Love penetrated 'hell'. Even in the extreme darkness of the most absolute human loneliness we may hear a voice that calls us and find a hand that takes ours and leads us out. Human beings live because they are loved and can love; and if love even penetrated the realm of death, then life also even reached there. In an hour of supreme solitude we shall never be alone."

"Silence is more important than any other human work. For it expresses God. The true revolution comes from silence; it leads us toward God and others so as to place ourselves humbly and generously at their service."

Quotes from:
The Power of Silence, Robert Cardinal Sarah