



During this Holy Week, spend some time meditating on Gospel stories.

To meditate on a Bible story:

1. Read the text.
2. Close your eyes and use your five senses to imagine yourself in the story. What might have you seen? smelled? felt? heard? tasted?
3. Picture yourself as one of the characters of the story. How would you have responded to what is happening? What thoughts would have gone through your mind? What emotions would have bubbled up?
4. Apply the story to your life in the present. What is the story teaching you about Jesus? How is God wanting you to respond?

The daily Scriptures below reference the accounts leading up to Jesus' death and resurrection. Through God's powerful Word, the Holy Spirit will lead us to a deeper appreciation of the Father's love, the Son's sacrifice, and the Spirit's comfort.

Journal what God teaches you during your time of meditation.

day one

**Scripture:** Matthew 21:1-11 The Triumphal Entry

**Journal:**

day two

**Scripture:** John 13:1-11 Jesus washes the disciples' feet.

**Journal:**

day three

**Scripture:** Matthew 26:36-46 Garden of Gethsemane

**Journal:**

day four

**Scripture:** Matthew 27:32-56 The Crucifixion

**Journal:**

day five

**Scripture:** Matthew 28:1-10 The Resurrection

**Journal:**