



Holy Saturday

Reflection

Holy Saturday is the period of Holy Week when we remember how the stone was rolled over the tomb; separating us from Jesus. It is a day of quiet and prayerful reflection on the death of Jesus. Throughout the world our Churches are empty of the Blessed Sacrament and quiet in anticipation of Easter's triumph over darkness and evil, sin and death. It is an opportunity to reflect on the implications of physical death and how each of us in life and death affects someone else.

Activity

Go out and find a stone in your neighborhood and have a family reflection time

- What are some qualities of a stone?
- What are some purposes of a stone?
- The stone that covered the tomb was very large and heavy and kept people away from the body of Jesus
- When has been a time when you felt away from someone? From Jesus?
- What are some ways to remove the stones that keep us from being close to another person?
- What are some ways we can be closer to Jesus?