

Maundy Thursday Vigil

Tonight, as a parish family we will be watching with Jesus in the Garden of Gethsemane. Unlike in previous years when we spent our hour in church, we will be doing this in our own homes. It is our hope that at least three people will be able to spend one hour during each hour of the night from 9:00 on Thursday until 8:00 am Friday morning. Allow yourself a few minutes to wake up and perhaps prepare a cup of tea or coffee for your time with Jesus.

Preparing your space. Choose a quiet spot where you can pray and reflect without disturbance. This may be a familiar chair for reading and praying or meditating. Lighting a candle will help focus your space and your intention/attention. Perhaps you have a favorite icon you wish to place nearby; perhaps you wish to use some incense. Do whatever helps you disconnect from your ordinary time and connect with God.

Here are some suggestions of how you can spend your hour.

1. Pray in whatever ways come naturally to you, using prayers from the *Book of Common Prayer* or another prayer guide. The five principal kinds of prayer are adoration and praise, confession, thanksgiving, intercession, and petition. For some, the most comfortable form is simple conversation with God. You can print out the church directory and go down the list praying for them.
2. Meditate on the scene you have joined. Tell Jesus what you are feeling as you watch him and hear him reaching out to the Lord in anguish. Remember when you have felt helpless and alone or abandoned. Join with him and talk to him about your own experience.
3. Read and reflect on the story of the events of this night in Matthew 26, Mark 14:12-72, Luke 22, and John 18.
4. Read and reflect on any of these psalms: 22, 40, 69, 78

5. In a journal or diary write about your deepest hopes for yourself, your family, your world.

6. Read a devotional that focuses on Jesus and his sacrifice for us.

These are just suggestions. Spend your hour in ways that are fulfilling.