

Holy Thursday | April 2, 2026

A Guide for Personal Reflection



On Maundy Thursday Jesus gathered with his disciples in an upper room to share a last supper together, followed by his betrayal and arrest in the Garden of Gethsemane. You're invited to set aside 15-30 minutes on Thursday to remember, reflect, and pray.

THE LIGHT OF CHRIST

In a time long before electricity, these events were illuminated by the flickering light of oil lamps. If you have a candle nearby, light it as a reminder of God's love that shines in the darkness.

OPENING PRAYER

God of grace and mercy, I open my heart before you now.

Speak to me your words of life and love.

Draw me closer to Jesus, and renew your Spirit within me. Amen.

TAKE | BLESS | BREAK | GIVE

...the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." (1 Cor. 11:23-24)

continued on next page

- Reflect on anything in your life that needs to be confessed.
- Next, take a long moment to remember God’s gift of forgiveness to us through Jesus.
- What blessings do you need to give God thanks for today?

THE TOWEL + THE BASIN

[Jesus] got up from supper, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples’ feet and to wipe them with the towel that was tied around him. (John 13:4-5)

- Reflect on the example of Jesus as a servant to all.
- How is God calling you to set aside ego and pride, in order to lovingly and faithfully serve the needs of others?

A NEW COMMANDMENT

“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.” (John 13:34)

- Reflect on the ways that Jesus loves other people.
- What would it look like for you to use your words and actions to love others more deeply?
- Is there anything you need to do differently?

THE GARDEN

And going a little farther, he threw himself on the ground and prayed, “My Father, if it is possible, let this cup pass from me, yet not what I want but what you want.” (Matt. 26:39)

- What is a struggle, challenge, or burden in your life?
- What would it look like to release the worry, anxiety, and stress of that situation to God?

CLOSING PRAYER

Gracious God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Amen.

