



## Holy Saturday

### How to hold a quiet day/ afternoon at home

Holy Saturday is a day in the church in which we can spend our time in quiet prayer and reflection on the sorrow of Good Friday as we await the joy of the resurrection. Here are some ideas that you could incorporate into your own quiet day at home.

- Take part in the daily office of the church. You can access Common Worship Morning and Evening Prayer on the Church of England website or by downloading the Daily Prayer app. You can of course use other forms of prayer as suits you.
- Commit to avoiding the internet, listening to the radio or watching TV. Give yourself the space and stillness to listen to God.
- You might wish to set up a simple prayer station. A simple table with a candle, bible, icon or other item to help be a focus of prayer.
- Creativity can be an important part of your quiet day- maybe you could use art or craft materials to express how you are feeling and bring it in prayer to God.
- On Holy Saturday you may like to clean the house to be ready for Easter day. This is no less a spiritual act than being still in God's presence. You could listen to your favourite hymns/ worship music as you work.
- You could use the time to read something spiritually edifying.
- If you feel like you need to sleep- have a nap! Rest can be an important part of spending time with God.

There is no right or wrong way to plan a quiet day/ afternoon. Whatever you choose to do make sure that you are doing it to glorify God and because you want to be drawn into deeper relationship with the Lord. If it nourishes your soul and allows you to spend time with God then do it!