

# Prayer Time for Maundy Thursday

*During a Pandemic*

*You may follow this flexible prayer exercise in your home, in your backyard, on a deck or balcony, or walking in a safe outdoor space where you (and your household) can be physically distanced from others. It can be used alone or in a family unit. It is a simple self-guided service of Scripture, reflection and prayer. You may read the words silently or speak them out loud. You can write down your reflections on paper or share them verbally if you are with other self-isolated family members. You can move to different locations for each reflection or stay in one spot. This is your time to prepare yourself to enter the Passion of Christ.*

*Preparation:*

During Lent we have been following the stories of Jesus in the Gospel of John. Last Sunday was Palm Sunday and the entry of Jesus into Jerusalem. On Good Friday we will enter the story of death and crucifixion, waiting for the hope of Easter. Unlike the other gospels, John devotes almost 6 chapters to this space between Palm Sunday and Good Friday. We get an intimate look into the final conversations, blessings and prayers Jesus shares with his disciples, that prepare them for what is to come. These are words spoken in compassion and love. They are words to prepare us. Read each Scripture, before taking time to reflect and pray.

## **Unless a Grain of Wheat**

*Read*

John 12:23-25

*Reflect*

What do you need to let go of this Good Friday / Easter weekend?

*Pray*

Pray that God give you strength to let go what needs to be lost.

## **A New Commandment**

*Read*

John 13:34-35

*Reflect*

Where have you seen love this week?

*Pray*

Pray that you notice God's love shining through in both friend and stranger.

### **Abide in the Vine**

*Read*

John 15:1, 4-5

*Reflect*

What do you need right now to become more connected to the true Vine and abide with God?

*Pray*

Pray that you may bear good fruit through abiding with God.

### **I Have Called you Friends**

*Read*

John 15:12-15

*Reflect*

How have you continued to nurture your friendships in a time of physical distancing?

*Pray*

Give thanks for the friends that are sustaining you during this time.

### **That your Joy be Complete**

*Read*

John 16:20-24

*Reflect*

What is giving you pain? What is giving you joy?

*Pray*

Ask God anything that is on your heart.

### **Sent into the World**

*Read*

John 17:15-19

*Reflect*

What does it mean for you to be sent by God into the world, a world that has changed so much?

*Pray*

Pray for the protection of our world and for all working so hard to bring good out of this pandemic.

### **Closing**

After Jesus had spoken these words,  
he went out with his disciples across the Kidron valley  
to a place where there was a garden,  
which he and his disciples entered. (John 18:1)  
Jesus has prepared his disciples to enter his Passion.  
Jesus prepares us.

*Offer a final prayer to God.*

Amen.

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