

## THE ANTICIPATION OF HOLY SATURDAY AND THE THRILL OF EASTER SUNDAY

John 19:38-20:23

Luke 23:55-24:47

Matthew 28:16-20

### Awareness

Before listening, reflect:

- What does Holy Saturday mean to you? How do you usually spend it?
- What is something you've waited for with great anticipation? What feelings did you experience during that time of waiting?

After Jesus was crucified on Good Friday, the gospels provide many details to assure readers that he was truly, completely dead. In their grief, Jesus' followers continued their practice of faith and observed the Sabbath. Holy Saturday for us is a day to dwell in that grief and finality...with hope, because we know Easter is coming, and that ultimately, Jesus Christ is risen! Join us as we read the gospel accounts of Jesus' burial, his resurrection, and the encounters between Jesus' followers and our resurrected Lord. We'll let the grief, the shock, the wonder, and the joy of Jesus' passion, nurture our spiritual lives again as we celebrate our salvation and victory over death through our Lord Jesus Christ.

**Listen:** [\*The Anticipation of Holy Saturday and the Thrill of Easter Sunday\*](#)

### Reflection

After listening, consider:

- In segment 1, host Darrell Delaney says, "It is kind of like God put in a twenty-four-hour period so that you can *selah*...so that you can reflect on it...so you can think about it, because it [Good Friday] changed everything." *Selah* is a Hebrew word we find in the book of Psalms and Habbakuk. There's not a good English translation for it, so we don't know exactly what it means, but it appears to be a musical direction. Old Testament scholars have suggested that *selah* is connected to "*salah*" the Hebrew word meaning "to pause." It's also suggested that *selah* means "to lift up or exalt." Barry Cooper ended his episode about *selah* on his Ligioner podcast "[Simply Put](#)" by combining those possible definitions and suggesting we might define *selah* as "A silence as the words fall away, and we're astounded at the ineffable majesty in front of us." In the spirit of Holy Saturday, take a few minutes, alone or with a small group, to *selah* and reflect, as host Scott Hoozee suggests, "A) On the complete sacrifice that Jesus made and B) On the complete, wonderful, and unexpected nature of what God the Father will do."
- Why is it important for our spiritual lives to not rush past grief over Jesus' death, to remember again the finality that Jesus' disciples and followers would have felt as they paused to observe the Sabbath?
- As segment 2 closes, Darrell says "But this is where Easter begins in Scripture. It is when sorrow and

death thought they had the last word, but darkness and fear cannot have the last word because he resurrected; and in the context of the pain and the sorrow, we still see hope.” How does remembering that Easter comes in the midst of sorrow encourage you? How do you describe the hope we have because Easter came in the context of pain and sorrow?

- Compare and contrast the three encounters with the resurrected Jesus discussed in segment 3 ([Luke 24:33-47](#), [John 20:19-23](#), and [Matthew 28:16-20](#)). What do you notice about how the individuals respond to seeing Jesus in the flesh? What do you notice about what Jesus says and does in each encounter?

## Related Passages

- **Job 14:7-14**
- **1 Corinthians 15:20, 51-57**

## Conclusion

Take a few minutes, alone or with a small group, to *selah* again. This time, reflect on the true shock and wonder and joy Jesus’ disciples and followers would have experienced upon meeting the resurrected Jesus and seeing him in the flesh after watching him be crucified to death—knowing (and some witnessing) his body sealed in the tomb. Close your time by expressing your joy over Christ’s resurrection and his victory over death through journaling or prayer or song as you feel led.

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<https://groundworkonline.com/episodes/the-anticipation-of-holy-saturday-and-the-thrill-of-easter-sunday>

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