

The Anticipation of Holy Saturday and the Thrill of Easter Sunday

Holy Saturday is the day between Good Friday and Easter. For the majority of Western churches, there are no special services or particular events we celebrate on this day. What would we celebrate...Jesus Christ is utterly, completely dead in the tomb. But as Christians, we already know Jesus is risen and we eagerly anticipate celebrating his victory over death through his resurrection on Easter Sunday. Join us as we ponder and reflect on Jesus' death and what the Bible tells us happened on Holy Saturday. Then together we'll read the gospel accounts of Jesus' resurrection and the first encounters with the risen Lord on Easter Sunday. Together, we'll join Christians around the world in the Easter celebration as we again remember the unexpected, mind-blowing thrill of our salvation and victory through our Lord Jesus Christ.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- 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?



LISTEN TO THE EPISODE: [The Anticipation of Holy Saturday and the Thrill of Easter Sunday](#)

READ [John 19:38-20:23](#), [Luke 23:55-24:47](#), [Matthew 28:16-20](#)

REFLECTION After listening, consider the following questions:

- 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 of 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 Hoezee 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 for further study

[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.

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

Printed on June 3, 2026