



The Touch

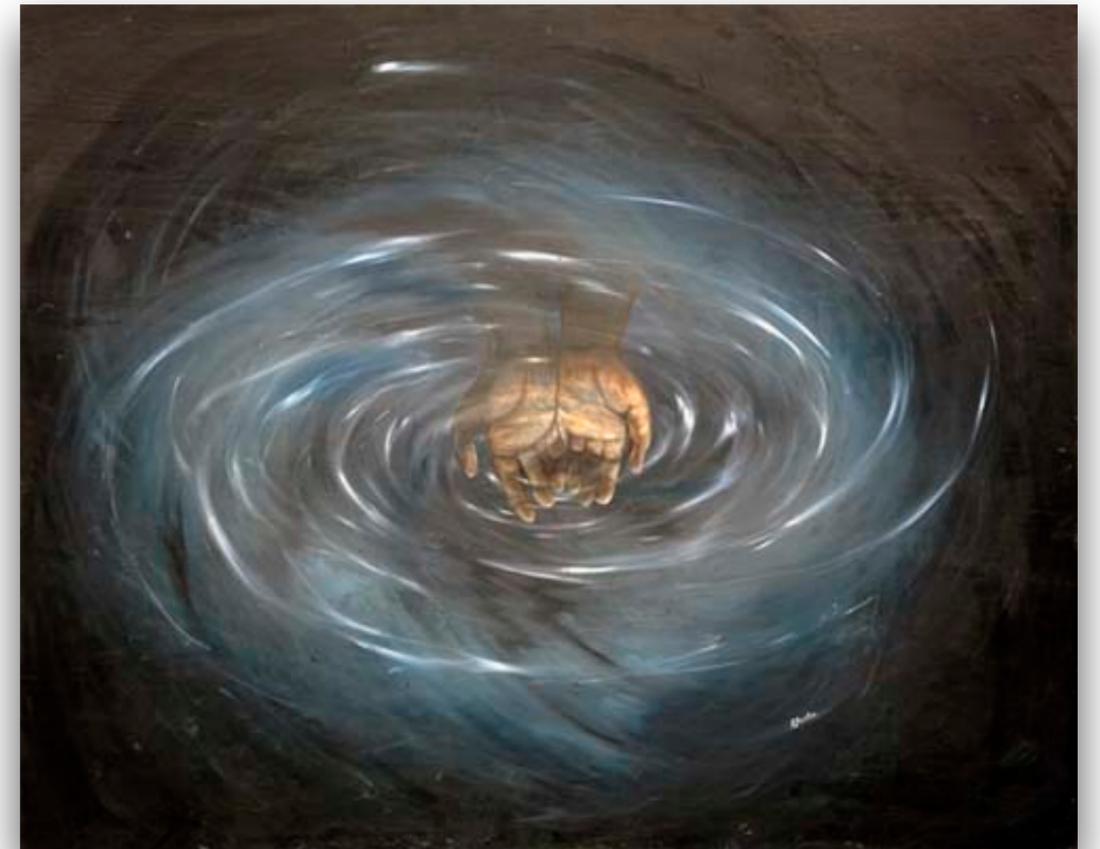
And I, when I am lifted up from the earth, will draw all people to myself.

John 12:32



The Sacrifice
Kate Austin

- Find a place to sit quietly
- Give thanks to God for who He is
- Be aware of God's loving eyes watching over you
- Ask God for the grace of being aware of His touch within your life and upon the world as you journey with Him through this Holy Week



The Everlasting Arms
Kate Austin

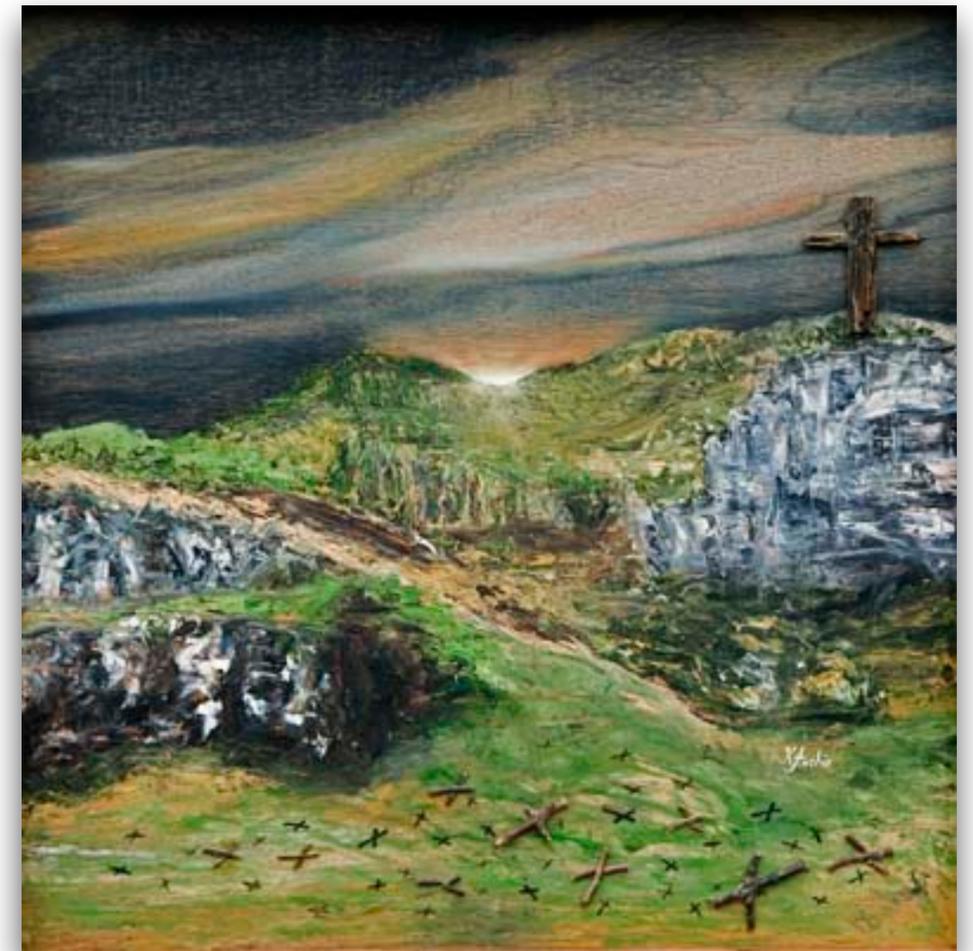
As you come to prayer today you might like to listen [here](#) to a version of *O Sacred head, now wounded*. It is based on the words of Bernard of Clairvaux, and is sung here by Fernando Ortega.



Sacrificial King
Kate Austin

Read the passage from John 19 slowly - and as you do, what words or phrases strike you?

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.



The Tree of Death
Kate Austin

Read the passage from John 19 again slowly and where one of the words or phrases catches you stay with it and hold it in the stillness before God

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Now close your eyes and imagine yourself at the foot of the cross

- You might like to be a bystander.
- You might like to imagine yourself as Joseph, the secret believer.
- You might like to imagine yourself as Nicodemus, who visited Jesus at night.

Slowly let the scene unfold.

- What do you feel as Jesus' body is taken from the cross to the grave?
- What do you notice in the hands that touch Jesus' body and wrap it with spices and in strips of linen?
- What do you notice in your spirit as Jesus' body is laid in the tomb?

How do you respond to what has just happened to Jesus?

- What do you say to Him?
- Let those words become a prayer.



Part of Rebirth
Kate Austin

How has the Spirit been at work in your heart as you have prayed?

In what ways have you become more aware of being drawn into the love of God?

What is God's invitation to you?

Maybe you would like to note down what God has revealed to you in this time.



Sacrificial King
Kate Austin

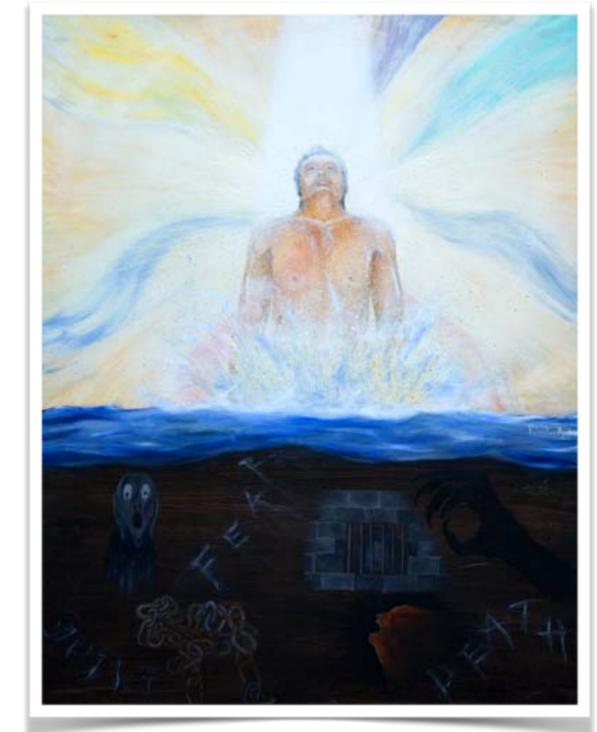
Creative activity

- Find some hand cream or moisturiser.
- Rub it slowly into your hands and smell the fragrance.
 - Remember the nard Mary poured over Jesus' feet.
 - Remember the ointment and spices Joseph and Nicodemus used to wrap the body of Jesus.
- Ask God for the fragrance of Jesus to fill your life.



The Anointing
Kate Austin

- Tomorrow is Holy Saturday and is a liminal time of waiting in hope. You might like to repeat today's prayer station and activity.
- As you do you might like to listen to Kelly Mooney's powerful adaptation of Leonard Cohen's famous song, done with his permission, Hallelujah, as we look forward to the resurrection.



Rebirth
Kate Austin



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*All artwork in this prayer station is by Kate Austin
and can be found at <http://www.christart.co.uk/>*