



‘Worship at home’ Maundy Thursday

As we move through this Easter week, you are invited to spend some time each day in worship, reflecting more deeply on the last week of Jesus’ life and on your own discipleship.

Today, you are invited to **sit in your garden** for worship. If this is not possible, collect something that reminds you of a garden – a flower, a leaf, a twig or a potplant – to aid your prayer time.



Matthew 26:36-46

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.

Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” Then he returned to his disciples and found them sleeping. “Couldn’t you men keep watch with me for one hour?” he asked Peter.

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

When he came back, he again found them sleeping, because their eyes were heavy. So he left them and went away once more and prayed the third time, saying the same thing. Then he returned to the disciples and said to them, “Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!”

NIV

Reflection: Read the passage again to yourself. You might like to read it out loud, imagining that you are in that garden with Jesus and the disciples.



During an extended time of prayer, how often do you find your attention straying, your mind wandering, your eyelids drooping? *“The spirit is willing, but the flesh is weak.”* Imagine Jesus’ anguish, as he realises what is to come. *“My soul is overwhelmed with sorrow to the point of death.”*

**When have you felt overwhelmed
about what might lay ahead for you?**

The uncertainty in our world may at times feel overwhelming. We fear for our family, our friends, our society, our world, ourselves. *“My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”*

Such is the faith Jesus shows, as he commits himself to continuing to walk God’s ways. To trust and to follow, no matter where it leads. We do not know what lays ahead of us in our lives. However, we do know, that in Christ, we can continue to walk God’s ways for us. We can trust and follow, knowing that God is faithful, and will give us the strength to endure whatever we may face.

Prayer: Loving God,

When we feel sorrowful and troubled... you are with us.

When we feel overwhelmed with uncertainty...you give us peace.

When we feel tired and weary... you sustain and support us.

When we falter in our walk with you... you gently guide us through.

When we feel ill-equipped... you strengthen us.

Gracious God, may your will be done, in our lives, in our world, in our church. May we endure with hope, awaiting the Easter promise of new life that is to come. Amen.

Closing: Spend some extra time today in prayer, reflecting on Jesus’ sacrificial love, in preparation for Good Friday.

