

Holy Saturday

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Old Testament Job 14:1-14

Psalm 130, or 31:1-5

Epistle 1 Peter 4:1-8

Gospel Matthew 27:57-66, or John 19:38-42

Reading from the Gospels, Holy Saturday:

[Matthew 27.57-66](#) or [John 19.38-42](#)

Mary Magdalene and the other Mary were there, sitting opposite the tomb.

—Matthew 27.61

Holy Saturday.

This day between the dying and the rising.

This day that calls us to hold our anguish and our hope in the same hand.

This day that invites us to marvel that when our heart has been shattered, it somehow manages to keep beating. That we somehow manage to keep breathing.

Still.

In the Breath, Another Breathing

For Holy Saturday

Let it be

that on this day

we will expect

no more of ourselves

than to keep

breathing

with the bewildered

cadence

of lungs that will not

give up the ghost.

Let it be

we will expect

little but

the beating of

our heart,

stubborn in

its repeating rhythm

that will not
cease to sound.
Let it be
we will
still ourselves
enough to hear
what may yet
come to echo:
as if in the breath,
another breathing;
as if in the heartbeat,
another heart.
Let it be
we will not
try to fathom
what comes
to meet us
in the stillness
but simply open
to the approach
of a mystery
we hardly dared
to dream.

—Jan Richardson

from *[Circle of Grace: A Book of Blessings for the Seasons](#)*

Links to explore for meditations:

<http://paintedprayerbook.com/2012/04/05/day-40holy-saturday-therefore-i-will-hope/>

<http://paintedprayerbook.com/2011/04/19/holy-saturday-the-art-of-enduring/>

<http://paintedprayerbook.com/2008/03/21/holy-saturday-a-day-between/>