

Holy Week Journal



Welcome.

Please accept this journal as we move this week towards the Easter weekend.

This week is often called Holy Week. It starts on Palm Sunday and ends on Easter Sunday.

Each day Jesus faced something new and through this journal I invite you to experience some of this.

It is a chance to step into the week that Jesus faced; to see what He went through; and to ask what does this mean for us in our lives today.

Each day has the following structure:

Be still.

A chance for you to pause for a moment before you read the Bible passage so you can notice your breathing and notice what you are carrying into this day. It is an opportunity for you to ask God to settle your spirit and your mind so that you can hear His words to you.

Read.

There will be a passage from the Bible that connects to the day, sometimes to what Jesus experienced and sometimes connected to the theme of what that experience represents. Read the passage slowly asking God to reveal something to you.

Ponder.

This is an opportunity to pause to think about one thing that the passage speaks to us.

Reflect.

There will be some reflection questions that will guide us to explore what the passage and theme are saying to us more deeply. To reflect is also a time to ask if God is calling us to any action.

Pray.

I encourage you to end your time each day praying and sitting quietly with Jesus.

I will be praying for you as together we walk through this week.

Love and blessings

Wayne

Rev. Wayne Dulson, Church Pastor
Billericay Baptist Church

Palm Sunday Welcoming Jesus.

Be still.

Read.

John 12:12-19

Ponder.

What one thing stands out to me in this passage?

Reflect.

Where am I praising Jesus publicly but resisting Him privately?

What expectations do I place on Jesus that may not align with who He truly is?

Do I struggle to praise Jesus in the storms of life? Why is this?

What does it look like for me to, 'go after Jesus?'

Pray.



Holy Monday

Cleansing the Heart.

Be still.

Read.

Matthew 21:12-17

Ponder.

What one thing stands out to me in this passage?

Reflect.

What habits or attitudes need to be cleared out of my heart?

Is my spiritual life rooted in performance or authenticity?

Where have I allowed distraction to replace devotion?

What would it look like for my life to be a 'house of prayer'?

Pray.



Holy Tuesday

Faithfulness & Readiness.

Be still.

Read.

Matthew 25:14-30

Ponder.

What one thing stands out to me in this passage?

Reflect.

If Jesus returned today, what would He find in my life?

Is this the same as what I would like Him to find in my life?

How am I using the gifts and opportunities I've been given?

Where am I being called to greater responsibility or courage?

Pray.



Holy Wednesday

Betrayal & Loyalty.

Be still.

Read.

Luke 22:1-6

Ponder.

What one thing stands out to me in this passage?

Reflect.

When have I chosen comfort, approval, or security over faithfulness?

What fears most tempt me to compromise?

How do I respond when I realise I've fallen short?

What would wholehearted loyalty to Jesus look like today?

Pray.



Maundy Thursday

Love & Service.

Be still.

Read.

John 13:1-17

Ponder.

What one thing stands out to me in this passage?

Reflect.

Who is Jesus calling me to serve more intentionally?

How do I respond when love requires humility?

Where do I struggle to receive love from others?

What does sacrificial love look like in my daily life?

Pray.



Good Friday

The Cross.

Be still.

Read.

John 19:17-42

Ponder.

How do I feel after reading this passage?

Reflect.

What does Jesus' suffering reveal about God's character?

What burdens am I carrying that I need to lay at the cross?

How has God brought redemption out of pain in my past?

What does forgiveness mean for me personally right now?

Pray.



Holy Saturday Waiting & Hope.

Be still.

Read.

Psalm 130

Ponder.

What one thing stands out to me in this Psalm?

Reflect.

Where in my life does it feel like God is not paying attention to my prayers?

How do I typically handle uncertainty or unanswered prayer?

What promises of God help anchor me in waiting?

What small signs of hope can I notice today?

Pray.



Easter Sunday

The Empty Tomb & New Life.

Be still.

Read.

Matthew 28:1-10

Ponder.

On this wonderful day, what one thing stands out to me in this passage?

Reflect.

Do I look for God to do the exciting things in my life?

How do I live in the truth that Jesus is alive in my daily life?

What signs of new life can I see in my life right now ?

Pray.





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