

## Holy Saturday Reflection

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When we wake up, we remember how Jesus has died. We recall the intensity of the Passion of our Lord and the final moments at the foot of the Cross. Rewind to the piercing of His side, the wrapping of His body in cloth, and the scene of the stone sealing His tomb. But today, we have an advantage – one that can easily be taken for granted. We know that this is not the end of the story. We've been through this before. For many of us, Lent, Holy Thursday, Good Friday, and Easter can become as routine as brushing our teeth: we know it's important, we've learned about why, and we've developed a healthy habit of practicing it regularly. But this Triduum, are you going through the motions or are you going through the emotions?

**“Unless there is a Good Friday in your life, there can be no Easter Sunday.” – Venerable Fulton Sheen.**

This reality should strike your heart. In order to achieve resurrection, there must be a crucifixion. To obtain healing, we must first be broken. Holy Saturday is the bridge we must cross to reach Easter – just as healing is the process that closes the gap between the broken and the healed.

Today, you are encouraged to mourn. On this day, the disciples wept and the women wept. While we are staying at home, it feels as though we are missing out. We mourn the temporary loss of human contact. We mourn the temporary separation from the sacraments just as the disciples mourned the temporary parting of Jesus. But Jesus suffered, too. Jesus was not duct taped to a post, He was nailed to a Cross with His arms outstretched to welcome you into the ultimate sacrifice of Love. Jesus, who was without sin, took on your sins, your Cross, out of Love for you and the whole world. Let the weight of the Cross sink into you. But don't forget to remove the splinters.

Tonight, you are encouraged to rejoice. We stay up late because we know what's coming tomorrow. Jesus said, “keep watch and pray,” so we celebrate Easter Vigil in anticipation and preparation for the Risen Lord. Essentially, Jesus wants you to get hype. Imagine Him nudging you with His elbow saying, “Just wait, it's about to get so good!” We ought to learn from the women who visited the tomb the next day. Jesus wants you to be the first one there to find the stone rolled away and the first one to run and tell all of His friends about it and the first one to beat Peter back to the tomb.

**“It was for this purpose that I came.” John 12:27**

Praise the Lord that the holes in His hands and feet were made to make you whole again. Jesus came to die AND raise from the dead. Jesus came to take on our sins AND save us. Jesus came to hang from the Cross AND conquer it.

**“He who wishes to travel more easily must cast off all things and use the Cross as his cane.” St. John of the Cross**

So I ask you, do you believe in the forgiveness of sins, the resurrection of the body, and life everlasting? Can you ask Jesus for the courage to conquer your cross?