

## Friday 2<sup>nd</sup> April 2021 – The authorities

- **Smell:** Leather (real or faux)
- **Touch:** Strong leather belt / thong
- **Taste:** Lemon juice / Something bitter & strong
- **Sight & Sound:** John 18:1-19:42  
(<https://www.biblica.com/bible/niv/john/18/>  
<https://www.biblica.com/bible/niv/john/19/> )



**Reflection:** A miscarriage of justice fueled by fear – are there ways in which we as individuals and as a society collude with injustice out of apathy, fear or feeling powerless? How can we respond to violence and injustice with integrity? Pray for courage and justice in our lives and world.

## Saturday 3<sup>rd</sup> April 2021 – Quiet Kindness

- **Smell:** Moisturizing cream
- **Touch:** Moisturizing cream
- **Taste:** Cinnamon / ginger / another sweet spice
- **Sight & Sound:** John 19:38-42  
(<https://www.biblica.com/bible/niv/john/19/> )



**Reflection:** Quiet Kindness – Think of a few simple actions you can make today which offer quiet kindness towards yourself / another / the earth.

# Holy Week story with five senses



## Introduction

- Here are six sections of the story of Holy Week, one for each day, Monday to Saturday.
- Along with each story section are suggestions to engage with the story using all our senses (smell, taste, touch, sight and sound).
- The sight and sound are an invitation to read the story out loud or to listen to it being read on [www.biblica.com](http://www.biblica.com) .
- Some of the smells / tastes / touches are things you may not have at home or you may be allergic to. Please adapt the items to be safe and accessible for yourself.
- The suggestion is to find the object/s to smell, taste and touch before / during / after your read / hear the story.
- If you do not wish to engage with your senses in this way, you can simply read the passage and reflect on the question.

## Monday 29<sup>th</sup> 2021 – Beauty of Generosity

- Smell: Perfume / Shampoo
- Touch: Hair
- Taste: Honey / Something sweet
- Sight & Sound: John 12:1-11

(<https://www.biblica.com/bible/niv/john/12/>)



**Reflection:** Acts of unexpected generosity – nations donating vaccine, the stranger who gave you back the hat you dropped... Can you think of unexpected acts of generosity you have seen, in your life or world? Offer thanks to God for these.

## Tuesday 30<sup>th</sup> Mar 2021 – Dying to Live

- Smell: Soil
- Touch: A Seed
- Taste: Tiny amount of salt
- Sight & Sound: John 12:20-36

(<https://www.biblica.com/bible/niv/john/12/>)



**Reflection:** The seed dies to grow – are there aspects of our lives and society which we need to allow to die in order to plant God's Realm; which could seem unpleasant to let go of? Offer these to God in prayer.

## Wednesday 31<sup>st</sup> Mar 2021 – Betrayal at dinner

- Smell: Olive oil / sauce you might use in a meal
- Touch: Small chunk of Bread
- Taste: Dip bread in oil olive / sauce and eat it
- Sight & Sound: John 13:21-32

(<https://www.biblica.com/bible/niv/john/13/>)



**Reflection:** Betrayal - are there situations in which you have experienced betrayal and situations you can think of when people have felt betrayed by systems of power? Offer these experiences to God, knowing that God can bring goodness even from situations of betrayal.

## Thursday 1<sup>st</sup> April 2021 – Service

- Smell: Soap
- Touch: Water in a bowl
- Taste: Water in a glass
- Sight & Sound: John 13:1-17, 31b-35

(<https://www.biblica.com/bible/niv/john/13/>)



**Reflection:** God's endless service – God is the creator and sustainer of the water that brings life to our planet. Each mouthful of water is God's gift and service to you. Give thanks for the endless ways in which God is sustaining and serving you today. Consider how you can reflect God's image in your service to neighbours / kin / life, close by and far away.