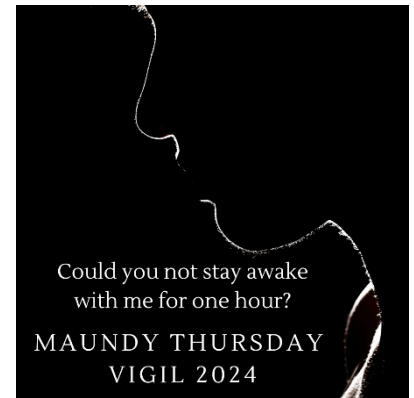


First Congregational Church UCC BTV
Maundy Thursday Vigil: *Home Guidelines*
Thursday, March 28 through Friday, March 29, 2024

On his last night, Jesus asked his friends and followers to stay awake with him as he awaited his betrayal. Yet they were anxious and stressed and fell asleep. As the world watches and waits through Holy Week, we know how essential it is that Jesus not be alone in this time, and are taking up the task of watching and waiting with him.



If you were unable to sign up to be at the church for an hour during the Maundy Thursday Vigil, and want to participate from your home, we invite you to set aside an hour between 8pm Thursday and 7pm Friday to hold vigil in your home.

Vigil Guidelines

- Please settle into your space a few minutes before your designated time.
- Find a comfortable spot, and a candle and light it to help illuminate your meditations.
- Turn off your phone, and computer, so you have no distractions.
- Feel free to move around your home as needed - the point is to be awake with Jesus during this time.

Vigil Ritual

Your Vigil hour is an opportunity for silent meditation and prayer.

One way to focus your meditation & prayer is to read:

- Isaiah 52:13-53:12
- Exodus 12:1-14
- Psalm 116, 22, 31
- First Corinthians 11:23-26
- John 13:1-17, 31b-35
- John 18:1-19:42
- Job 14:1-14
- Matthew 27:57-66

You may wish to read these passages, pray, and meditate on the images, feelings, and thoughts that arise for you. You may prefer to read the scripture before your Vigil hour so that the entire hour can be spent contemplatively.

Just bring an open mind and full heart to be in the stillness and to stay awake with Christ for that hour. Thank you.