

renew  
WITH  
+ ANNA GREENWOOD-LEE



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Feeling Holy Week

Since the Enlightenment, we've tried to live with this idea that that we are essentially rational or thinking beings that maybe, occasionally, feel. Scientists are now laughing at us and telling us that we are feeling beings that occasionally think.

If you've been journeying through the biblical readings for the Sundays in Lent with me, you've seen something of Jesus' rich emotional life. You've seen him get upset and frustrated. This past Sunday Jesus says, out loud, "My soul is troubled."

This brings to mind the shortest and I think most beautiful line in the whole Bible, which is simply, *Jesus wept*.

Jesus was fully God and fully human and the Bible tells us that, as a human, he felt things. If there is one thing I've learned in 20 years of ordained ministry it's this, it's that unprocessed emotions are never benign. They are always malignant. We can try to push our emotions aside or not deal with our pain or our anger. But it always resurfaces. Often in larger and more unwieldy ways.

This coming Sunday we begin the journey through Holy Week. And it is, essentially, an emotional journey, not a rational one. This Holy Week of all Holy Weeks I invite you to feel your way through the story. Through the week. Feel what it's like to stand on the roadside and shout, *Hosanna, Hosanna*. Feel what it's like to stand in the crowd and shout, *Crucify him, crucify him*. Imagine how Jesus must have felt when his closest friends betray him. Imagine how Mary, Jesus' mother, must have felt watching her son being crucified. Imagine how the women must have felt going to the empty tomb. Enter into Holy Week fully human. Enter with your hearts. Allow yourself to feel. And trust that God encounters us there.