

From Cross to Dawn

A Three Day Journey With Christ

Good Friday Holy Saturday Resurrection Sunday



We Walk With Him Through Death
Wait With Him in Silence
And Rise With Him Into Life

Introduction

As we have been walking through the final section of the Gospel of Mark, I have been struck by how deliberately Mark presents the journey from the cross to the dawn. For most who grew up in the church, the path Mark describes for Jesus is very familiar—almost so familiar that we can pass over it like a favourite movie we've watched countless times. We can quote the lines from this familiar film. When this happens, the true meaning and full impact of what occurred can be overlooked.

So, this three-day journey is meant to slow us down and revisit the story of God's Son, our Saviour, willingly surrendering Himself for the world the Father loves. Death and sin have been defeated, and we now have resurrection life today!

May this three-day journey cause you to rejoice in the abundant life Jesus has for us.

Enjoying the Invitation,

Pastor Scott



HOW TO USE THIS GUIDE

Set aside 15–25 minutes each day.

Find a quiet place if possible (you might have to lock yourself in the bathroom!).

Move slowly. Don't think of this as a to-do list, but more like a slow walk on a sunny day or a slow conversation with a good friend over a cup of tea or coffee.

No expectations and no need to rush or perform.

GOOD FRIDAY

The Way of the Cross

Theme: Christ Suffers With Us and For Us

ARRIVE

Sit quietly.

Place your feet on the floor.

Rest your hands open in your lap.

Take three slow breaths.

Whisper: Jesus I am here.

SCRIPTURE

Read Slowly: **Mark 15:33-39**

Darkness came over the whole land...

Jesus cried out...

“My God, my God, why have you forsaken me?”

And Jesus breathed His last.

Read it again, imagining who was there. The soldiers, the crowd, the women following Jesus, the religious leaders, the disciples, the two men on the cross.

Consider their perspective.

Now read it once more. You know the whole story.

What do you realize, see or feel?

REFLECT

Good Friday reminds us:

God does not stand far from human pain.

He enters it.

Consider Gently:

- Where am I hurting right now?
- What feels heavy or unresolved?
- Where do I need mercy?

You may name these aloud, or silently, or consider writing them down.

PRAY

Hear His words from Isaiah 53

“Surely He has borne our griefs and carried our sorrows.”

Imagine placing your burdens at the foot of the cross.
You do not have to pick them back up.

RESPOND

If helpful, hold your hands open as a physical sign of surrender.

Pray:

Into Your hands, Lord,
I place my pain, my fear, my sin , my grief.
Stay with me as I stay with you.

CLOSING BLESSING

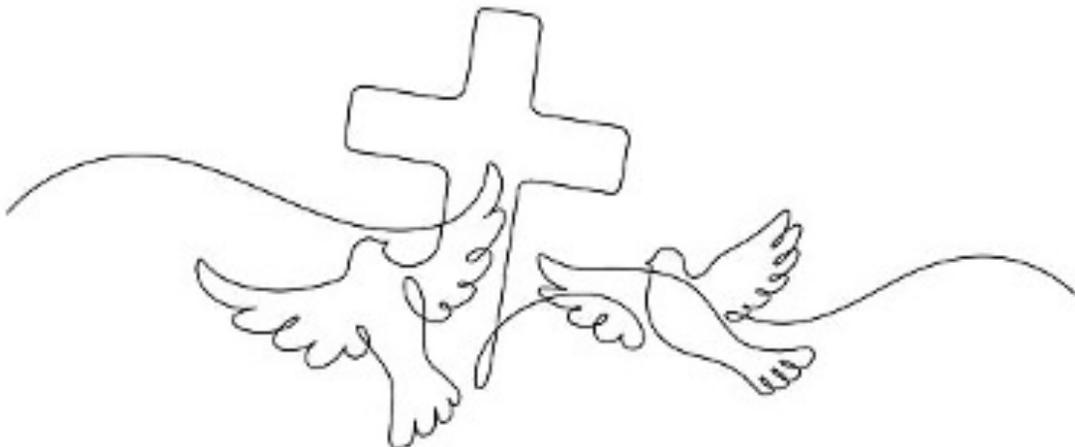
Christ crucified,

Draw me into Your love.

Teach me to trust Your mercy... even in the darkness.

Amen.

Sit quietly for a moment before leaving.



HOLY SATURDAY

Waiting in the Silence

Theme: God is Present Even When He Seems Absent

ARRIVE

Holy Saturday is the day of quiet.

Sit in stillness.

Take slow breaths.

Notice the silence.

Pray: Lord I am waiting.



SCRIPTURE

Read slowly: **Mark 15:46-47**

Joseph laid Him in a tomb...
And a stone was rolled against the entrance.

Then read: **Psalms 130:5-6**

*"I wait for the Lord, my soul waits...
More than watchmen wait for the morning."*

REFLECT

This is the day between grief and hope.

Consider:

- Where does life feel unfinished or uncertain?
- Where am I waiting for God to act?
- Where does heaven feel quiet?

Name your "Saturday places." Take a few moments to either write them down or speak them out loud.

RECEIVE

Holy Saturday teaches us:

Silence is not abandonment.

Seeds grow underground.

Bread rises unseen.

New life forms in secret.

PRAY

God, I cannot see what You are doing

but I trust You are at work.

Imagine placing your unanswered questions into Christ's hands.

Let them rest there, believing Jesus welcomes you to place them in His hands; He wants you to do this and welcomes the opportunity to hold them with you in His hands.

REST

Sit in silence for several minutes, if possible.

If anxious thoughts arise, breathe and then pray:

“You are here.

I am not alone.”

SCRIPTURE OF HOPE

Read: **Romans 8:24-25**

If we hope for what we do not see, we wait for it with patience.

CLOSING BLESSING

Christ in the tomb, be near in my waiting.

Give me peace without answers,

Trust without fear, and hope that endures the night.

Amen.

Carry quiet expectancy into the rest of the day.

Resurrection Sunday

The Dawn of Resurrection

Theme: Christ is alive and goes ahead of us.

ARRIVE

If you are able, seek to complete this devotional time in the morning.

Stand. Consider going outside and looking heavenward to begin.

Take a deep breath.

Let your posture reflect openness.

Say aloud, maybe with your hands raised up:

HE IS RISEN! (pause) HE IS RISEN INDEED!

SCRIPTURE

Come back inside and read slowly: **Mark 16:1-7**

Do not be alarmed...

He has risen; He is not here...

He is going ahead of you.

Imagine the dawn light.

The empty tomb.

The astonishment.

REFLECT

Resurrection is not only an event...

It is an invitation into new life.

The new life in Christ.

The old is gone, the new is here. (2 Corinthians 5:17)

Consider:

- Where do I need hope today?
- What feels dead that I long to see renewed?
- Where might Christ be inviting me to follow Him?



RECEIVE

Hear Jesus' promise:

"Because I live, you also will live."

Life is stronger than death.

Love stronger than fear.

Hope stronger than despair.

Let gratitude rise naturally.

PRAY

If possible, open your hands or lift them slightly.

Pray:

Risen Jesus, bring Your life into my life.

Lead me into Your new creation.

Help me follow where You go.

CELEBRATE

Speak or sing praise in your own words.

Write down three aspects of your life

or attributes of God that you are grateful for.

Resurrection joy doesn't need to be loud. — only real.

CLOSING COMMISSION

Read aloud:

The tomb is empty.

Death has been defeated.

Christ is alive.

And He goes ahead of me.

I will follow Him into hope, into love, into life.

Amen.

Take a Deep breath.

Step into the day as a resurrection person.

Final Word

This three-day journey
mirrors the shape of the Christian life:

CROSS – SILENCE – RESURRECTION

Again and again.

Not only once a year, but throughout our lives.
And Christ is present in every part of the journey.

