

# LIVING resurrection life

A HOLY WEEK DEVOTIONAL

BY KATHERINE GREGORY



# HELLO!

Dear Friends,

It's the most wonderful time of the year! No, not Christmas--Easter! Arguably the most important day of the Christian calendar.

Growing up in a fairly contemporary, non-liturgical church, I have not always paid much attention to the Church calendar.

However, in my adult years, it has been a remarkable joy to adopt a greater observance of these holy days.

This eight day devotional walks through some of the Scriptures of Passion week and includes reflections and action steps you can take to nourish your body and soul.

I hope that you are blessed by the opportunity to take a daily pause and reflect on the importance of Holy Week.

Love and Blessings,

*Katherine Gregory*



# palm sunday

## WHO IS YOUR KING?

### **READ:** *Matthew 21:1-11*

The King you follow determines your identity and the life you build. Jesus enters not as the king people expected, but as the King they needed. One who is intimately acquainted with the pain of humanity and infinitely powerful to heal all wounds. But He is a respecter of persons. He does not force a new identity onto those that resist.

### **REFLECT:**

Is Christ the King shaping my identity right now? Write one way He has or is renewing your mind and identity right now.

### **ACT:** Renew your mind. Own the identity given to you by Christ.

Choose one truth about your identity in Christ. Write it on a sticky note and post it somewhere you will see it every day. In your journal, make a practice of writing this truth and reading it aloud to yourself every day until Easter.



# cleansing monday

## WHAT NEEDS TO BE REMOVED?

**READ:** *Matthew 21:12-13, 1 Corinthians 6:19-20*

When Jesus entered the temple, He found that what was meant to be a sacred space for prayer had become misused. So He cleared it in order to restore its original purpose. In the same way, our bodies, homes, and habits are meant to be places of presence and connection. In modern life, we can easily become filled with noise, toxins, and distractions. Cleansing these is not about perfection, but about making space for what cultivates life rather than disease, disconnection, and death.

### **REFLECT:**

What is one thing I can remove from my diet, habits, home, schedule, etc. that would create more space for healing and connection with God?

**ACT:** Cleanse your body and soul.

Identify one one habit, food, or environmental input that you will replace or remove for the purpose of having a cleaner body and soul. If it requires a few steps to make it happen, list those.



# revealing tuesday

## WHAT IS MISALIGNED?

### **READ:** *Matthew 23:25-26*

Through a series of parables in Matthew 21-23, Jesus confronts the religious leaders, revealing the disconnect between their outward appearance and their inward reality. In a world of “symptom managing,” Jesus prods us to look deeper and address what is beneath the surface. True healing, whether physical or spiritual requires honesty. What we ignore does not disappear, but rather it shapes us over time.

### **REFLECT:**

Where does my life look fine on the outside but feel off underneath? What symptoms and/or emotions have been popping up that I may need to listen to, surrender to God, and learn from?

### **ACT:** Take one honest step.

Choose one small step toward greater alignment with your Christ-given identity today. Ex. swap a snack, clear a surface, set aside time for rest, or pause before reacting, etc.



# betrayal wednesday

WHAT ARE YOU SELLING OUT FOR?

**READ:** *Matthew 26:14-15*

Betrayal is often formed in secret, through a slow progression of micro-decisions and compromises. Judas traded something sacred for something immediate. We do the same, perhaps in subtler ways. Modern life makes it very easy to choose convenience, comfort, or distraction over what truly brings life.

**REFLECT:**

Where am I choosing convenience over what is truly life-giving? What “quick fixes” am I relying on that feel easier now but cost me vitality, presence, or connection in the long run?

**ACT:** Be accountable.

Make one intentional choice today that honors long-term health over short-term ease. Tell someone about it. Ask them to support you or do it with you.



# maundy thursday

ARE YOU LIVING CONNECTED?

**READ:** *Luke 22:19–20; John 13:12-17, James 5:16*

At the table, Jesus breaks bread and offers Himself as nourishment. Then He kneels to wash His disciples' feet. In both acts, He shows that His kingdom is built on connection, humility, and love. James continues to paint a picture of God's communal kingdom when he reminds us that we were never meant to live or heal in isolation. Rather we're meant to vulnerably share ourselves with other and in so doing we will be healed.

**REFLECT:**

Am I allowing myself to be nourished and known? Do I humbly serve others, even those who are "beneath" my status (your children if you are a parent, your employees if you're an employer, etc.)

**ACT:** Slow down and connect.

Share a meal, offer help, make a call, or go out of your way to be with someone. Write down one way you will do this during Holy Week.



# good friday

LIFE FROM DEATH

**READ:** *John 19:28-30, Matthew 27:50-51.*

For all of recorded history, humanity had tried to connect with God through sacrifice. On the cross, Jesus abolished this old system and when the temple veil tore in two, it marked the end of sacrificial practice. He became the Passover lamb. Every time we eat we can be reminded of this provision.

## **REFLECT:**

Is there any way that I am still trying to earn or prove salvation through effort or control? Where am I holding on to old "rituals" or habits as if they can make me right or whole?

**ACT:** Acknowledge Christs' sacrifice.

Choose one meal today to eat meat and intentionally remember God's provision and saving work on your behalf.



# holy saturday

## SITTING WITH DISCOMFORT

### **READ:** *Lamentations 3:28–33*

Holy Saturday is a day of waiting, silence, and uncertainty. The disciples were confused, grieving, and unsure what would come next. In our own lives we experience pain, discomfort, loss, and unresolved tension. When this happens, God invites us to pause and sit with Him in the safety of His compassion. In these moments of waiting and uncertainty, we actually train our nervous system to learn that discomfort does not have to become overwhelm when we trust that God is still at work, even all looks lost. Rushing past our feelings and distracting ourself from pain actually worsens our health in the long-term. Resting and reflecting allows Hope to take root in the silence.

### **REFLECT:**

Where in my life am I avoiding discomfort, uncertainty, or grief? Can I rest in God's presence, even when I do not yet see resolution?

### **ACT:** Be still

Take 10–15 minutes to sit in silence or gentle contemplation. Breathe deeply, notice your body's tension, and remind yourself that God is present and at work even in quiet waiting. Make note of any reflections you have.



# easter sunday

## ARE YOU LIVING IN EIGHTH DAY FREEDOM?

### **READ:** *Luke 24:1-8, 2 Corinthians 5:17*

The women are asked, “Why do you look for the living among the dead?” Jesus did not belong there! The tomb is empty and what seemed final was really a beginning. Resurrection is a new way of living. As those made new in Christ, we are called to live as living, new creations. Each day we are able to reflect this freedom in our choices, habits, and daily rhythms. We can still hear the angel’s question echo today: “Why do you look for life in old patterns of fear, scarcity, or mere survival?” God invites us to step boldly into the Eighth Day, Resurrectio, New Creation life that He has given. It is a life marked by abundance, wholeness, freedom, and hope-- and it is already ours.

### **REFLECT:**

What areas of my life are still “looking for life among the dead”? Where am I holding back from the freedom, health, or joy God has made possible?

### **ACT:** Act freely

Identify one thing you will do this week that reflects living in Resurrection freedom. Consider how fear or old patterns have prevented you from speaking a truth, starting a healthy habit, setting a boundary, giving generously, or living sacrificially. Make note of how this choice will reflect the resurrection reality in which you already live.

