

SOLO

MAUNDY THURSDAY

at home table liturgy & practice

This guide is meant to be used at home, in celebration of Maundy Thursday. This version of the guide is meant to be used around a meal you eat alone. This is the night we remember the story of Jesus instituting the Lord's Supper, or Holy Communion. This is a story we're called to remember, but more than that, it's one we're meant to *practice*. Set an intention here, to let yourself enter into this story.

This is the night where the darkness comes close. It's the night where the altar is replaced by a table, priests are less important than friends, and the rules are rewritten in the name of love. Everything changes here, but not how they - those disciples that night around that table - expected. Things still have the ability to change here, for any time we open ourselves to the Holy, God has a way of breaking apart, pouring into, and showing us new ways to be.

So welcome to Maundy Thursday. *May God be with you there...*

Supplies to Gather:

- A Bible
- A candle, and something to light it with
- Hand sanitizer, or soap and access to a sink
- Crackers or bread, that won't be eaten with the rest of the meal
- Juice or wine

Prepare

Practice:

Light the candle, and while you do, say:
Blessed are you, God of the universe, our Light in every darkness.

Examine:

Think back through your day. Where do you now notice the evidence of God? Did you notice it at the time, or only now in hindsight? Contemplate that. When you're ready, take a deep breath, and invite the Spirit to be close.

Pray:

Come in peace, Spirit of God, be with me here.
Come in peace, Spirit of God, pray what I forget, into God's ear.
Come in peace, Spirit of God, lift the weight all I've left undone.
Come in peace, Spirit of God, let me notice You, O Holy One.

Blessing the Hand Washing

Practice:

What stories from the Bible come to mind when you think of water? Share those, as you intentionally, and slowly, wash your hands.

Examine:

Think back through your day again. What do you need to wash away and leave behind? Or, what do you wish had gone differently? Offer those up to God.

Pray:

In the water, wash away the week that was.
In the water, renew me for the week that will be.
In the water, remind me I am named and claimed by You.
In the water, remind me all things can be made new.

Blessing the Food

Practice:

Consider using a different kind of plate/bowl for this particular meal. Pay attention to how you fill your plate. Fill it slowly, carefully.

Examine:

Notice the food on your table. Pick an item to consider. Where did that food begin? In what ground? Who grew it? Who harvested it? Continue through the journey of your food, and consider all the places it's been, and the people who have participated in it being here on your table. Offer gratitude for each step along it's way.

Pray:

Holy God, I bless this food,
confessing I get hungry,
asking that you fill me here,
for all that is ahead.

Blessing the Eating

Practice:

Eat! Try to eat more slowly than usual. Notice how that feels.

Examine:

Think back through your past week. What are you thankful for? Think of as many gratitudes as you can. Offer up this thanks as you eat.

Pray:

At the end of each gratitude, say: I thank you, Holy God.

Remembering our Story

(Do this when the meal is almost over.)

Read:

1 Corinthians 11: 23-26

Practice:

Find the bread (or crackers, etc.) and the juice (or other beverage) on your table. Remember the story, as you eat your bread and juice.

Remember, before this night, the typical way someone came close to God was to make a sacrifice, which involved an altar and a priest (and usually some blood). Jesus overturns the old way here, and shows that God will be close, not over sacrifice, but around a table - not with a priest, but with friends (and enemies) - not with blood, but with *his* blood, now symbolized as wine. This was a radical change. Consider here, where might you need to stop pursuing old ways, and let love pour into you? As you eat and drink, say out loud, "Love is poured. There is more than enough."

Pray:

Bread is broken, juice is poured.
Love is shared, gratitude adored.

Sending to Rest

Examine:

Consider the day ahead of you tomorrow. What are you looking forward to? Where does stress or concern come up? Invite the Spirit to be with you there.

Practice:

Blow out your candle, and as you do, say:
Journey with me into this night, that I may find rest.

Pray:

I lay down my work.
I pick up my rest.
Blessed are you, O God.

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