

## Silent Saturday

**Luke 23:56** ...On the Sabbath they rested according to the commandment

Could they really rest though? The disciples had scattered, Jesus had been crucified, His body buried and later sealed in the tomb. It seemed like darkness had won... and God had gone silent. Can you imagine sitting in that silence? (Even if it was just one day).

We know the covenant promises of God; we remember Jesus' assurance of coming resurrection; we trust that God is doing something incredible even if we can't see it or experience it yet. All this had been written for us... but still, the silence is deafening.

This year is our year of rest. Most of the leaders have gone for or have been scheduled to take a one-day retreat (thanks to CSF), to learn what it means to sit in silence.

That silence often exposes our anxieties and fears - ultimately our unbelief. Do the Words of God penetrate to our inner being? Does His work on the cross and His resurrection from the dead override what we see with our eyes or experience in our bodies, our families or in our society? How real is God to us? We wrestle with God in the quiet.

Often, we give up or give in... the stillness is too much. We rush back to busyness and to doing - even doing ministry. Not realising that so much of our service comes from brokenness rather than belovedness. How many have imploded or exploded because they refuse to engage with what is real - the truth of themselves that Jesus so often exposed in His 1-1 conversations. How many times have I done exactly that...

There is a reason the historical church valued times of silence, stillness and solitude - where we are made to be on our own with God and His Word - and nothing else. Yet Zion Bishan has yet to capture this practise. Are we missing something here?

I don't know whether you took time away this 'Holy Week' to be alone with God. To read, reflect and journal, or take a walk and talk openly to your Father in heaven. If you didn't, perhaps you can schedule a time right now? If you are unsure how to do this there are many Christian groups that facilitate it - like CSF or BGST.

There must be a reason why Jesus made His disciples wait - made them take an enforced rest after His death and before His resurrection. Was it not necessary to prepare our hearts to embrace more strongly what He has already done?

If you want to meditate more on this, consider these resources by our pastors:

[graceworks.com.sg/store/category/personal-growth/silence-a-necessary-pause-in-noise](https://graceworks.com.sg/store/category/personal-growth/silence-a-necessary-pause-in-noise)

[graceworks.com.sg/store/category/personal-growth/solitude](https://graceworks.com.sg/store/category/personal-growth/solitude)

[graceworks.com.sg/store/category/personal-growth/waiting](https://graceworks.com.sg/store/category/personal-growth/waiting)

[graceworks.com.sg/store/category/young-adult/the-rest-race](https://graceworks.com.sg/store/category/young-adult/the-rest-race)

*Peace be with you,*

**Pastor Dev Menon**  
**Zion Bishan BP Church**

**P.S. Easter Offerings collected will be designated towards the General & Missions Fund of the church. You may give via electronic transfer to DBS 070-901056-3 or via PayNow to T10SS0029GGMF, ZION BISHAN BP CHURCH.**