

Discover the meaning

**EMPTY & FILLED**

and power of Easter



...the men said to them, “Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.’” Then they remembered his words.

- Luke 24:5–8 -



# EMPTY & FILLED

## MONDAY OF HOLY WEEK

Warming up: How would you explain Lent?

*Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'" - Luke 4:8*

1. How has this Lenten season felt like a desert or a wilderness?
2. Where have you been tempted to direct your worship during this season of Lent?
3. How can we seek to focus our worship on God alone this year?

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### Prayer

O Lord, who for our sake fasted forty days and forty nights: give us grace to use such abstinence, that, our flesh being subdued to the spirit, we may ever obey your godly will in righteousness and true holiness; to your honour and glory, who lives and reign with the Father and the Holy Spirit, one God, world without end. Amen.



# EMPTY & FILLED

## TUESDAY OF HOLY WEEK

Warming up: How would you explain fasting?

*"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" - Isaiah 58:6*

1. What is fasting supposed to achieve in our hearts?
2. How is fasting supposed to re-orientate our lives?
3. How can we live a lifestyle of fasting so that we rid our lives of idols and focus on God alone?

### Prayer

Remember, O Lord, what you have wrought in us and not what we deserve, and, as you have called us to your service, make us worthy of our calling, through Jesus Christ our Lord. Amen.





# EMPTY & FILLED

## WEDNESDAY OF HOLY WEEK

Warming up: How would you explain prayer?

*"...If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!" - Luke 11:13*

1. Why is prayer so essential to our relationship with God?
2. Jesus tells us that God desires to "give the Holy Spirit to those that ask him!" How often do you ask God for the gift of his Spirit compared to asking for other things?
3. What practical steps could you take as you seek to grow as a person of prayer this year?

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### Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.



# EMPTY & FILLED

## MAUNDY THURSDAY

Warming up: How would you explain repentance?

*"Perhaps the reason he was separated from you for a little while was that you might have him back forever—no longer as a slave, but better than a slave, as a dear brother..." - Philemon 1:15-16*

1. Why is repentance something that must happen in our hearts and minds - not just in our words?
2. In what ways is Onesimus' repentance more than words?
3. How can we seek to live a lifestyle of repentance towards God and our neighbours each day?

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### Prayer

Almighty God, in Christ you make all things new:  
transform the poverty of our nature by the riches of your grace, and  
in the renewal of our lives make known your heavenly glory; through  
Jesus Christ our Lord. Amen.





Warming up: How would you explain sacrifice?

“Do not lay a hand on the boy,” he said. “Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son.” - Genesis 22:12

1. What things are you tempted to love more than God?
2. Are you willing to lay those things down on the alter?
3. What does it mean when we pray each week: Father, we offer ourselves to you as a living sacrifice...?

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### Prayer

God of our ancestors, whose chosen servant Abraham was given faith to obey your call and go out into the unknown: endow your Church with such faith that we may follow you with courage; for the sake of Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



# EMPTY & FILLED

## HOLY SATURDAY

Warming up: How would you explain renewal?

“I tell you,” Jesus replied, “if they keep quiet, the stones will cry out.” - Luke 19:40

1. In what ways do fasting, prayer, repentance, and sacrifice create an environment in our heart that is ready for renewal?
2. Why do you think renewal and praise go hand-in-hand?
3. What are some practical ways that you can continue to welcome the Holy Spirit's renewing work in your life this year?

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### Prayer

Almighty and everlasting God, in your tender love towards us you sent your Son, our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all should follow the example of his great humility: mercifully grant that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen.





# EMPTY & FILLED

## EASTER DAY

Warming up: How would you explain Easter?

“Why do you look for the living among the dead? He is not here; he has risen!” - Luke 24:5-6

1. In what ways has the process of emptying during Lent helped you to identify with and relate to Jesus's death?
2. In what ways has the process of re-filling during Lent helped you to identify with and relate to Jesus's resurrection?
3. What is something that God has challenged you with, or been speaking to you this Lent / Easter?

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### Prayer

Everlasting God, in your tender love for the human race you sent your Son to take our nature, and to suffer death upon the cross: in your mercy enable us to share in his obedience to your will and in the glorious victory of his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



“Blessed is the king who comes  
in the name of the Lord!”

“Peace in heaven and glory in  
the highest!”

- Luke 19:38 -



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Church

All Saints' Booval

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