

One Minute in Holy Week

Maundy Thursday

- Stop what you are doing for one minute
- Take a deep breath in and a breath out
- Read this short prayer thoughtfully and remain open to God's spirit
- Stay with it for a minute...
- Then carry on through the rest of day, a little more conscious of God's love and presence.

Lord Jesus Christ,
you have taught us that what we do
for the least of our brothers and sisters
we do also for you:
give us the will to be the servant of others
as you were the servant of all,
and gave up your life and died for us,
but are alive and reign, now and for ever.
Amen.



Make Holy Week Matter