
Lent: Holy Week

Getting Ready

You may want to light a candle and/or place a tea cup/mug in your Quiet space. Still your body and your eyes. Breathe. Slowly read the four quotes. Make space between each one to absorb the words and images.

"If we wish to quench our thirst, we must lay aside books which explain thirst and take a drink." - *Abandonment to Divine Providence*

"My cup is completely full." - *Psalms 23*

"What about the divine Ocean of generosity?
Who could reduce this joy to anyone?
Fish don't hold this sacred liquid in cups!
They simply swim its vast fluid freedom." - *Rumi*

Where are you, O cupbearer?
Where are you?
Come forth, for my soul yearns for that wine,
that ruby wine tasted by the Pure in Paradise.
Come, come O cupbearer,
pour out your wine into the vessel of my soul.
Wherever you are, I will search and find you.
And having found you I will never let you go
until my thirst is quenched and my being
drenched in that wine which we drank in the pre-eternal dawn,
And shall drink again in the Beatific eve of our earthly life.
- *Ayed Hossein Nasr, Islamic philosopher and Religious Scholar*

Visio Divina: Our Image this Week

[Photo credit: Anne Hoganson]

Open your heart to a sense of the Holy that dwells within you as you gaze upon the photo.



Journal/Reflection Notes

Take some time to draw or write in response to your time of sacred seeing and prayer. It's not necessary to answer any or all of the questions. The questions are meant to prompt your reflection. What are your questions?

Where are your eyes drawn? In what ways did your heart follow?

I wonder if the cup is empty?
What feelings or memories are evoked in you?
What invitation is present for you as you continue your Lent journey?

An Offering of Words: Holding Space

One morning I woke up with cups in my mind.

Cups.

All I could see was cups.

Everything I read was about cups.

The four quotes in the opening poured themselves into my awareness.

Cups. I thought back to the beginning image from the cloisters of Iona Abbey and the chalice-cup lifted to stone lips. I invited you to wait. Wait, and let your soul-thirsts be known in you.

It only seemed fair to end with a cup.

Letting you know that soon we drink.

And will be quenched.

I imagined the Easter cup to be full.

Overflowing.

Drenching us in abundance.

Saturating us with grace.

Quenching us like soothing lotion.

The Cup of Fullness.

Then this quote found me:

It is the emptiness inside a cup that makes it useful. (Tao Te Ching)

It is the emptiness inside a cup that makes it useful.

Paradoxes like this get me every time.

In the empty cup there is a holding space.

Potential. Possibility. Promise.

We 'hold space' for one another.

This is an important phrase that has come into usage.

It means being fully present to another

offering support without judgement or advice.

It means creating a safe container for the hard work of letting go,

making space for tears, or anger, truth, all heart-full emotion.
It means offering just enough words to empower discovery.
It means a comfort with presence, more often silence that holds the rim.
We know what holding space for a friend means.

It is creating a container, like an empty cup;
a useful space for becoming so much more.

Easter is The Cup of Love.
Cup that can never be emptied.
Cup that can never be filled.
Cup that is infinitely deep.
Cup holding the source of all things.
Cup hidden but always present.

So many paradoxes.

I invite you this coming week to hold space with Yeshua, Jesus.
Being fully present,
mind open and heart bared
 when a cup of salvation (which is wholeness) is lifted,
 when a cup of suffering is struggled with,
 when a cup of life is poured out.

We'll hear of his thirst too.
In naming our thirsts we, too, discover a hollow, carved out space.
 a space in us that can never be emptied, never be filled,
 a space that is infinitely deep and holding all things,
 a space where Love makes a home; Love stronger than death.

We become a cup, a vessel into which divine Energy can pour. We
become Love when as it is poured out. It is the emptiness of a cup that
makes it useful. And we are Quenched.

Questions for Reflection

1. Who holds space for you? And for whom have you held space?
2. What invitation do these words offer as you get ready to enter the Mystery of Easter?
3. How would you name or draw the Energy in this movement from thirst to quench, from emptiness to wholeness?

Intention for the Week

Mulling Meditation

Mulling meditation is holding space for wonder or a question that can be mulled over in the wee spaces that open in a day: waiting in line, driving, washing dishes.

Here are some ideas for Mulling Meditation. Feel free to create your own to carry into your day.

- ▶ Be especially present to moments of wonder you notice when looking out windows. What fills the cup of your self with energy?
- ▶ Learn by heart a line of scripture or an wisdom quote or affirmation that you can mull over during the day.
- ▶ Create a breath prayer and let it mull in you.

Scripture Poetry

Perhaps the most succinct Passion story is recorded in Philippians 2:5-8. It is a very ancient hymn of the Early Church.

*Let the same mind be in you that was in Christ Jesus,
who, though he was in the form of God,
did not regard equality with God
as something to be exploited,

but emptied himself,
taking the form of a slave,
being born in human likeness.
And being found in human form,

he humbled himself
and became obedient to the point of death—
even death on a cross.*

Spend time with the words.

Blessing

*The blessing of an empty cup,
poured out and may wholly love
be your this Holy Week.*

First published in 2015 as part of the Quench series in Lent for
Prayer Bench subscribers. Revised February 2026.




Prayer Bench
Journeying Deeper, the Contemplative Way

HOLDING THE SPACE

A gift that supports writing and sharing contemplative resources.

The writings and resources shared here are freely given, trusting in the generosity of the contemplative way. If you find them meaningful and are able, your gift helps hold this space for continued writing and reflection.

SUPPORT PRAYER BENCH