



Temple Reflections

**A Holy Week Prayer
Journey for Black Women**

by Patrice Gerideau

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Welcome Sister!

Holy Week is a sacred invitation to walk with Jesus—not just through the well-worn road of suffering, but into the heart of transformation.

For Black women, this journey isn't unfamiliar. We know what it means to hold grief and glory in the same hand—to be broken and beautiful, weary and worthy, all at once.

This guide is a soul care companion for the week that changed everything. Each day, we reflect on Jesus as the True Temple—and on what it means for our bodies, minds, spirits, and communities to be temples too.

You are not a problem to be fixed or a project to complete. You are a temple. Sacred. Loved. Becoming.

Let this week be an offering. A return to yourself. A return to God.

Prayer for the Journey

Loving God, prepare our hearts for the road ahead. As we walk through this Holy Week, help us see ourselves not through the eyes of shame, but through the lens of grace.

May each day draw us closer to the truth that we are Your dwelling place—sacred, seen, and sustained.

Guide our reflection, restore our strength, and renew our hope.

In Jesus' name, Amen.

Holy Week

Your Prayer Guide

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Palm Sunday

The True Temple

Making room for joy, purpose, and the presence of God.

Palm Sunday invites us to welcome Jesus not only with celebration, but with surrender. As He enters the city to cleanse the temple, He calls us to examine our own sacred spaces—body, mind, and soul—and clear out whatever crowds out peace and purpose. For Black women, it's a chance to release what no longer serves and prepare room for joy, truth, and divine presence to take root.

Pause

John 12:12-19

Ponder

- How do I see myself in this moment of Jesus' journey?
- What voices or expectations clutter my inner temple?
- How can celebration coexist with the awareness of coming challenge?
- What does this passage reveal about the sacredness of my own temple?
- What invitation is God offering me today?

Practice

Light a candle and sit in silence for five minutes. Visualize Jesus entering your inner temple. Welcome Him with your whole self—joy, fear, fatigue, and faith.

Pray

God of Hosanna and Hope,
Enter the sacred spaces of my soul.
Clear what no longer serves.
Restore joy where it's grown dim.
In Jesus' name, Amen.

Proclaim

I am a sacred temple—beloved and becoming.

The True Temple

Journal Your Thoughts

Holy Monday

The Surrendered Temple

Clearing space for divine alignment.

Holy Monday reminds us that Jesus overturns not just tables, but everything that misuses what's sacred. For Black women taught to carry too much, this day calls us to lay down burdens that distract us from purpose—whether it's people-pleasing, performance, or over-functioning. Jesus invites us to return to divine alignment, to make space for what truly matters, and to reclaim ourselves as vessels of holy intent.

Pause

John 12:20–36

Ponder

How do I see myself in this moment of Jesus' journey?

What systems or habits need to be overturned in my life?

How can I reclaim my purpose as sacred?

What does this passage reveal about the sacredness of my own temple?

What invitation is God offering me today?

Practice

Write down one role or responsibility that no longer aligns with your calling.

Fold the paper and release it—tear it, bury it, or lay it before God in Prayer.

Pray

God of clarity and calling,

Help me move with sacred intention.

Let my actions align with Your will.

Remove what distracts, and center what heals.

In Jesus' name, Amen.

Proclaim

My purpose is sacred. I align my life with divine truth.

The Surrendered Temple

Journal Your Thoughts

Holy Tuesday

The Liberated Temple

Reclaiming sacred space in the midst of oppression.

On Tuesday, Jesus speaks truth in the temple, boldly challenging power and reclaiming space for liberation. Black women have long walked through systems not built for our thriving. This day affirms that our presence is sacred, our voice is powerful, and our healing is holy. Even in places meant to silence us, God is near—calling us to show up whole and refuse to be erased.

Pause

John 12:44–50

Ponder

- How do I see myself in this moment of Jesus' journey?
- What spaces have felt unsafe or oppressive to me?
- What do I need to reclaim—physically, spiritually, emotionally?
- What does this passage reveal about the sacredness of my own temple?
- What invitation is God offering me today?

Practice

Choose a corner of your home or heart to sanctify today. Place a meaningful object there. Breathe deeply. Say aloud: "This is sacred space. I reclaim it for rest, healing, and joy."

Pray

Holy One,
Sanctify the space I stand in.
Let no harm overshadow Your truth.
Make this ground holy again.
In Jesus' name, Amen.

Proclaim

Every space I inhabit is sacred and worthy of God's presence.

The Liberated Temple

Journal Your Thoughts

Spy Wednesday

The Betrayed Temple

Healing from betrayal with sacred vulnerability.

Spy Wednesday is a day of quiet grief. Jesus is betrayed by someone close—and still, He walks in love. For Black women who have been wounded after giving freely of ourselves, this moment reminds us that betrayal doesn't define us. We are still whole, still worthy. Today, we are invited to bring our hurt to God, not to hide it, but to begin the healing of our sacred trust.

Pause

John 13:18–30

Ponder

- How do I see myself in this moment of Jesus' journey?
- Where have I felt betrayed—by people, systems, or even myself?
- How has that betrayal shaped my trust in God or others?
- What does this passage reveal about the sacredness of my own temple?
- What invitation is God offering me today?

Practice

Write a letter (you won't send) to someone or something that betrayed you. Be honest. Then write one line releasing that pain to God.

Pray

Compassionate God,
You know betrayal and grief.
Hold me in Your healing arms.
Restore my trust in You—
and in my own sacred worth.
In Jesus' name, Amen.

Proclaim

Even in betrayal, I remain sacred. I am healing and whole.

The Betrayed Temple

Journal Your Thoughts

Maundy Thursday

The Loving Temple

Choosing to love with a broken and betrayed heart.

On Maundy Thursday, Jesus washes feet and shares a final meal, knowing betrayal is near. And yet—He still loves. For Black women, this day is a sacred reflection of our strength: loving through weariness, offering grace while carrying wounds. Love isn't always soft; sometimes it's resistance, boundary, or truth-telling. And still, we love—not because we must, but because it's who we are.

Pause

John 13:1–17

Ponder

- How do I see myself in this moment of Jesus' journey?
- Is there any betrayal inviting me to protect what's sacred?
- How can I channel hurt or anger into healing or change?
- What does this passage reveal about the sacredness of my own temple?
- What invitation is God offering me today?
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Practice

Place your hands over your heart and breathe deeply. Speak aloud about someone or something that hurt you. Be honest with yourself and with God. Then whisper, "I release this to God, trusting Him to deal with it."

Pray

God of justice,
You know all that has wounded me.
Sanctify my anger.
Soothe my pain.
Turn it into love.
Help me to wash feet with this love.
In Jesus' name, Amen.

Proclaim

My anger is sacred. I use it to build, not destroy.

Soul Reflection

The Loving Temple

Good Friday

The Broken Temple

Honoring what was broken, trusting what will be rebuilt.

Good Friday is the day when everything falls apart. Jesus' body is broken. The temple veil is torn. For Black women, this space of sacred grief is familiar—where we mourn, sit with what's been lost, and hold the ache of waiting. But this day also whispers that brokenness isn't the end. It's the beginning of something holy. God meets us in the ruins and begins to rebuild.

Pause

John 19:17–30

Ponder

- How do I see myself in this moment of Jesus' journey?
- What brokenness in me needs to be mourned, laid to rest, or surrendered?
- What might God be rebuilding in me?
- What does this passage reveal about the sacredness of my own temple?
- What invitation is God offering me today?

Practice

Sit with an object (stone, cross, journal) that represents something you've lost. Hold it gently. Say, "I release what was. I make room for what God will restore."

Pray

Jesus,
You were broken so I could be whole.
Thank You for holding my pain in Yours.
Teach me to trust the process of being rebuilt.
In Jesus' name, Amen.

Proclaim

I am not defined by destruction. I am being restored.

Soul Reflection

The Broken Temple

Silent Saturday

The Silent Temple

Trusting God in the silence

Silent Saturday is a day without answers. Jesus lies in the tomb. The women wait. And yet—God is still moving. For Black women who know the long ache of in-between spaces, this day reminds us that stillness is not failure. It is preparation. Something sacred stirs beneath the surface. We are invited to rest, breathe, and believe: even in silence, God is near.

Pause

John 19:31–37

Ponder

- How do I see myself in this moment of Jesus' journey?
- Where in my life am I in the "in-between" and in need of stillness?
- Can I trust that God is still working?
- What does this passage reveal about the sacredness of my own temple?
- What invitation is God offering me today?

Practice

Set a timer for 5–10 minutes. Sit in silence. Focus on your breath. Inhale: Be still. Exhale: And know that I am God.

Pray

God of quiet and mystery,
You move in the silence.
Even when I don't feel You,
I trust You're working.
In Jesus' name, Amen.

Proclaim

Even in the waiting, I am whole. God is near.

The Silent Temple

Journal Your Thoughts

Easter Sunday

The Risen Temple

Living into new life and sacred power.

Easter morning begins with women at the tomb—and they are the first to witness resurrection. This is not just Jesus' rising, but ours too. For every Black woman who has endured betrayal, brokenness, or silence, Easter declares: you rise. Not just to survive, but to thrive. Resurrection is your birthright. It is the moment you claim joy, power, and the fullness of who you are becoming.

Pause

John 20:1–18

Ponder

- How do I see myself in this moment of Jesus' journey?
- What in me is ready to rise?
- What needs to be left in the tomb?
- What does this passage reveal about the sacredness of my own temple?
- What invitation is God offering me today?

Practice

Look in the mirror and speak life over yourself: "I am alive. I am beloved. I am becoming." Write down one thing you're claiming as your resurrection gift this season.

Pray

Risen Savior,
Thank You for victory over death, despair, and fear.
Raise me into new life.
Empower me to walk in my sacred calling.
In Your name, Amen.

Proclaim

I rise in power, in beauty, and in resurrection love.

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The Risen Temple

Journal Your Thoughts

Go Deeper

Savor the Experience

Sister,

You have walked through a sacred week—one of palms and betrayal, silence and rising, heartbreak and healing. You've met Jesus in the temple and discovered that the temple is not just a building—it's you. Your body. Your story. Your becoming.

Holy Week reminds us that transformation isn't a one-time event. It's a rhythm. A return. A resurrection. The invitation now is not to rush past what you've experienced but to savor it—to let it soak in, to let it shape how you move through the days ahead.

Here are a few soul-centered steps to help you continue the journey:

Revisit the Sacred: Choose one day or reflection that resonated deeply. Reread it slowly. Linger there. Ask God what deeper truth is still unfolding.

Create a Sacred Space: Dedicate a small area in your home as a prayer or rest altar. Include a candle, a photo, a journal—anything that grounds you in God's presence.

Practice a Weekly Soul Check-In: Set aside 15–20 minutes each week to pause and ask: What is being broken? What is being rebuilt? Where is resurrection happening in me?

Journal the Journey: Return to your reflections. Write about how the themes of surrender, liberation, love, or silence are showing up in your daily life. Let your journal become a witness to your transformation.

Invite Community: Share what you've experienced with a trusted friend, sister, or spiritual director. Wholeness is not a solo act. It's a shared unfolding.

Your healing is holy. Your story is sacred. Your temple is still becoming. Let this be the beginning, not the end.

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

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If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at [patriceonline.com/give](https://www.patriceonline.com/give) or click below.

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Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care

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Blessings for the Journey



Dear God...

When we take on the world in our own strength, believing we must do it alone—help us. When we refuse to rest because we don't trust Your provision—gently sit us down. When we forget that we are Your beloved daughters—remind us and hold us in Your eternal, loving care. In Jesus' name, Amen.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.