

# **The Silence of Saturday**

## *When Faith Holds Steady in the Unknown*

The liturgical calendar and Christian history often leap quickly from the drama of Good Friday to the triumph of Easter Sunday. However, between "It is finished" and the empty tomb, there lies a hiatus of approximately twenty-four hours that represents the densest, darkest, and most psychologically devastating moment in biblical history: the **Saturday of Silence**.

For the disciples, this was not just a day of religious rest; it was the aftermath of a catastrophic trauma. The death of Jesus was not merely an emotional loss; it was the collapse of an entire worldview.

### **The Trauma of Darkness and the Structural Shake**

The disintegration of the mental health and hope of Christ's followers began hours earlier, at Calvary. The Bible reports phenomena that transcended the spiritual and assaulted the physical senses: "*And when the sixth hour had come, there was darkness over the whole land until the ninth hour.*" (Mark 15:33)

Imagine the psychological impact of seeing the sun go out at noon. For the disciples, that darkness was not just climatic; it was the visual symbol that the Light of the World was being smothered. Immediately following, the ground beneath their feet, the only thing that should have been firm, shook: "*And behold, the curtain of the temple was torn in two, from top to bottom. And the earth shook, and the rocks were split.*" (Matthew 27:51)

The earthquake and the death of Jesus were the final blow. The mental health of the disciples, already weakened by the fear of persecution, collapsed. They saw the One who healed the blind and raised the dead be restrained by nails and silenced by the lash. Cognitive dissonance was absolute: how could the Liberator of Israel be held by a sealed stone and guarded by Roman soldiers?

### **Mental Confusion and the Mourning of Hope**

Saturday dawned with an unbearable weight. In the houses where they hid, the air was thick with unanswered questions. What settled in the hearts and minds of those men and women was a paralyzing mental confusion.

Everything they had believed, the promises of a Kingdom, the walks through Galilee, and the shared miracles, now seemed like a cruel mirage that had ended abruptly in a borrowed tomb. Their mourning was not just for a friend, but for the future they had projected.

Psychologically, they faced an "existential vacuum." The human mind seeks patterns and meanings, but on Saturday, the pattern had been broken. Internal voices likely screamed: "**Were we deceived?**", "**Where is He now?**", "**Will we be next?**". The fear of physical death mixed with the agony of the death of faith. God's silence that day was louder than the noise of the hammers on Friday.

### **The Only Thread of Hope: Memory**

In this scene of desolation, where the horizon was erased, the only survival tool left to the disciples was not visual evidence, for their eyes saw only the tomb, but **memory**.

Amidst the fog of depression and shock, the only thing capable of sustaining sanity was the distant echo of Christ's words. Fragments of teachings spoken by the seashore or in the Upper Room began to float in their minds: words about the grain of wheat that must die, about the Father who does not abandon His children, and about the need to remain in Him.

Hope, on that Saturday, was not a vibrant feeling; it was a Herculean effort to remember. Recalling what He said was the only anchor available while the mental storm tried to drag them into the abyss of total surrender.

### **Resilience in Our Storms**

The experience of the disciples on the Saturday of Silence is a mirror for the many times we go through afflictions that plague our own mental health. There are days when life feels like an "eternal Saturday": the project failed, the diagnosis arrived, the relationship ended, or grief visited us. In those moments, the darkness seems final and the emotional "earthquake" destroys our certainties.

The secret to crossing these periods of confusion and pain lies in a few fundamental pillars of the human soul:

- **Do Not Stop:** Even if the step is slow and heavy, paralysis is despair's greatest ally.

- **Do Not Give Up:** Validating pain and doubt is important, but allowing them to become your final identity is dangerous.
- **Be Resilient:** Resilience is not the absence of suffering, but the capacity to be shaped by it without being destroyed.
- **Prepare for Tomorrow:** Even without knowing what the future holds, the act of continuing the journey, organizing what remains, and keeping the mind occupied with what is true is an act of resistance.

The disciples were hidden, but they were together. They suffered, but they kept the memories. They cried, but they preserved the Master's words in the depths of their hearts.

Often, our victory is not in solving the problem immediately, but in surviving the "Saturday" with the dignity of one who has not given up. We must continue the journey with the necessary preparations, keeping the mind firm on what we learned in the days of light. For in the end, life is a master of surprises. Who knows what the next day will reveal to us?

The mystery of existence holds twists that our current mental confusion is incapable of processing. The important thing is to be there, standing, when the new day dawns.

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