

In the Upper Room with Jesus

On Passover of Holy Week (now Maundy Thursday), Jesus sent Peter and John to an upper room to prepare for the Passover meal. Maundy Thursday is the Thursday before Easter, believed to be the day Jesus observed His final Passover meal with His disciples by humbly washing their feet.

In the same way in this Easter season, Jesus calls us, too, to prepare for Him an upper room—in our soul. He says, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me” (Rev. 3:20).

A Maundy Thursday Reflection

Whether as an individual or in a group, you can use the following reflections to prepare your heart this Holy season as we await the joy of Jesus’ resurrection. On this Maundy Thursday, He says to you and me:

- “Where is the guest room, where I may eat the Passover with my disciples?” (Luke 22:11). *Is there in me an upper room for Jesus, a heart-place set apart to be with Him?*
- “Make preparations there” (Luke 22:12). *Is my upper room cleaned and warmed by the Holy Spirit’s fire? Is the table set for two?*
- “I have eagerly desired to eat this Passover with you” (Luke 22:15). *Do I also come with anticipation, eager to dine with Christ?*
- “Unless I wash you, you have no part with me” (John 13:8). *Have all my sins been washed away, forgiven through faith in Jesus’ substitutional sacrifice?*
- “This is my body, which is for you. . . . this cup is the new covenant in my blood” (1 Cor. 11:24–25). *Do I remember anew that He died for not just the whole world,*

but for me?

- “Will you really lay down your life for me?” (John 13:38, to Peter). *Is my entire life laid at His feet?*
- “Do not let your hearts be troubled. . . . believe also in Me” (John 14:1). *Do I give Jesus my deepest concerns, trusting that He will care for them?*
- “[The Father] will give you another advocate to help you . . . the Spirit of Truth. . . . [He] will be in you” (John 14:16–17, 16:13). *Am I honoring His Spirit in me by listening to the truth He speaks?*
- “I am the vine; you are the branches” (John 15:5). *Do I realize Jesus as my vital Source of soul-health and fruitful living?*
- “If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you” (John 15:7). *Do I wholly align myself with His will, then freely ask?*
- “Protect them by the power of your name, the name you gave me” (John 17:11). *Do I take Jesus Christ as my protection from the world, the flesh, and my enemy, Satan?*
- “Sanctify them by the truth; your word is truth” (John 17:17). *Am I deep into the Word, allowing the Holy Spirit to apply its purifying truth?*
- “I pray . . . that all of them may be one” (John 17:20–21). *Am I living in unbroken fellowship with other believers?*

Jesus calls us to reserve this soul-space for Him always. Here He will meet with us by His Spirit. Here He will speak and listen, counsel and advocate, and intercede. Here He will reveal Himself as more than we could possibly ask or imagine—if we will keep for Him this upper room.

Meet Him there.

Sandy Mayle is a freelance writer and frequent contributor to

Prayer Connect. To subscribe to this award-winning publication, [click here](#).