



## Daily Practices For Holy Week For Families



Using simple daily practices to journey through the story of Jesus in his last week on earth is an excellent way for families to deepen their faith life together. Each evening, read, tell or discuss the next day's story in an age-appropriate way. Then, challenge yourselves by choosing one way you will honour that story the next day through your words and actions.

### Holy Week

#### Palm Sunday – Jesus' Triumphal Entry into Jerusalem (Mark 11:1–11)

- Jesus was welcomed in Jerusalem by excited people who laid their coats on the ground for him, waved palm branches in the air, and shouted “Hosanna!”



Take turns shouting words of praise to Jesus, such as “Hosanna” or “Thank you Lord!” See how many different words of adoration you can come up with and who can shout with the most enthusiasm.



Write a letter or postcard of appreciation to someone who is making a positive difference in the world. Pray for that person and send the letter.

#### Monday – Jesus Cleanses the Temple (Mark 11:15–19)

- Jesus threw the people who were selling things out of the temple. He explained to everyone that the temple was meant to be a “house of prayer for all nations” not a place to make money.



Buy nothing today and donate the money you've saved to charity.



Look at a map together and spend time praying for different countries.



## Tuesday – Jesus Teaches on Faith (Mark 11:23–25)

- Jesus tells his disciples that faith in God is powerful enough to do really big things like move mountains. He encourages his followers to pray believing that God will truly answer their prayers.



Around the breakfast or dinner table, invite each person to share one big thing that God has done for them in their lives.



Ask someone today about the biggest thing they would pray for if they knew God would answer it. Tell them that you will pray for it.

## Wednesday – Jesus is Anointed with Oil (Matthew 26:6–13)

- Biblical scholars believe that it was on this day that Jesus spent time in Bethany in Simon the leper's home. During that time, a woman came to him and anointed him with costly oil. Jesus praised her for doing such a generous act of service for him.



Do something special for a member of your family today to show your love and admiration.



Go visit a neighbour or friend unannounced and bring along a present for them.

## Maundy Thursday – Jesus & Disciples have Passover Meal (Mark 14: 17–25)

- Jesus predicts that one of the 12 disciples will betray him. Then, sitting down to eat with the disciples, he blesses and shares bread and wine with them. He tells them that they should continue to share these things together in memory of the sacrifice he is about to make.



Intentionally go out of your way to serve someone something today: a cup of coffee, a slice of cake, a piece of pizza, etc.



Invite friends to share dinner with your family this evening. At dinner, tell the story of the last supper.

## Good Friday – Trials, Crucifixion, and Death (Mark 14:53–15:41)

- Jesus is brought before the council and Pontius Pilate. The crowds insist that he is guilty, and he is condemned to death. The soldiers put a crown of thorns on Jesus' head and insist he carry his own cross. They crucify him in the morning and later that day he dies while his friends helplessly look on.



Give up technology for the whole evening. Instead, bake hot crossed buns together.



Share one way you think you may have hurt somebody. Pray together for forgiveness. If possible, reach out to the person you've hurt to ask for forgiveness.

### Saturday – Jesus' Body Sealed in Tomb & Disciples go into Hiding

(Matthew 27:66)

- Jesus' body is sealed in the tomb. The disciples, filled with sorrow, went into hiding for fear that they themselves might also be arrested.



Light candles and pray for people you know who might be afraid.



Talk about things that frighten you. Read Bible verses that remind us not to be afraid (John 14:27, Joshua 1:9, Psalm 23:4, Isaiah 41:13).

### Easter Sunday – Jesus Rises & Appears to Disciples (Mark 16:1–8)

- Mary and the other women go to visit Jesus' tomb, but they find it empty. Jesus appears to them. He tells them not to be afraid and to go and tell the other disciples that he has risen from the dead.



Go for an early morning hike and watch the sunrise together.



Replace "hello" with an enthusiastic "Alleluia, the Lord is Risen!" today.