HOLY WEEK RESOURCES FOR FAMILIES

Our Parish-School did an amazing job making a video of the stations of the cross.

Stations of the Cross: 6-8th slideshow: Click here.

Watch Busted Halo video: Holy Week in 2 Minutes

OVERVIEW OF HOLY WEEK

HOLY THURSDAY: During Mass on Holy Thursday, we get a peek into what it was like at the Last Supper, when Jesus said goodbye to his apostles. He teaches them to eat bread and drink wine in memory of him, and he tells them that the bread and wine will be his body and blood. Jesus also washes the apostles’ feet at the Last Supper, showing them how much he loved them and how they should serve others. The washing of feet often occurs during this Mass.

GOOD FRIDAY: On Good Friday, we read the Gospel that describes how Jesus carried the cross, suffering and dying for our sins. This is called the Passion. We offer prayers for people in our community and our world during this service. We also show our respect to, and love for, the cross and Jesus’ sacrifice. Some people kiss the cross, some people kneel in front of it, and some people touch it. Good Friday services are very serious and quiet; we think about the big sacrifice that God made by sending his Son to die for us.

HOLY SATURDAY: Holy Saturday is a day of waiting. Jesus is in the tomb. The apostles are hiding, afraid. We wait with prayer and hope, knowing that Jesus will leave the tomb on Easter, and that he will come again someday. Some people attend the Easter Vigil, a beautiful service that begins after dark and includes lots of readings and songs. We light a new candle at the Easter Vigil, symbolizing Jesus as the Light of the World. The people who are joining the Catholic Church are baptized at the Easter Vigil. And for the first time since Lent began, we can say “Alleluia” again!
EASTER SUNDAY: Some people think that Christmas is the most important day of the year. But that’s just the beginning of everything, with Jesus’ birth. The biggest day of the year for Christians is Easter! Easter Sunday is a day of joy. At Mass we read about how Jesus rose from the dead. Bells ring out, Easter lilies bloom, families share meals, and we sing “Alleluia,” which means “Praise God!” We are very happy that Jesus’ death has made it possible for us to enter heaven.

Discussion/Journaling Questions:

During the Triduum, we enter into the experience of Christ’s dying and rising, and we think about our own lives:

- Running away would have been much easier than dying on the cross, but Jesus knew that he had to do what God asked of him. How do you try to do the right thing, even when it might be easier to do the wrong thing?
- Are you living in a way that honors Jesus’ big sacrifice on the cross? When you think about your day, can you say, “Yes, Jesus would be proud of me today”?
- God’s forgiveness and grace are a beautiful gift! Do you celebrate this gift in your life? In what ways? And do you show others grace?
- Where have you seen/experienced God in these past few weeks while at home?
- Have you witnessed/experienced any unexpected blessings during this time of sheltering at home?

Other ideas

- Photograph or sketch some sunrises/sunsets. How do these make you think of Jesus’ dying and then His resurrection? In what ways do we experience our own kinds of resurrections (fresh starts) each day?
- Seven Last Words—Use the online feature commemorating the words Jesus spoke on the Cross.
- 3-Minute Retreats for Holy Week—Pray with the 3-Minute Retreats for these special days. Families might discuss the retreats’ questions afterwards.
- Arts & Faith Videos for Holy Week—Enter into a visual prayer experience by reflecting on art evoking key moments from Palm Sunday and the Triduum.
● **Holy Week Activities Pack**—Download this pack including a scrambled words challenge, a crossword puzzle, a visual story strip, and a family handout on reading the Passion.

● **Sorrowful Mysteries of the Rosary Scripture Search**—Look up the Scripture passages associated with each of the Sorrowful Mysteries, and then pray the Rosary as a family.