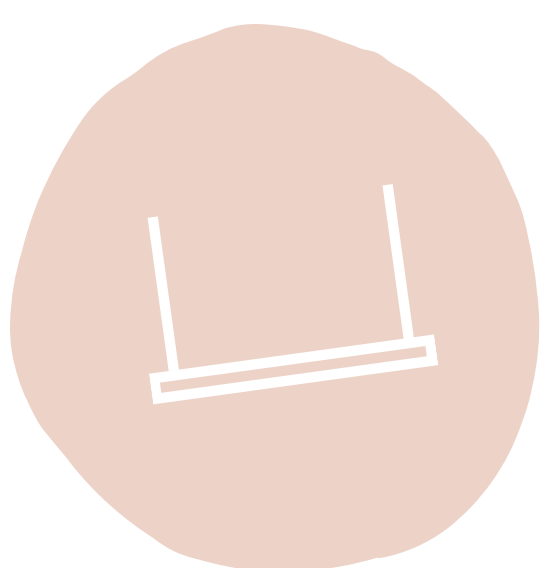


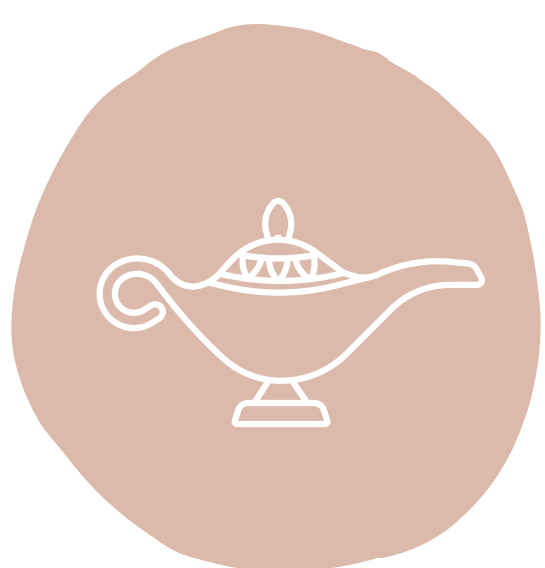
# HOLY WEEK PRACTICES FOR FAMILIES



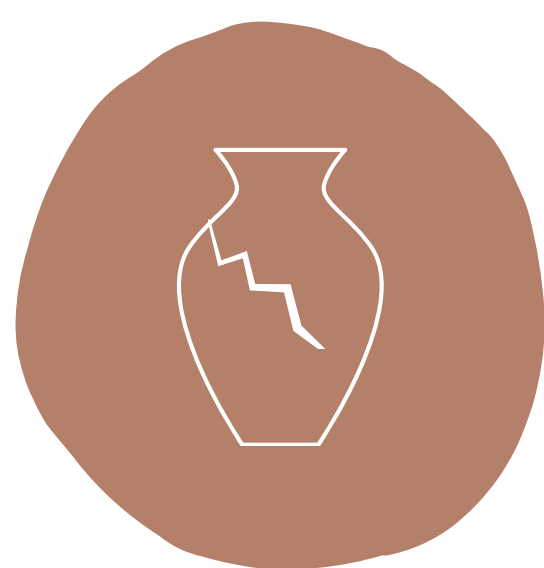
PALM SUNDAY



MONDAY



TUESDAY



WEDNESDAY



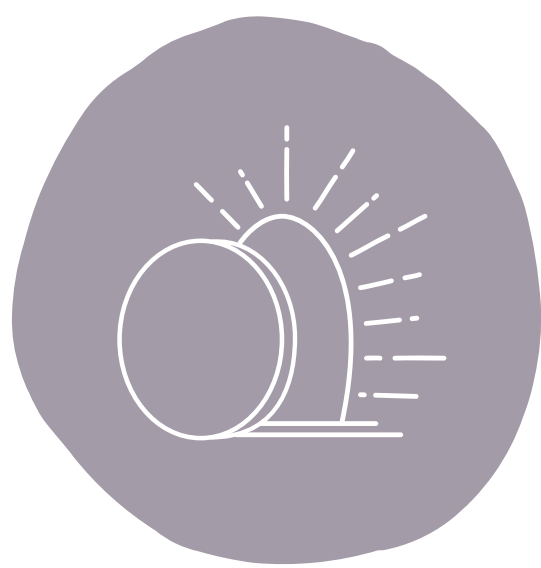
MAUNDY THURSDAY



GOOD FRIDAY



HOLY SATURDAY



EASTER SUNDAY



## **READ**

Luke 19:41-44

## **PRACTICE**

Lament and Longing

## **PALM SUNDAY**

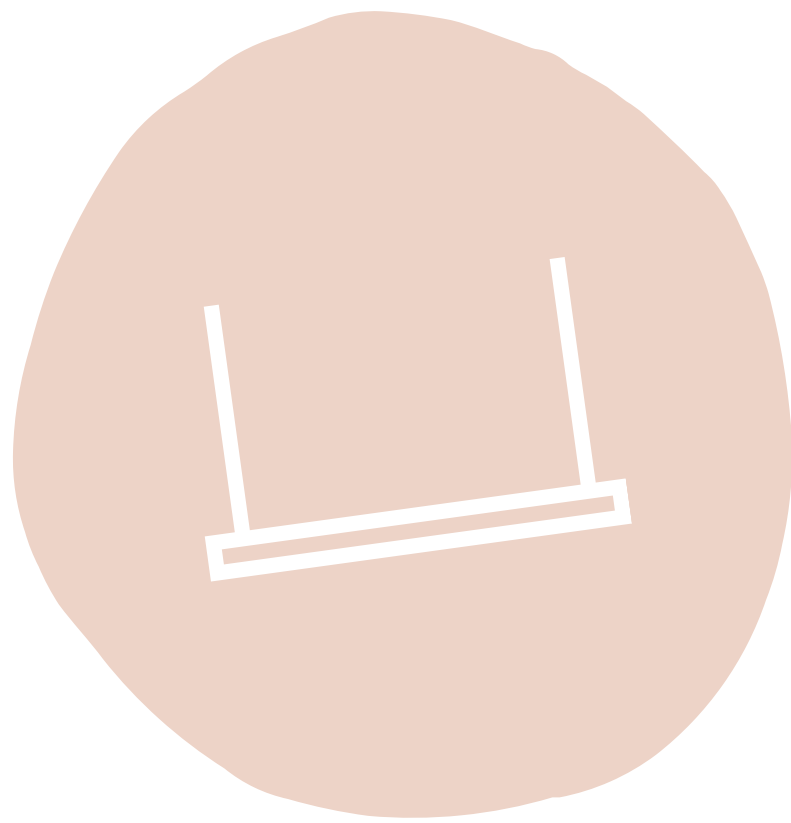
On Sunday, Jesus rode into Jerusalem and wept over the city. This practice will help your family engage their emotions for the things that make God weep.

## **SUPPLIES**

- Paper and art supplies (optional)

## **INSTRUCTIONS**

- Read the story together.
- Ask: Why did Jesus cry?
- Ask: What kinds of things make God sad?
- Optional: Invite family members to draw some of these things.
- Ask: What emotions come up for YOU as you think about these things? How do you want to see them change?
- Invite family members to pray for the things they listed/drew by 1) expressing their honest feelings to God and 2) asking God to intervene to change the situations.



## **READ**

John 2:13-22

## **PRACTICE**

Table Flipping Prayers

## **MONDAY**

On Monday, Jesus drove the money changers out of the temple. This practice will help your family pray boldly against injustice in the world.

## **SUPPLIES**

- Legos (optional)

## **INSTRUCTIONS**

- Read the story together.
- Ask: Why was Jesus mad?
- Ask: Is it okay to get mad? What kinds of things make you mad? What kinds of things make God mad? (Help your kids identify age-appropriate areas of injustice in the world.)
- Bring these things to God in prayer. Give permission to older children to get angry and express their anger to God as they pray.
- For little children, as you pray about things that make God mad, invite them to express holy anger by making, and then flipping over, lego tables.



## **READ**

Matthew 25:1-13

## **PRACTICE**

Keep Watch Candles

## **TUESDAY**

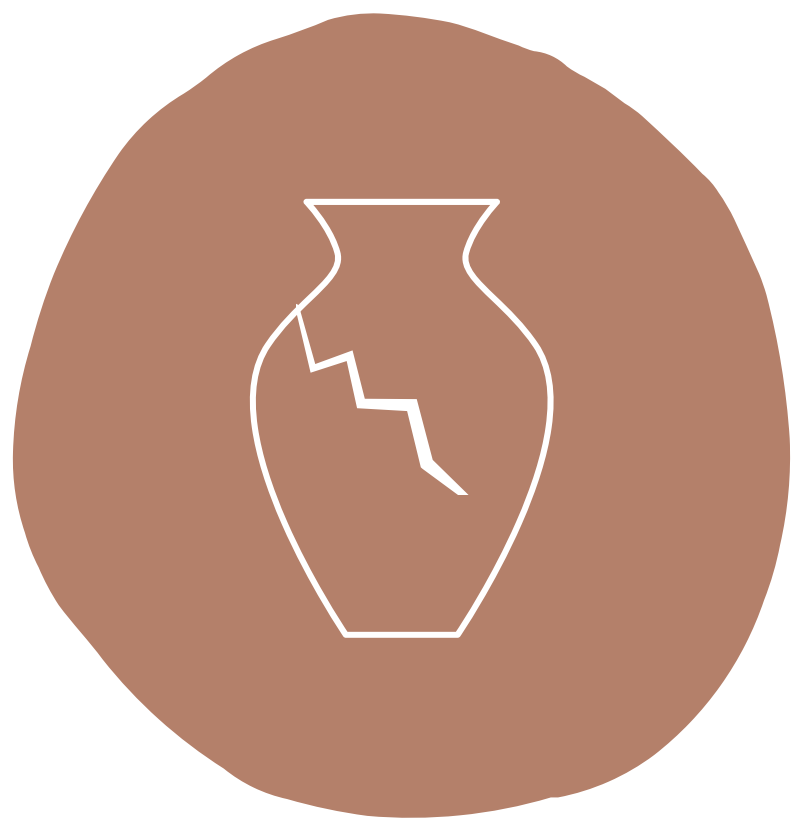
On Tuesday, Jesus taught in parables about the Kingdom. This practice will help your family engage a parable about readiness for his return.

### **SUPPLIES**

- 10 candles
- Matches or lighter

### **INSTRUCTIONS**

- Read the story together. (Suggestion: use the Easy-to-Read (ERV) version if you have young children.)
- Light 10 candles together to symbolize the 10 lamps. (You may need to explain what oil lamps are and how they work.)
- Ask: What does it feel like to be unprepared or not ready for something?
- Explain: 5 of the girls weren't prepared for their guest to return. (Blow out 5 of the candles.) The others were ready and watching for their guest.
- Ask: Did you know that Jesus tells us he's going to return one day? How do you think we can keep ourselves ready for his return?
- Pray for your family to grow closer to God, to know him more, and to be ready for his eventual return.



## **READ**

Matthew 26:6-13

## **PRACTICE**

Jar Breaking Adoration

## **WEDNESDAY**

On Wednesday, Jesus was anointed by a woman at Bethany. This practice will help your family pour out love and adoration for Jesus.

### **SUPPLIES**

- Paper + art supplies (optional)

### **INSTRUCTIONS**

- Read the story together.
- Ask: How do we know that this woman loved Jesus?
- Ask: What are some things that you love about Jesus? How do you think we could show Jesus that we love him?
- Optional: Invite family members to make a list together, or spend time drawing, specific things they love about Jesus.
- Spend some time in prayer by "adoring" God together. Invite family members to simply tell God what they love about him and why.
- Close the time by praying for your family to grow in love for Jesus.



## READ

John 13:1-17

## PRACTICE

Family Foot Washing

## MAUNDY THURSDAY

On Thursday, Jesus washed his disciples' feet. This practice will help your family follow Jesus' example by loving and serving each other.

### SUPPLIES

- Warm water in a large bowl or tub
- Towels

### INSTRUCTIONS

#### Explain the Story

Tonight we remember the special meal that Jesus shared with his friends on the night before he died. After that meal, Jesus did something very unexpected. He got up from the table, wrapped a towel around his waist, and began to wash his friends' feet. At the time when Jesus lived, people's feet would get very dirty as they walked on dirt roads in their sandals. So foot washing was important. But only servants would offer to wash someone's feet – never an important person like Jesus. Jesus did this to show his friends how to love and serve each other, how to put other people first, and how to lead with humility. Tonight we are going to wash each other's feet to help us remember how to love and serve.

**Parent:** On this night we remember God's love shown perfectly in Jesus.

**Child:** Come, let us worship!

#### Parent

God of love, as we prepare to remember the events of this night, open our eyes to see the beauty of Jesus' self-giving love, and by your Spirit nourish and grow in our family a desire and commitment to serve each other and our hurting world. In Jesus' name, Amen.

## **Reading**

John 13:1-17

## **Silent Confession of Sin**

### **Everyone**

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

### **Parent**

On the night before he died, Jesus showed us how to love one another – by taking the posture of a servant. Let's remember this together, and follow in his example, by washing one another's feet.

### **Foot Washing**

Take turns washing each other's feet. You may need to help the little ones to participate – and if you have very tiny ones who are likely to splash, you may want to do this in or near the bathtub! To each person whose feet are being washed, say these words:

**As Jesus has loved you, [NAME], may you love those around you.**

Once everyone is finished, close in prayer:

### **Parent**

Thank you Jesus for your example. Help us to treat others as more important than ourselves, to love our enemies, and to love each other as you have loved us.

**Child:** Go in peace!

**Everyone:** Amen!





## READ

John 19:16-42

## PRACTICE

Resurrection Garden

## GOOD FRIDAY

On Friday, Jesus was crucified and buried. This practice will help your family retell the story in a tactile way that makes room for a surprise on Sunday.

### SUPPLIES

- A small figure to represent Jesus - lego guy, peg person, etc.
- A small flower pot or cup - big enough for Jesus to fit inside.
- A larger pot filled with soil - OR your garden outside.
- A cross - you can make this out of popsicle sticks or twigs
- A rock big enough to cover the opening of the small pot/cup.
- Gauze or tissues.
- Spices like cloves, cinnamon, or others with a strong smell.
- Optional: moss, grass seed, plants, or other greenery.

### INSTRUCTIONS

- Tip the small pot or cup on its side and bury it half way in the soil inside the larger pot, or out in your garden. Cover the top with more dirt, making sure the opening remains accessible. The end result should look like a “tomb” built into a hill - google "resurrection garden" for examples.
- Optional: Add plants or moss or other plants to your garden.
- Make a cross and place it in the garden.
- Read the story. As you read, invite family members to interact with the scene:
  - Wrap Jesus' body in cloth and sprinkle it with spices.
  - Place Jesus' body in the tomb.
  - Roll the stone over the entrance.
- **And don't forget:** You know what to do on Saturday night! ;)





## **READ**

Matthew 27:62-66

## **PRACTICE**

Pierce the Darkness

## **HOLY SATURDAY**

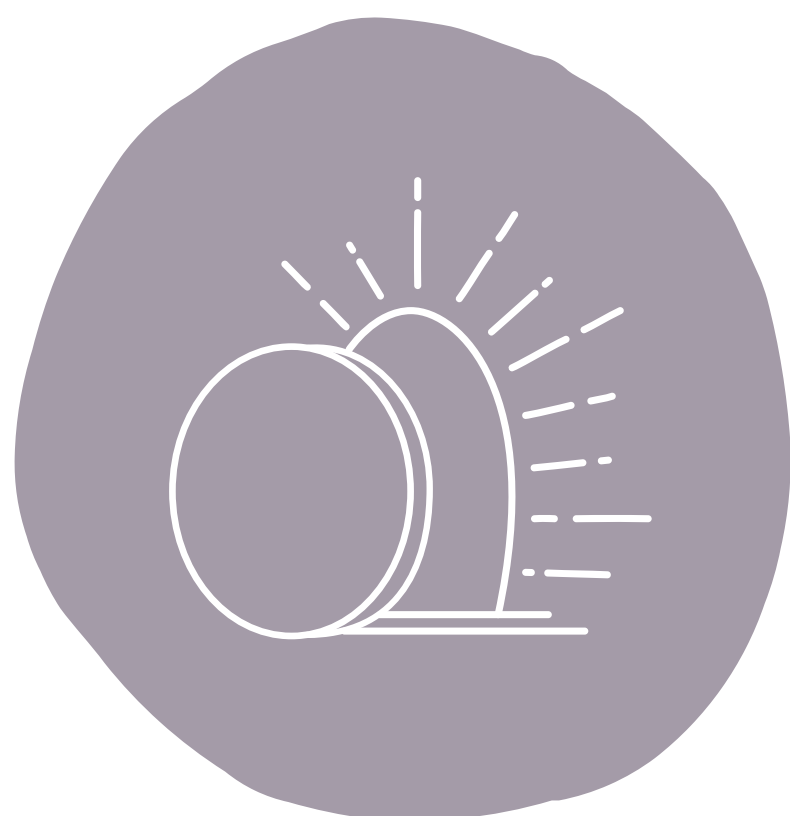
On Saturday the world waited. Sometime in the bitter darkness of that night, Jesus rose from the dead. This practice will help your family kindle hope for the morning.

### **SUPPLIES**

- Candle + matches
- Optional: Fireplace fire or outdoor bonfire

### **INSTRUCTIONS**

- Read the story together.
- Ask: How do you think the disciples felt on Saturday?
- Ask: Do you think anyone expected Jesus to rise from the dead?
- Explain: It must have felt very dark and sad. To remember what that must have been like, we are going to turn all the lights off and sit in the darkness together for 1 minute.
- Sit as quietly as the family is able.
- Explain: But God was at work, even in the darkness and the sadness.
- Without other explanation, light the candle, fire, or bonfire.
- Close by praying that God would bring light in the darkness.



## READ

John 20:1-18

## PRACTICE

Resurrection Rolls

## EASTER SUNDAY

On Sunday, the tomb was empty! This practice will give your family a fun - and delicious - way to retell the story and visualize the empty tomb.

### SUPPLIES

- 1 can Crescent Roll Dough
- 8 large marshmallows
- Cinnamon sugar (mix cinnamon + sugar together in a bowl)
- 1/4 cup melted butter

### INSTRUCTIONS

- Preheat oven to 375F. Spray a cookie sheet with cooking spray or line with parchment paper. Melt the butter in a microwave-safe bowl.
- Unroll the crescent dough and separate each triangle.
- **Pause here to read John 19:38-42, or simply tell the story.**
- Dip each marshmallow in butter and then roll in the cinnamon sugar mixture to coat. The marshmallow represents Jesus body, and the butter and sugar represent the oil and spices.
- Place one coated marshmallow at the wide end of each crescent roll and roll towards the pointy end (the same way you roll a crescent roll). The dough represents the tomb.
- Secure the sides by tucking them under and pinching them fully closed. Make sure there are no gaps in the dough. (Grownups may need to help with this part.) Note that they may not look beautiful at this point and that's fine.

- Place finished rolls on the prepared cookie sheet, seam side down. Sprinkle with additional cinnamon sugar.
- Bake for 8-10 minutes or until golden brown on the outside.
- **While the rolls are in the oven, read John 20:1-18, or simply tell the story.**
- Let the rolls cool for a few minutes before handling.
- As you hand out the rolls, consider using this call and response:  
  
    **Parent** : Alleluia! Christ is risen!  
    **Child** : The Lord is risen Indeed! Alleluia!
- As the kids bite into their rolls, they'll see that the marshmallow has disappeared! The tomb is empty - Jesus is alive!

