



**HE
IS
RISEN**

Holy Week 2024

Palm Sunday
March 24, 2024

Maundy Thursday
March 28, 2024

Good Friday
March 29, 2024

Holy Saturday
March 30, 2024

Resurrection Sunday
March 31, 2024

Holy Week Meditations

Palm Sunday

Palm Sunday

As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying, "Blessed is the king who comes in the name of the Lord! Peace in heaven, and glory in the highest heaven!" Luke 19:37-38

PALM SUNDAY

"Blessed is the king who comes in the name of the Lord!" (Luke 19:38)

On Palm Sunday we commemorate the entrance of Jesus into Jerusalem. On this joyful day He was surrounded by throngs of people singing His praises and marveling at all the miracles He had performed.

Here, at the beginning of Holy Week, let us take some time to focus on the things we wanted to accomplish during Lent. Have we made improvements in our prayer life? Have we offered sacrifices to God? Have we given alms or service to those in need?

As we reflect on today's readings, especially the Lord's Passion and Death, let us renew our commitment to a deeper relationship with our Savior.

MONDAY OF HOLY WEEK

"Wait for the Lord with courage; be stouthearted, and wait for the Lord." (Psalm 27:14)

Monday of Holy Week is a day of waiting. Just as in the Christmas carol we sing, "Let every heart prepare Him room", we must also prepare our hearts for the sorrows of the Triduum.

Even though Monday can be the most hectic day of the week, don't forget to carve out some quiet time for yourself today. Get up a little earlier to do the readings for the day. Find a quiet place to sit at lunch and read your favorite spiritual book. Gather your family to pray at the end of the day. These are all excellent examples for integrating the spirit of Holy Week into your day.

As we reflect on today's readings, especially when Our Lord raises Lazarus from the dead, let us ask Jesus to raise us above any obstacles that prevent us from drawing nearer to Him.

TUESDAY OF HOLY WEEK

"I will make you a light to the nations, that my salvation may reach to the ends of the earth." (Isaiah 49:6)

Today we continue our waiting and preparation as we approach Good Friday. Just as you did yesterday reserve some time to "Be still and know that (He) is God" (Psalm 46:10).

If possible, make a Holy Hour today and visit with Our Lord in Adoration. During His agony in the garden on Holy Thursday Jesus asks His disciples to pray with Him. If you don't have a lot of time, or if you find an hour is too long to stay focused, try going for 15-20 minutes. You will be amazed to find that even this brief break in your day can refresh your soul!

As we reflect on today's readings, especially Judas' betrayal of Jesus, let us search our own lives to identify weaknesses or temptations that may cause us to betray Our Lord if we are not careful.

WEDNESDAY OF HOLY WEEK

"See, you lowly ones, and be glad; you who seek God, may your hearts revive!" (Psalm 69:33)

As we reach the middle of our Holy Week our waiting turns to anticipation. Spending a little time in prayer each day has helped us to identify some of our weakness and times we need to turn quickly to Christ for help.

Spend some of your daily prayer time doing an examination of conscience.

As we reflect on today's readings, especially Isaiah's words foretelling Our Lord's suffering, let us seek forgiveness for times we have caused others to suffer.

THURSDAY OF HOLY WEEK

On Holy Thursday we celebrate the institution of the "source and summit" of our Faith - The Holy Eucharist.

On the night of the Last Supper, Jesus celebrated the Passover meal with His disciples: "While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins." (Matthew 26:26-28)

As we reflect on today's readings, especially Paul's remembrance of the Last Supper, let us ask for the Graces we need to truly believe in Christ's presence in the Eucharist and to approach the altar with reverence and awe.

Mourning Thursday

GOOD FRIDAY

"But He was pierced for our offenses, crushed for our sins; upon him was the chastisement that makes us whole, by his stripes we were healed. We had all gone astray like sheep, each following his own way; but the Lord laid upon Him the guilt of us all." (Isaiah 53:5-6)"

One of the most beautiful traditions of this day is the Veneration of the Cross. "While we bend down in body before the cross we bend down in spirit before God."

As we reflect on today's readings, especially John's recount of Christ's Passion, let us try to keep an awareness of Our Lord's suffering in our hearts throughout the day.

HOLY SATURDAY - THE EASTER VIGIL

"We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life." (Romans 6: 4)

On Holy Saturday our sorrow and emptiness begin to be replaced with a growing joy and anticipation.

As we reflect on all of the readings and responsorial psalms, let us rejoice and give thanks to God for our wondrous Salvation History.

EASTER SUNDAY - THE RESURRECTION OF THE LORD

"Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said."
(Matthew 28: 5-6)

Alleluia! He is risen! This is the most joyous feast of the year. Christ's death and resurrection is the foundation of the Christian Faith.

The church is now filled with the spirit of Jesus and with His Light. It is no longer silent as we join our songs of praise with the choirs in heaven. We are reminded of Christ's promise "I will give you a joy which no one will take from you." (John 16:22).

Easter is the beginning of our new life with Christ. Although our Lenten Journey is complete, don't forget to create times of prayer in your daily lives where you can spend time with our Risen Lord.

As we reflect on today's readings, especially the Gospel, let us ask the Risen Christ for courage and strength we need to take His Light into the world.

HE IS
Risen

• CELEBRATE THE RESURRECTION •

You 

 LIVE



HE IS *Risen*

**Join Us on Resurrection Sunday
March 31, 2024
10:30am**

Metropolitan Community Church
4610 S Prairie Avenue
Chicago, IL 60653