

Holy Week Guided Prayer

FOR YOU TO ENGAGE WITH IN YOUR HOME,
INDIVIDUALLY OR WITH YOUR FAMILY



The Triumphant Entry



THOSE WHO WENT AHEAD AND THOSE WHO FOLLOWED SHOUTED, "HOSANNA! BLESSED IS HE WHO COMES IN THE NAME OF THE LORD! BLESSED IS THE COMING KINGDOM OF OUR FATHER DAVID! HOSANNA IN THE HIGHEST HEAVEN! – **MARK 11:9-10**

The entry of Jesus, riding into town on a donkey accompanied by waving palm leaves and joyful cheers, marks the beginning of Holy Week.

Imagine it; the sun shining as Jesus and his disciples come through the gates, the crowds cheering as they catch sight of him – a triumphant, glorious time of praise.



FOCUS ON PRAISE

1. Draw some palm leaves onto pieces of card.
2. Cut out your palm leaves.
3. Think about what you're thankful for or what you'd like to praise God for, and write your praise prayers on the leaves.

The Last Supper



WHILE THEY WERE EATING, JESUS TOOK BREAD, AND WHEN HE HAD GIVEN THANKS, HE BROKE IT AND GAVE IT TO HIS DISCIPLES, SAYING, "TAKE IT; THIS IS MY BODY." THEN HE TOOK A CUP, AND WHEN HE HAD GIVEN THANKS, HE GAVE IT TO THEM, AND THEY ALL DRANK FROM IT. "THIS IS MY BLOOD OF THE COVENANT, WHICH IS Poured OUT FOR MANY," HE SAID TO THEM. – **MARK 14:22-24**

Sometimes intimate times with Jesus are the most memorable. The last supper was a deeply personal feast where Jesus sat with his closest friends. Today, we're invited to do the same to remember Jesus.



FOCUS ON BREAD & WINE

1. Set up a simple table with bread and wine.
2. Take communion as an individual or with your family.
3. You may want to spend some time reading Mark 14 and allowing your gratitude and wonder to rise up.

The Denial



WHEN SHE SAW PETER WARMING HIMSELF, SHE LOOKED CLOSELY AT HIM. 'YOU ALSO WERE WITH THAT NAZARENE, JESUS,' SHE SAID. BUT HE DENIED IT. 'I DON'T KNOW OR UNDERSTAND WHAT YOU'RE TALKING ABOUT,' HE SAID, AND WENT OUT INTO THE ENTRANCE.
– **MARK 14:67-68**

Peter felt ashamed that he knew Jesus because he was afraid of how people would react. For us, it's also tempting to deny Jesus when our faith is challenged or when people ask difficult questions



FOCUS ON BOLDNESS

1. Take a post-it note and write down 3 places where talking about your faith is hard.
2. Put this post-it note somewhere where you can see it, and regularly pray that God will help you to be bold in these situations; to stand up for your faith in Jesus.

The Crucifixion



AND THEY CRUCIFIED HIM. DIVIDING UP HIS CLOTHES, THEY CAST LOTS TO SEE WHAT EACH WOULD GET. – **MARK 16:6**

One of the most crucial moments in all of history: the moment Jesus took away all our sin. This is a hugely personal experience as we think about the massive sacrifice Jesus made for us.



FOCUS ON FORGIVENESS

1. What things have you said or done that you want to say sorry for?
2. Write a word, or draw a symbol on your hand (using a biro or erasable ink) saying sorry to God.
3. Now hold your hand under a running tap and watch what you wrote as it washes away.
4. Thank Jesus that his sacrifice wipes out everything you've ever done wrong.

The Resurrection



'DON'T BE ALARMED,' HE SAID. 'YOU ARE LOOKING FOR JESUS THE NAZARENE, WHO WAS CRUCIFIED. HE HAS RISEN! HE IS NOT HERE. SEE THE PLACE WHERE THEY LAID HIM.
– **MARK 11:9-10**

The resurrection! The day Jesus rose again, and a time of celebration, joy and hope! Because of this miracle, we can focus on the future; on building God's kingdom in relationship with Him.



FOCUS ON GOD'S KINGDOM

1. Think about what you want to harvest within God's kingdom.
2. Take a large seed tray with soil, and plant a seed for friends or family who do not know God.
3. Next to the seed place a lollypop stick with their name on.
4. Continue to pray for them daily, and as the week goes on the seed will begin to grow.

You can also use this activity to pray for your hopes and dreams; that God will use you in His kingdom.

As you journey towards Easter, reflect and dwell on God's presence and the reality of what Jesus has done for us.