



**Journey Through Holy Week**  
*Reflection, Activities and Prayers*  
*for all Ages*

**Introduction:**

This is a Holy Week like no other we have had before. Most of us will spend it at home. We will miss our celebrations together in church. Here are some ideas to create a holy space in your home and pray and reflect this week, alone or with your family. You can also join in a family activity via zoom on Saturday and Holy Week services that the church is doing on-line. See the website or Facebook for the complete list. [www.st-georges.org](http://www.st-georges.org).

**Preparation:**

During the Family Activity we will share ways to make a Palm to wave on Palm Sunday. If you are not able to join in, here is a link to our pinterest board with several ideas of how to make something at home with materials you may have on hand.

<https://www.pinterest.co.uk/debbienoona3130/holy-week-crafts/> There are also links to additional ideas or activities for the week. You could make flowers to turn your Holy Space into the Garden of Gethsemene, bake Hot Cross Buns or create an empty tomb by covering a small table with a blanket and covering the opening with a cushion.

## Palm Sunday

**Do:** Join in the service at 10:30am. Wave the palm you made, march around your living room and sing along to “All Glory Laud and Honor.”

**Read:** Matthew 21:1-11, Jesus arrives in Jerusalem and the crowds welcome him with shouts of “Hosanna”.

**Pray:** for people who are on a journey today: people going to work, making deliveries, driving an ambulance.

*Lord, keep all those who journey today safe in your care. Help us to journey with you in Holy Week. Amen.*



## Monday

**Do:** Could you make a holy place in your house or bedroom? Find a clear bit of shelf, part of mantelpiece or a corner in a room. Make it tidy. Bring a cushion to sit on. Maybe put a candle there, a picture, a bible or a cross. Make it a place where you can go to talk to God. Look up your favourite hymns or Christian song on YouTube. Sing along with them.

**Read:** Matthew 21:12-17, Jesus gets upset with the people who have made the temple into a bad place rather than a holy place.

**Pray:** for people who you know who love God, that they will find time this week to worship him.

*Lord, help us to find time this week to read the bible, to pray and talk about the things you do in our lives. Help us to find holy times and space. Amen*

## Tuesday

**Do:** Make an effort to help someone out today. Clear the table, empty the garbage, fold the laundry, whatever would be helpful and show someone how much you love them.

**Read:** Matthew 22:34-40, Jesus reminds us to love God and our neighbours as ourselves.

**Pray:** for people you don't like or who annoy you.

*Lord, help us to love the people who annoy us up or who we don't like. Help us to see the best in them and to know that they are made in your image, just like us. Amen.*



## Wednesday

**Do:** Get in touch with your friends today: phone them or chat on facetime, send them an email, draw a picture and put it in the mail, send them a joke or a funny picture.

**Read:** Matthew 26:14-16, Not all Jesus' friends can stay faithful to him.

**Pray:** for your friends, your school, your workplace, your colleagues and people who you haven't seen for a while.

*Lord, help us to look forward to the time when we can all be together again. Help us to stay in touch and encourage each other. Give us joy even at this very difficult time.  
Amen*



*I give you a new commandment: love one another as I loved you*

## Maundy Thursday

**Do:** Eat a simple meal as we remember the night when Jesus shared his Last Supper with his friends. You can use the blessings over wine (or juice), bread and other foods found at the end of this booklet, which all members of the church are being invited to use on Maundy Thursday. Talk about how we remember the Last Supper when we have communion together at church. Share some of your favourite memories about church around the table or call someone from church on the phone.

**Read:** Matthew 26:26-30 Jesus and his friends are celebrating the Passover together. Jesus takes bread and wine and shares it with his friends so they can remember him.

**Pray:** For the people at your church.

*Lord, though we can't be together at church, help us remember that your spirit connects us to each other. Give us all your strength and feed us with your love. Amen.*

## Good Friday

**Do:** Make a wooden cross by looking for a couple of twigs and tying them together with string or make a cross using one of the ideas on pinterest. Or go around your house and find any crosses you might have, perhaps a necklace or last year's palm cross. Place them in your Holy Place.

**Read:** Matthew 27:27-56 Jesus is put on the cross, he is mocked and teased but the women stay with him until the end.

**Pray:** for people who are suffering today, who are lonely, ill or in pain.

*Lord, please comfort all people who are sick or sad today. Be with us when we feel lonely, scared or in pain. Help us to know we are loved by you. Amen*



## Saturday

**Do:** Sit still and wait. Sit in near your Holy Place or find another quiet place to be still. Take some deep breaths, close you eyes if it helps. How long can you be still and quiet for? Do something that requires some patience: build a house of cards, a Lego tower, colour a picture. You could also bake hot cross buns. What is it like to wait for them to rise and be ready?

**Read:** Matthew 27:62-66 Jesus' friends had to wait until they could bury him properly. In the meantime, Pilate ordered his tomb to be guarded.

**Pray:** for people who are waiting for something to happen, a birth, a death, a delivery, or for news from families and friends.

*Lord, bring peace to those who are waiting. Give us patience as we wait. Amen.*



## Easter Day

**Do:** Wish everyone Happy Easter or say “Alleluia, Christ is risen” and reply, “He is risen indeed, Alleluia.” Share a hug or a celebration high five with your family or wave with your neighbors! Draw a butterfly or a flower or go for a walk and look for signs of new life: the grass turning green, a bird singing, perhaps even something beginning to grow.

**Read:** Matthew 28:1-19 The women go to see the tomb and find things very different to what they expected.

**Pray:** Think about all the amazing things in life that you love and are thankful for.

*Lord, thank you for all the best things in life. Thank you for sunshine, for family, friends, chocolate, hugs, rainbows, laughter and.....(add your own thanksgivings). Help us to feel joyful today because Jesus is alive. Amen.*

## Prayers for a Maundy Thursday Meal

*You can use these prayers at the beginning of your meal on Maundy Thursday as we remember Jesus commandment to his disciples to eat bread and drink wine in remembrance of him.*

### A Prayer over Wine (or Juice)

Blessed are you, O Lord our God, Ruler of the universe. You create the fruit of the vine; and you refresh us with the cup of salvation in the Blood of your Son Jesus Christ. May the time come quickly when we can share that cup again, even as you are with us now in our very thirst for you. Glory to you for ever and ever. *Amen.*

### A Prayer over Bread

Blessed are you, O Lord our God, Ruler of the universe. You bring forth bread from the earth; and you have fed us on our way with the bread of life in the Body of your Son Jesus Christ. Let us be fed again soon with that bread of life. And as grain scattered upon the earth is gathered into one loaf, so gather your Church in every place into the kingdom of your Son. To you be glory and power for ever and ever. *Amen.*

## A Prayer over the Other Foods

Blessed are you, O Lord our God, Ruler of the universe. You have blessed the earth to bring forth food to satisfy our hunger. Let this food strengthen us in the fast that is before us, that following our Savior in the way of the cross, we may come to the joy of his resurrection. For yours is the kingdom and the power and the glory, now and for ever. *Amen.*

*This resource was adapted by Rev. Deborah Noonan from one created by the Rev. Jo Neary. Prayers for Maundy Thursday from the Book of Occasional Services 2018, adapted and edited by the Rev. Dr. James Farwell and Dr. Lisa Kimball.*

