

# Journey through Holy Week



**A family friendly guide  
with things to do, read and pray**

# How to use this guide...

This guide has been put together for you and your family as a tool to journey through Holy Week. We have put together a little something for each day of the week starting with Palm Sunday (5th April), take your time to read through each day and follow along with the things to **Do, Read** and **Pray**

When it comes to **Read** find the passage in your own bible, but if you don't have one a link is included to the specific passage online.

Remember to be creative, use your imagination and worship together as a family.

God sent his **SON** into the world.  
He did not send him to judge the world guilty,  
but to **save** the world through him.

John 3:17 (ERV)



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# Palm Sunday 5th April

**Do** Make a palm cross (which are fairly tricky: look on [YouTube](#))

Alternatively cut a simple cross out of [paper](#) or make a cut-out leaf or even better go and find a leaf or wavy frond/branch in your garden. Put your favourite song on loud, gather anyone who wants to come and dance, wave, shout, clap and enjoy yourself. The crowds shouted and welcomed Jesus into Jerusalem.

**Read** [Matthew 21:1-11](#) Jesus arrives in Jerusalem.

**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 6th April

**Do** 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 perhaps? 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 it.

**Read** [Matthew 21:12-17](#) Jesus gets cross 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 7th April

**Do** Make an effort to help someone out today – clear the table, empty the rubbish, clean out the rabbit, clean the bath – 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 be better at loving the people who wind 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 8th April

**Do** Get in touch with your friends today: send them an email, draw a picture and put it in the post, 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



## Thursday 9th April

**Do** Find a plate and put a piece of bread on it. Put it where you usually eat your evening meal. When you eat your meal tonight you could share some bread from the plate – take a piece from the plate and pass it round the table. Say to each other "Remember Jesus" as you eat some bread. Share some of your favourite memories around the table or with friends 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 people you love who you can't see at the moment.

Lord, keep our friends and family safe. Help us to keep in contact in lots of different ways. Thank you for all the happy memories we share with them. Amen



## Friday 10th April

**Do** Make a wooden cross by looking for a couple of twigs and tying them together with string. Or go around your house and find any crosses you might have – perhaps a necklace or last year's palm cross. Or see how many crosses you can find around your house or garden. Take a picture, using a phone or camera.

**Read** [Matthew 27:27-56](#) Jesus is put on the cross, he is mocked and teased but the women stayed 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 having a hard time today. Be with us when we feel lonely, scared or in pain. Help us to know we are loved by you. Amen

## Saturday 11th April

**Do** Sit still and wait. Find a quiet place, be still, take some deep breaths, close your 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 or play Sleeping Lions.

**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 12th April

**Do** Wish everyone Happy Easter or say "Alleluia, Christ is risen" and get them to reply, "He is risen indeed, Alleluia" Share a hug or a celebration high five! Draw a butterfly or a flower or go look in the garden and see if you can find something that is growing: a new bud, a new leaf, a new flower. See as many signs of new life as you can.

**Read** [Matthew 28:1-19](#)

The women go to see the tomb and find things very different from 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 the sea, for family, friends, chocolate, hugs, rainbows, safe houses, laughter and.....Help us to feel joyful today because Jesus is alive. Amen.