

A Family's Guide to Holy Week

Media Suggestion: Hallow App - Search - "Holy Week for Kids" - Activities and Prayers for the Family - <https://hallow.com/blog/holy-week-for-kids/>

Palm Sunday:

Wear Red - symbolizes the reality of Jesus' suffering during Holy Week

Dinner as a Family - Read the Gospel / Discuss the Gospel / Share a Meal Together

- Add an additional chair for "Jesus" at the table

Monday of Holy Week:

Activity: Lent Clean-Up: Clean a section of your house as a family - assign duties - it symbolizes our family clearing space for Jesus this upcoming Easter Season

- Example: Playroom / Living Room - Pack up unused toys to donate

Dinner as a Family - Read the Gospel / Discuss the Gospel / Share a Meal Together

- Gospel - Anointing of Jesus at Bethany by Mary
- Add an additional chair for "Jesus" at the table

Tuesday of Holy Week:

Activity: Lent Clean-Up: Clean a section of your house as a family - assign duties - it symbolizes our family clearing space for Jesus this upcoming Easter Season

- Example: Bedrooms - Pack up unworn clothes to donate

Dinner as a Family - Read the Gospel / Discuss the Gospel / Share a Meal Together

- Gospel - Judas' Plot / Jesus' prediction of Peter's denial
- Add an additional chair for "Jesus" at the table

Spy Wednesday: (Betrayal of Jesus by Judas)

Activity: Lent Clean-Up: Clean a section of your house as a family - assign duties - it symbolizes our family clearing space for Jesus this upcoming Easter Season

- Example: Kitchen - Pack up unused food for the Food Bank

Dinner as a Family - Read the Gospel / Discuss the Gospel / Share a Meal Together

- Gospel - Betrayal of Jesus by Judas
- Add an additional chair for "Jesus" at the table

Activity: Spy Wednesday Coin Search: In light of the Gospel, hide 30 pieces of silver (coins) in one area of the house for the kids to find. After the activity, explain to them how dangerous greed can be, especially seeing them push past each other, not being kind when searching for the coins.

Activity: Confession: Go to Confession as a Family and then share a small dessert together to celebrate the sweet mercy of God.

Paschal Triduum:

Holy Thursday: Institution of the Eucharist and the Priesthood

During the Day:

Activity: Seven Churches Visitation: Originated in Rome by St. Philip Neri who would take his friends on a walking tour of the city's seven basilicas on the night of Holy Thursday.

Pick out 7 (or so) local churches and take your family on a mini-pilgrimage

At each church...

- Play "Find the Tabernacle" in the Church
- Kneel together and say a quick hello / prayer to Jesus
- Pray 2 (or so) Stations of the Cross in the Church
- Use the change from the Spy Wednesday coin activity and light devotional candle(s) for special intentions
- If the Church is locked, say a quick hello / prayer to Jesus and pray the stations of the cross in front of the Church

In the Evening:

Dinner as a Family - Read the Gospel / Discuss the Gospel / Share a Meal Together

- Gospel - Last Supper / Washing of Feet
- Add an additional chair for "Jesus" at the table

Activity: Family Foot Washing Ritual: Pick names from a bowl and wash each other's feet - "If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet" (Jn. 13:14).

Snack Idea: Rice Krispy Treat Lamb

<https://catholicallyear.com/blog/rice-crispy-treat-lamb-formed/>

Activity: Family Movie: The Prince of Egypt - It covers the Passover Ritual

Good Friday: Day of Fasting and Abstinence from Meat

Emphasis on silence - screen free day

Snack Idea: Hot Cross Buns

<https://catholicallyear.com/blog/hot-cross-buns/>

Pray the Divine Mercy Novena

<https://www.thedivinemercy.org/message/devotions/novena>

Rosary Walk as a Family in your neighborhood

Kiss the Crucifix in your Home

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Read the Passion Narrative from the Children’s Bible

<https://www.amazon.com/Childrens-Bible-Golden-Books/dp/0307165205>

Activity: Children’s Movie: Miracle Maker: The Story of Jesus

Activity: Adult Movie: The Passion of the Christ

Holy Saturday - Christ’s Descent into Hell - a Day of Preparation and Waiting

Emphasis on silence - screen free day

Take down Lent decorations and put up Easter decorations

Dye Easter eggs as a Family

Save the Easter Egg Hunt for Resurrection Sunday

Dinner as a Family - Read the Gospel / Discuss the Gospel / Share a Meal Together

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Participate in the Easter Vigil at your local parish

NB: Content for this guide came from the book, “The Catholic All Year Compendium: Liturgical Living for Real Life” by Kendra Tierney.

https://ignatius.com/the-catholic-all-year-compendium-caycp/?gad_source=1&gclid=Cj0KCCQjw- mvBhDwARIsA A-Q0Q4Q_lbMeHx2wt1yQVRzSIG2YQsBIOjg2SdxlyP5Jv1xPL-d3JPmLFEaAjLkEALw_wcB