



# HOLY WEEK at home



## WALKING THROUGH HOLY WEEK



### Palm Sunday

To celebrate Palm Sunday, in the morning (Sunday April 5) place a branch on the door of your house or on the window. It could be any green branch you can get. This would help, despite the social distancing, to be connected to other Christians as we enter into the Holiest of weeks. 🌿

We may be physically isolated, but not separated. We are united as the body of Christ. We are the Church.

### Monday

Make a **Holy Week Diorama**. Activity sheet enclosed.

### Tuesday

Decorated eggs are a symbol of new life that comes with the Resurrection. This page explains how to **decorate eggs**, there is a video too. Another idea you could use is to help your children write "Christ is Risen," "Alleluia" or "Jesus loves us" on the eggs in crayon before colouring them.

### Wednesday

**Clean the house** Think of spring housekeeping as a prayerful preparation for Easter in the same way that Jewish families clean in preparation for Passover.

Make preparations for the rest of the week, gather what you need so you don't need to go out. (We're getting used to that now aren't we!☺)





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### Maundy Thursday

Each year more Christians are drawn to celebrate Passover, the feast commemorating the departure of the Israelites from slavery (read about it in Exodus 12). Jesus had come to Jerusalem to celebrate and was actually crucified on Passover Day. He is the fulfilment of this tradition, as our own Passover Lamb.

Prepare for a [Christian Passover Meal](#) on Thursday night.

### Foot washing

This Maundy Thursday event speaks volumes about Jesus's desire for us to serve. Read John 13. Wrap a towel around your waist, as Jesus did, and wash your children's feet. Your lives might never be the same.

### Good Friday

Observe the 3 hours on Good Friday when Jesus was on the cross - Jesus hung on the cross for three hours before he died. Historically, this is observed from noon to 3pm on Good Friday with a time of silence. Turn off electronics, sit in the silence, pray. Observe these three hours, remembering the sacrifice Jesus made for you.

Maybe you could **wear black** today as a sign of mourning.

Good Friday is a **traditional day of fasting** in many churches. Whether it's your church tradition or not, take this as a day to fast in some way. Good Friday is the day we remember the crucifixion of Jesus, the day he died. So, it should be a day of solemn remembrance of the great sacrifice Jesus made for us. Mourn the loss, imagine a "Good Friday world" without Jesus, and take time to repent of your own sins.



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### Easter Saturday

#### Keep Saturday Solemn

Holy Saturday marks the day Jesus spent in the tomb, so keep this day solemn and observant. It's a day to sit at the tomb of Jesus and wait expectantly for his return, mourning his death and reflecting on his great sacrifice.

**Turn off electronics**, limit activities, and imagine a day without Jesus. Experience the deep grief of the disciples who thought Jesus was gone forever and didn't yet understand the prophecy.

This may be hard with already stir-crazy kids at home, so consider setting aside even an hour or two of silence and reflection. Maybe go for a walk or sit outside. Talk about what life would be like without Jesus in the world.

#### The Passion

Watch Mel Gibson's portrayal of Jesus's last hours with older children (warning: graphic but realistic violence).

If your children are younger, watch the [Jesus Film Project's](#) beautifully-crafted evangelical movie, scripted only with words from the Gospel of Luke.



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### Easter Sunday

**Get up early and worship God** as the sun rises. Sing your favourite songs and say thank you!

**Go for a walk** and praise God and the miracle of Jesus' resurrection.

**Decorate an Easter Tree** with colourful symbols of new life (butterflies etc). (Activity sheet included)

### Fill Your Neighbourhood with the Good News

Find creative ways to be salt and light in your neighbourhood!

### Draw with chalk on footpaths.

As you get outside for fresh air, take along a piece of chalk and leave notes of hope, encouragement, Bible verses, and the good news of Jesus for others to see.

**Make food for a neighbour.** Leave it on their front porch with a Happy Easter note.

**Make a sign** for your front yard or window proclaiming the good news of Easter.

### Easter Greeting

Greet each other with "Alleluia, the Lord is risen!" and answer "He is risen indeed!"

