

HOLY WEEK PRACTICES

Palm Sunday

Jesus Enters Jerusalem (Luke 19:28–40)

Practice Ideas

- Choose something to lay down this week as a sign of joining the way of Jesus.
- Write down a message of reception to express your posture of receiving Jesus.
- Choose a daily prayer practice to intentionally mark each day of Holy Week.

Holy Monday

Jesus Cleanses the Temple (Mark 11:15–19)

Practice Ideas

- Make a commitment to adjust your spending patterns this week.
- Find ways to declutter your schedule or your home as a sign of making space for Jesus.
- Set aside three times today to pray the Lord's Prayer.

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Holy Tuesday

A Confrontation of Authority (Matthew 21:23–27)

Practice Ideas

- Make a list of the examples you see today of people or groups making claims of authority.
- Spend time journaling about the ways you have noticed Jesus' authority questioned.
- Craft a statement of your personal allegiance to Jesus to recite throughout the day.

Holy Wednesday

Spy Wednesday (Luke 22:1–6)

Practice Ideas

- Pay attention to each financial transaction you make today, and remember the way Judas betrayed Jesus for coins.
- Write out a list of words that you associate with betrayal – let the heaviness of those words sit with you today.

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Maundy Thursday

The Last Supper (Matthew 26:17–30)

Practice Ideas

- Invite others to come together to share a meal.
- Commit to acts of kindness and service today.
- Before eating, wash your hands slowly and deliberately – imagine the humble hands of Jesus tending to you.

Good Friday

The Crucifixion (Luke 23:26–47)

Practice Ideas

- Attend a Good Friday service.
- Find a cross to hold, or take time to draw one – sit with that cross contemplating the sacrifice it represents.
- Take time for confessional journaling.

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Holy Saturday

His Body Placed in the Tomb (Matthew 27:57–66)

Practice Ideas

- Take time for intentional silence and solitude.
- Create a small space in your home that symbolizes absence or waiting:
 - An empty bowl / A folded clot / Unlit candle
- Journal the in-between:
 - How am I waiting for God to move?
 - What feels buried? What feels unresolved?
 - What does it mean to trust God in the dark?

Resurrection Sunday

The Resurrection of Christ (Matthew 28:1–10)

Practice Ideas

- Attend a Resurrection Sunday service.
- Wake up early to watch the sun rise.
- Create a playlist of songs that speak to new life, joy, freedom, hope – let this be the soundtrack for your day.