

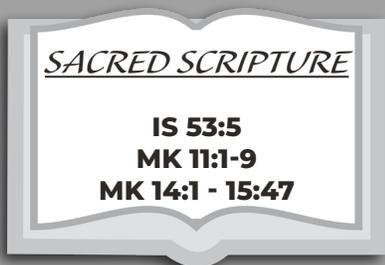
YEAR 1 - LESSON 7 - CATECHIST GUIDE WK. 1

FAMILIES FORMING DISCIPLES

PREPARING FOR HOLY WEEK

TOPIC: PREPARING FOR HOLY WEEK – STATIONS OF THE CROSS & THE FAMILY ROSARY – CONTEMPLATING JESUS' SUFFERINGS FOR US AND FOR THE WHOLE WORLD

REFERENCES:



CATECHISM OF THE CATHOLIC CHURCH
NOS. 571 & 1067

CREED	LITURGY	LIFE	PRAYER
nos. 559-60, 571- 638	nos. 1085, 1115, 1168-71, 1337-44	nos. 1708-09, 1741-42, 1748, 1846- 48, 1851	nos. 2598, 2605- 06, 2620, 2746- 2751, 2758

Goal(s):

- Families will reflect on Holy Week, Palm Sunday and Holy Thursday. Families will reflect on how Jesus chose to lay down His life because He loves them completely.
- Families will make their *Family Holy Week Plans*

Materials:

- Bibles
- Anima Christi prayer cards (optional)

OPENING PRAYER

Almighty and Everlasting God, You have given our families and the whole human race Your Son, Jesus Christ our Savior, as a model of humility. He fulfilled your will by becoming man and giving His life on the Cross. Help us to bear witness to You by following His example of suffering and make us worthy to share in His Resurrection. We ask this through our Lord Jesus Christ, Your Son.

Our Father...

[Adapted from www.lords-prayer-words.com](http://www.lords-prayer-words.com)



ICE BREAKER

What is your favorite Bible story and why?

1. Ask everyone to share within their families
2. Then, invite large-group sharing.
3. One by one, family members share their answers with the larger group.



1. Hook/Question

TEACH

2. Introduce Topic

When you think of “Holy Week,” what two words come to mind?

(Let families discuss among themselves, and then invite sharing with the larger group.)

Holy Week is a time when we prepare our hearts to remember the redemptive suffering and death of our Lord, Jesus Christ, and we prepare to celebrate His Resurrection. It begins with Palm Sunday of the Passion of the Lord and continues through the Sacred Triduum. Today we will begin to reflect on Holy Week and decide what our *Family Holy Week Plans* will be.

3. FAMILY SHARING

(First have families discuss questions together. Then invite for large group sharing.)

- a. (For Parents) When you were growing up, what special traditions or religious practices did your family do during Holy Week?
- b. (For whole family) Which of the practices or traditions that you have experienced have brought you closer to God?

4. CONTENT

So, what exactly is Holy Week?



Show video: *Holy Week in Two Minutes* by Busted Halo
(parents need to read text aloud)

Explain: Holy Week is the holiest time of the year! It is when we remember the last week of Jesus' earthly life and His saving work for us.

Ask: What is the special day that begins Holy Week?
Answer: Palm Sunday (of the Passion of the Lord)

Ask: Why is the day called Palm Sunday? What happened at the first Palm Sunday?
Answer: Because the people waved palms and welcomed Jesus as He rode into Jerusalem on a donkey.

Ask: Why were the people excited about Jesus and praising Him as He entered Jerusalem?
Answer: Jesus was like a famous celebrity. He was very popular. Everyone had heard about how Jesus had raised His friend Lazarus from the dead and about His other miracles, so they wanted to see Him in person. Many thought Jesus to be the Messiah, the anointed one (the Christ), but they misunderstood the Messiah to be an earthly ruler (they did not expect him to be God Himself, nor did they expect the Messiah to suffer and die at the hands of men).

Read: John 12:12-19 or Show
Video: Triumphal Entry and Results |
The Life of Jesus by Jesus.net
(watch up to minute 1:35)



Explain: Holy Week also contains the three holiest days of the year, the Sacred Triduum, in which we celebrate the Lord Jesus' Paschal Mystery (His Passion, Death, and Resurrection, and ultimately His glorious Ascension later in the Easter season). The Triduum begins with the Evening Mass of the Lord's Supper on Holy Thursday and ends with Evening Prayer on Easter Sunday.

Ask: Does anyone know what the words Sacred Triduum mean?

Answer: The Holy Three Days Explain: During the Triduum, we think about the final days of Jesus' earthly life when He suffered and died, and the great day of the Resurrection.

The Triduum begins with the Evening Mass of the Lord's Supper on Holy Thursday. During this Mass, the priest may wash the feet of some of the parishioners to remember how Jesus washed the feet of His Apostles, showing us how to love and serve one another. Two very important events took place for the first time on that night at Jesus' Passover meal with His Apostles—the institution of the Holy Eucharist and the institution of the priesthood. It is on this day that we celebrate the first time Jesus gave His Body and Blood, Soul and Divinity, to us in the Eucharist. On this day, Jesus also instituted the priesthood so that we would always have priests to give us the Sacrament of Holy Communion. Jesus did this because He loves us and knew we would need Him to be close to us on our life's journey. Jesus made certain we would have His Body and Blood in the Eucharist. This is the most powerful way Jesus unites our hearts with His own. Each time we worthily receive Him in the Eucharist (in a state of grace), Jesus is deepening our relationship with Him. Jesus loves us with all His Heart. After the Lord's Supper, Jesus then went out to the Garden of Gethsemane, knowing He would be arrested.

Watch: *From Fame to Death*
by Tweeting with God (2 min)



5. FAMILY SHARING

(Pause to give time to ponder the questions, and ask everyone to discuss together privately within their families.)

Is there anything holding you back from following Jesus with all your heart?
Is there anything more important to you than Heaven with your family?

6. MISSION

1

Step 1: Introduce Mission Activity

Mission Activities are to be done at home during Week 2 and to be shared at the gathering of families on Week 3.

Step 2: Explain Activity

- 2
- i. Watch one or more of the videos on Holy Week together
 - ii. Be ready to answer the Holy Week questions at the Week 3 gathering:
What is so special about Holy Week?
 - Answer: Holy Week is the holiest time of the year! It is when we remember the last week of Jesus' earthly life and His saving work for us.**On what day does Holy Week begin?**
 - Answer: Palm Sunday**What does Sacred Triduum mean?**
 - Answer: The Holy 3 Days**What two important events happened at the Last Supper?**
 - Answer: the institution of the Holy Eucharist and the institution of the priesthood (Holy Orders)
 - iii. Watch the videos and review the resource links aimed at helping you to identify ways for your family to pray together each day during Holy Week. Use these to make your *Family Holy Week Plan*.
 - iv. Discuss how your family's practice of the Lenten pillars of praying, fasting and almsgiving are going as we get closer to Easter.
 - v. Be prepared to share about your *Family Holy Week Plan* at the next gathering.

Step 3: Model

3

Model for the families by sharing about your own practice of the Lenten pillars and your own *Family Holy Week Plan*.

7. CLOSING

The closing prayer that we will pray together is a traditional prayer said after receiving Holy Communion. As we pray it together, we will remember the Lord's Last Supper and the love Jesus shows in His giving to us Himself in the Eucharist.

Anima Christi
Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within your wounds hide me;

Separated from you, let me never be;
From the evil one protect me;
At the hour of my death, call me;
And close to you bid me;
That with your saints,
I may be praising you forever and ever.

SUPPORTING QUOTES FROM CHURCH DOCUMENTS

Catechism of the Catholic Church, no. 571:

The Paschal mystery of Christ's cross and Resurrection stands at the center of the Good News that the apostles, and the Church following them, are to proclaim to the world. God's saving plan was accomplished "once for all" (Heb 9:26) by the redemptive death of his Son Jesus Christ.

Pope Francis, Homily for Palm Sunday of the Passion of the Lord (2020)

Jesus "emptied himself, taking the form of a servant" (Phil 2:7). Let us allow these words of the Apostle Paul to lead us into these holy days, when the word of God, like a refrain, presents Jesus as *servant*: on Holy Thursday, he is portrayed as the servant who washes the feet of his disciples; on Good Friday, he is presented as the suffering and victorious servant (cf. Is 52:13); and tomorrow we will hear the prophecy of Isaiah about him: "Behold my servant, whom I uphold" (Is 42:1). God saved us *by serving us*. We often think we are the ones who serve God. No, he is the one who freely chose to serve us, for he loved us first. It is difficult to love and not be loved in return. And it is even more difficult to serve if we do not let ourselves be served by God.

... In these holy days, in our homes, let us stand before the Crucified One, the fullest measure of God's love for us, and before the God who serves us to the point of giving his life, and let us ask for the grace to *live in order to serve*. May we reach out to those who are suffering and those most in need. May we not be concerned about what we lack, but what good we can do for others.

Pope St. John Paul II, Encyclical *Ecclesia de Eucharistia* (2003), no. 11:

The Lord Jesus on the night he was betrayed" (1 Cor 11:23) instituted the Eucharistic Sacrifice of his body and his blood. The words of the Apostle Paul bring us back to the dramatic setting in which the Eucharist was born. The Eucharist is indelibly marked by the event of the Lord's passion and death, of which it is not only a reminder but the sacramental re-presentation. It is the sacrifice of the Cross perpetuated down the ages. ...

The Church has received the Eucharist from Christ her Lord not as one gift – however precious – among so many others, but as *the gift par excellence*, for it is the gift of himself, of his person in his sacred humanity, as well as the gift of his saving work.