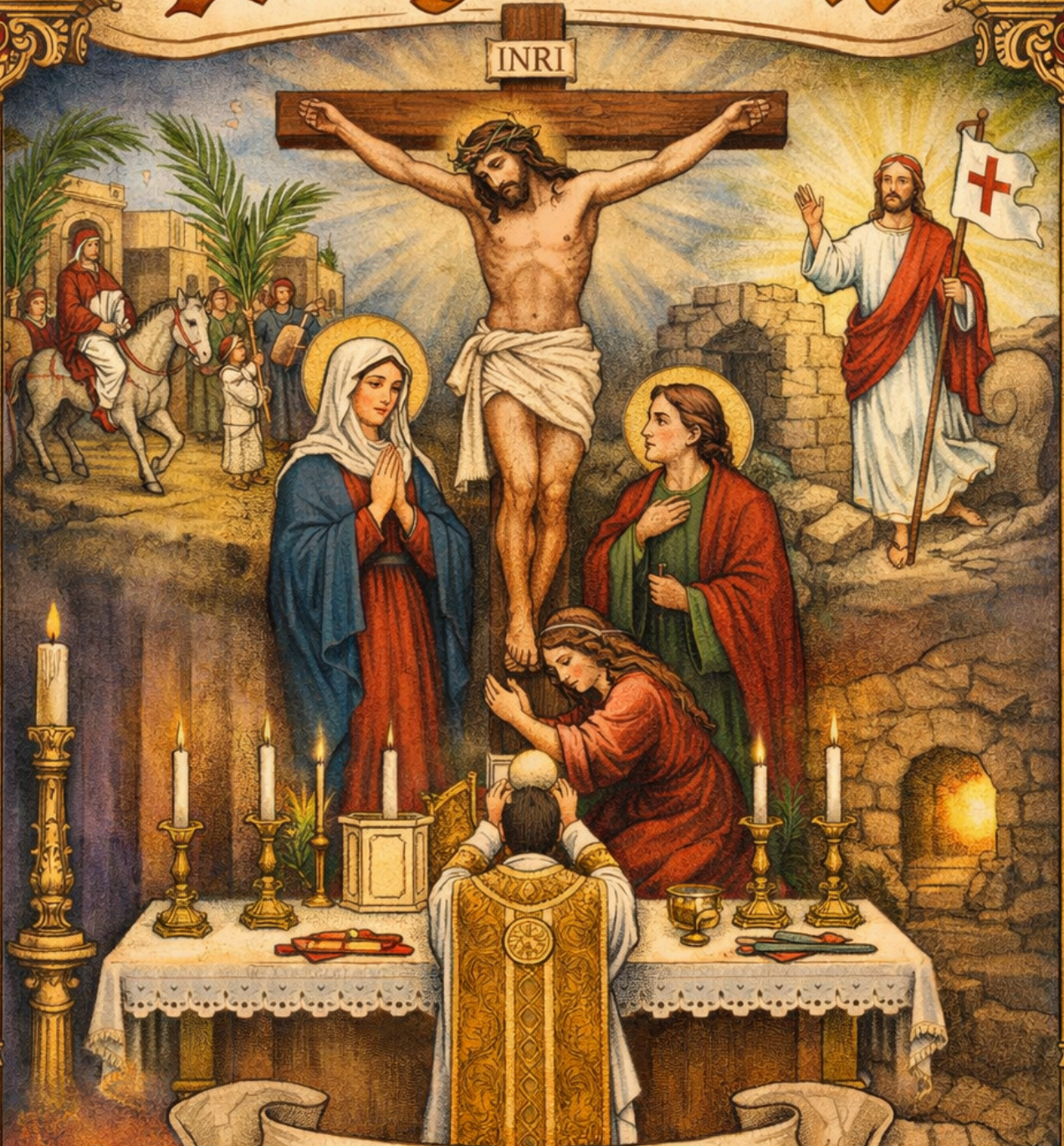


FAITHFUL ACRES FARMHOUSE

# Holy Week



Activity Book



# ABOUT *HOLY WEEK*

Holy Week is the most important and sacred week of our liturgical year. During this time, the Church does not simply remember the Passion, Death, and Resurrection of Our Lord, she enters into them.

Just as the Church has always celebrated with reverent liturgies every day, such as the triumphant procession of palms on Palm Sunday, the sorrowful shadows of Tenebrae, to walking through Christ's Passion on Good Friday, and the great joy of Easter Sunday, so too can we also bring these reverent week long celebrations into our own homes.

As Catholics, we are to live for this world and incorporate our faith, we are called to live out our faith in this world. The best way we can do this outside of Mass, is right in our homes.

For centuries, Catholic families did not experience these mysteries only in church, they carried them into their homes, into their work, into their daily lives. The rhythms of the liturgy shaped daily life: through cooking and simple meals, quieter home atmospheres, candles being lit and extinguished, prayers said, hymns sang, Psalms chanted, and children learned through sight, sound, and reverent imitation of their parents.

This booklet is an invitation to rediscover that way of living. Using the themes, readings, and symbols of the Traditional Latin Mass, you and your children can walk with Christ through each day of Holy Week. You do not need to recreate the liturgy itself, but rather to let it guide your home: to pray more deeply, to enter into silence, to make small sacrifices, and to reflect on the great love shown to us in the Lord's Passion. In doing so, your home becomes a small reflection of the Church, where the story of salvation is not only told, but truly lived.

# HISTORY OF HOLY WEEK

On Palm Sunday, the Church blesses palms and commemorates Our Lord's royal procession, while at the same time proclaiming the full account of His Passion, traditionally chanted from the Gospel of Matthew. Thus, joy and sorrow are joined together at the very beginning of the week.

In the days that follow, the Masses and Offices take on an increasingly somber tone. The ancient Office known as **Tenebrae**, composed of *Matins* and *Lauds*, was traditionally anticipated on the evenings before Thursday, Friday, and Saturday, often celebrated today on Tuesday, Wednesday, and Thursday nights during Holy Week. During this Office, candles are gradually extinguished, signifying the abandonment of Christ by His disciples and the apparent triumph of darkness, until the church is left in shadow.

On the evening of Holy Thursday, the Church celebrates the Mass of the Lord's Supper, commemorating the institution of the Holy Eucharist and the Sacred Priesthood. Following this, the Blessed Sacrament is carried in solemn procession to an altar of repose, recalling Our Lord's agony in the garden, where He asked His disciples to watch and pray.

The following day, Good Friday, is marked by the most austere liturgy of the year. This is the only day of the year that the Holy Sacrifice of the Mass is **not** offered. Instead, the church gathers for a sacred service that includes the reading of the Passion according to the Gospel of John, chanting of ancient prayers for the Church and the world, and the veneration of the Cross, by which our salvation was won.

Holy Saturday remains a day of silence and expectation. The Church keeps vigil at the tomb of Christ until nightfall, when the great Easter Vigil begins. This most ancient liturgy opens in darkness, with the blessing of the new fire and the Paschal candle, and unfolds through a series of prophetic readings that recount the history of salvation, culminating in the proclamation of the Resurrection.

# HOLY WEEK

## **PALM SUNDAY (DOMINICA IN PALMIS)**

MATTHEW 26: 1-75; 27:1-66

THEME: JESUS ENTERS JERUSALEM TO SUFFER -  
PASSION WEEK BEGINS, PASSIONTIDE CONTINUED

## **HOLY MONDAY**

JOHN 12:1-9, MATTHEW 21:12-17

THEME: ANOINTING OF JESUS WITH OIL

## **HOLY TUESDAY**

MARK 14:1-72; 15:1-46

THEME: PASSION ACCORDING TO MARK

## **SPY WEDNESDAY**

LUKE 22:1-71; 23:1-53

THEME: JUDAS'S BETRAYAL  
PASSION ACCORDING TO LUKE

## **MAUNDY THURSDAY**

JOHN 13:1-15

THEME: INSTITUTION OF THE EUCHARIST -  
WASHING OF THE WEEK

## **GOOD FRIDAY**

JOHN 18:1-40, 19:1-42

THEME: PASSION AND CRUCIFIXION  
PASSION ACCORDING TO JOHN

## **HOLY SATURDAY**

MATTHEW 28:1-7

THEME: WAITING AT THE CROSS

## **EASTER SUNDAY**

JOHN 1-9, MARK 16:1-7

THEME: CHRIST IS RISEN!

# ACTIVITIES

\*Please see themes and full readings on the previous page. The readings below have been shortened for younger children. If you have older children, read the full Passion and verses recommended.

## **Palm Sunday (Dominica in Palmis)**

*Theme:* The King, Jesus, Enters Jerusalem to Suffer

*Readings:*

- Matthew 21:1–9 (Triumphal Entry)
- Matthew 26–27 (The Passion, shortened if needed)

*Memory Verse:*

"Hosanna to the Son of David: blessed is He that comes in the name of the Lord." (Matthew 21:9)

*Activity:*

1. Make or gather palm branches (or paper palms if needed)
2. Have a small procession around your home, singing "Hosanna".  
Place blankets and jackets on the ground for "Jesus" to "walk on".
3. End quietly by placing palms near a crucifix and in prayer.

*Pray Together:*

*Lord Jesus, You have entered Jerusalem humbly on a donkey. You could have rode on a horse as an earthy king or military leader would have, but you have shown us true humility and love. We thank you for entering into Your suffering for us, and coming to the place You should have been worshiped but were rejected. We love You Jesus.*

*Antiphon:*

*Hosanna to the Son of David! Blessed is He that cometh in the name of the Lord! O King of Israel! Hosanna in the highest!*

# ACTIVITIES

## **Holy Monday**

*Theme: Anointing of Oil, Jesus Cleanses the Temple*

*Readings:*

- John 12:1–9 (Mary anoints Jesus)
- Matthew 21:12–13 (Cleansing of the Temple)

*Memory Verse:*

*"My house shall be called the house of prayer." (Matthew 21:13)*

*Activity:*

1. Clean a small area of the home together. Place both adult and kid items in a box for donation. Try to donate them that same day.  
Explain: we are making room for Jesus.
2. Give kid(s) a small bowl of oil (olive oil + a drop of your preferred essential oil, ex: eucalyptus lemon). Let them gently anoint a crucifix or sacred image.

*Pray Together:*

*Lord, may we, like Mary, give you the best that we have. May we praise You this week with the singing of hymns, prayer, and words of thanks. You have been anointed as the true Sacrificial Lamb, we thank You for giving up Your life for us. May we praise You all the days of our lives. Amen.*

*Antiphon:*

*I turned not away My face (sign yourself) from them who rebuked and spat upon Me.*

# ACTIVITIES

## **Holy Tuesday**

*Theme: The Suffering Servant*

*Readings:*

- Mark 14:32–72 (Agony in the Garden, Betrayal, and Peter's Denial)
- Mark 15:1–20 (Jesus before Pilate and His Mocking)

*Memory Verse:*

*"Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." (Mark 14:38)*

*Activity:*

1. Set aside a short "watching time" (5–10 minutes of quiet prayer). During this time, dim the lights and explain how the Apostles fell asleep while Jesus suffered. End by slowly praying one Our Father together.

*Pray Together:*

*Heavenly Father, You cried to the Father during Your time of suffering and sadness. Now, we cry to You. Help us during our hard times and in our grief. May we always remember Your prayer and words to the Father, and let them be our prayer too. Amen.*

*Antiphon:*

*Before the feast of Passover, Jesus knowing that His hour was come, having loved His own, He loved them unto the end.*

# ACTIVITIES

## **Spy Wednesday**

*Theme: Judas Betrays Jesus*

*Readings:*

- Luke 22:14-23, 47-53
- Psalm 41:9, Psalm 55:12-14

*Memory Verse:*

*"He approached Jesus to kiss him; but Jesus said to him, "Judas, is it with a kiss that you are betraying the Son of Man?" (Luke 22:48)*

*Activity:*

1. Count out 30 coins. Discuss betrayal and honesty, and that 30 coins was the cost for a slave.
2. Pray an Act of Contrition together
3. Tenebrae for kids (Wednesday, Thursday, Friday evenings, or any one of those days)

*Pray Together:*

Lord, You were betrayed by our sins. Let us repent and come to You always. Forgive us for our sinful ways, and create in us a new heart. Amen.

*Antiphon:*

*Simon, (cross yourself) sleepest thou? Couldst though not watch one hour with Me?*

# TENEBRAE FOR CHILDREN

## **Tenebrae for Children (shortened version)**

(A Simple Holy Week Evening Prayer)

### **How to Pray**

- *Light 7 candles*
- *One candle is extinguished after each psalm/reading section*
- *A parent can lead, children respond OR one parent reads another responses*

*PSALM + RESPONSORY CYCLE (Repeated Sections)*

*Each section follows this pattern:*

- 1. Psalm*
- 2. Short Silence*
- 3. Responsory (repeat-after-me style)*
- 4. Extinguish a candle*

### **Opening**

*Leader: O God, come to my assistance.*

*All: O Lord, make haste to help me.*

*Leader: Glory be to the Father, and to the Son, and to the Holy Ghost.*

*All: As it was in the beginning, is now, and ever shall be, world without end. Amen.*

### **PSALM 1** (based on Psalm 2)

*Leader: Why do the nations rage, and the people imagine vain things?*

*All: They have risen up against the Lord and against His Christ.*

*Leader: The Lord has made His Son King.*

*All: We will serve Him.*

### **Responsory**

*Leader: He was led like a lamb to the slaughter.*

*All: And He opened not His mouth.*

*Leader: By His wounds we are healed.*

*All: And He opened not His mouth.*

*(Extinguish first candle)*

### **PSALM 2** (Based on Psalm 21)

*Leader: My God, my God, why have You forsaken me?*

*All: They divided My garments among them.*

*Leader: They pierced My hands and My feet.*

*All: They looked and stared at Me.*

### **Responsory**

*Leader: He saved others; Himself He cannot save.*

*All: Let Him come down from the cross, and we will believe in Him.*

*(Extinguish second candle)*

# TENEBRAE FOR CHILDREN

## **PSALM 3 (Based on Psalm 37/38)**

Leader: O Lord, do not rebuke me in Your anger.

All: For my sins are ever before me.

Leader: I confess my fault.

All: And I am sorry for my sin.

### **Responsory:**

Leader: I have sinned against You alone.

All: Have mercy on me, O God.

(Extinguish third candle)

## **PSALM 4 (Based on Psalm 50 / Miserere)**

Leader: Have mercy on me, O God, according to Your great mercy.

All: Wash me from my iniquity.

Leader: Create in me a clean heart, O God.

All: And renew a right spirit within me.

### **Responsory:**

Leader: Cast me not away from Your presence.

All: And take not Your Holy Spirit from me.

(Extinguish fourth candle)

## **PSALM 5 (Based on Psalm 26)**

Leader: The Lord is my light and my salvation; whom shall I fear?

All: Though an army should encamp against me, my heart shall not fear.

Leader: One thing I ask of the Lord: to dwell in His house.

All: All the days of my life.

### **Responsory:**

Leader: Wait for the Lord.

All: Be strong, and let your heart take courage.

(Extinguish fifth candle)

## **SHORT READING**

Reader: From the Book of Lamentations:

"All you who pass by the way, attend and see if there be any sorrow like my sorrow."

Pause for silence

## **BENEDICTUS (Song of Zechariah)**

Leader: Blessed be the Lord God of Israel

All: For He has visited and redeemed His people

Leader: He has raised up a Savior for us

All: From the house of David

Leader: To give light to those in darkness

All: And guide our feet into peace

(Extinguish sixth candle, keeping the seventh and last remaining candle lit.)

Pause in deeper silence.

# TENEBRAE FOR CHILDREN

*After silence*

*Leader: Christ became obedient unto death.*

*All: Even death on a cross.*

*Leader: For this reason God exalted Him.*

*All: And gave Him the name above all names.*

**Hid the last (seventh) candle so it is dark, do not extinguish it.**

**STREPITUS** *(Traditionally loud closing moment)*

*Make a loud noise: (This represents the earthquake at Christ's death and the silence of the tomb.)*

**Bring the candle back.**

*All: You are the light of the world.*

**FINAL PRAYER**

*"Father, look with love upon your people, the love which our Lord Jesus Christ showed us when he delivered himself to evil men and suffered the agony of the cross, for he lives and reigns with you and the Holy Spirit, One God, forever and ever. Amen".*

OPTIONAL FAMILY REFLECTION

- What part of our Psalms and prayers stood out to you?
- How can we show Jesus's love to others this week?
- Is there something you want to ask forgiveness for?

# ACTIVITIES

## **Maundy Thursday**

*Theme: Institute of Eucharist & Priesthood*

*Readings:*

- John 13:1–15 (Washing of the Feet)
- Luke 22:14–20 (Institution of the Eucharist)

*Memory Verse:*

*"This is my body, which is given for you." (Luke 22:19)*

*Activity:*

1. Parents wash children's feet (preferably the father).
2. Have a simple, special meal (try unleavened bread), end in silence, remembering Jesus in the Garden.
3. Talk about the Sedar Passover Meal.
4. Tenebrae for kids (Wednesday, Thursday, Friday evenings, or any one of those days)

*Pray Together:*

O Lord, help us to live as You have asked Your disciples. Let us serve others as You have served. Thank You for the gift of the Eucharist, and allowing Yourself to be our Daily Bread. Help us to live for You. Amen.

*Antiphon:*

*The Lord (cross yourself) was led as a lamb to the slaughter: and He opened not His mouth.*

*He was offered because it was His own will: and He has borne our sins.*

**Zeroah (Shank Bone)**



**Beitzah (Egg)**



**פסח**

**Maror (Bitter Herbs)**



**Charoset**



**Karpas (Green Vegetable)**



**Chazeret (Bitter Herb)**



**Charoset**



**Salt Water**



**Matzo**



# ACTIVITIES

## **Good Friday**

*Theme: Jesus's Passion and Crucifixion*

*Readings:*

- John 18–19 (The Passion according to John)

*Memory Verse:*

*"When Jesus had received the wine, he said, 'It is finished.' Then he bowed his head and gave up his spirit." (John 19:30)*

*Activity:*

1. Hammer a nail into a wooden cross OR help your children write a sin(s) on a piece of paper and nail it to the cross.
  2. Venerate a crucifix or the hammered wooden cross with a kiss.
- \*\*\*This is a very powerful and important activity that should be prioritized. To physically hammer a nail into wood, is to truly encounter the reality of our own sin playing a role in Jesus's death.

*Pray Together:*

*Dear Heavenly Father, You have offered Your beloved Son as the final Sacrifice. Help us to entered into our Lord, Jesus Christ's passion and crucifixion. Forgive us for our sins, O Lord, and soften our hearts to repent and be made new. Thanks be to Jesus, Who died for our sins so we could live with Him forever. Amen.*

*Antiphon:*

*God has not spared (cross yourself) even His own Son, but has delivered Him for us all.*

*One robber said to the other: We are receiving what our deeds deserved; but this Man has done nothing wrong. Lord, remember me when Thou comest into Thy kingdom.*

# ACTIVITIES

## **Holy Saturday**

*Theme: Waiting at the Tomb*

*Readings:*

- Colossians 3:1-4, Matthew 28:1-7

*Memory Verse:*

*"He is not here; for he has been raised, as he said." (Matt 28:7)*

*Activity:*

- Keep the home quiet and simple, no screens (adults included), no extra music or noise.
- Have children help prepare and set out their Easter clothes (or Easter Vigil clothes).
- Light a white "Paschal" or "Easter Candle" in your home during the Gospel and prayer.
- Optional: make a small "tomb" craft with a stone

*Pray Together:*

### **Canticle. Magnificat (Luke 1:46-55).**

And Mary said,

"My soul magnifies the Lord,

47 and my spirit rejoices in God my Savior,

48 for he has looked with favor on the lowliness of his servant.

Surely, from now on all generations will call me blessed;

49 for the Mighty One has done great things for me,

and holy is his name.

50 His mercy is for those who fear him

from generation to generation.

51 He has shown strength with his arm;

he has scattered the proud in the thoughts of their hearts.

52 He has brought down the powerful from their thrones,

and lifted up the lowly;

53 he has filled the hungry with good things,

and sent the rich away empty.

54 He has helped his servant Israel,

in remembrance of his mercy,

55 according to the promise he made to our ancestors,

to Abraham and to his descendants forever."

# ACTIVITIES

## **Easter Sunday**

*Theme: Christ Is Risen!*

*Readings:*

- John 20:1-9
- Mark 16:1-7

*Memory Verse:*

*"He is risen, he is not here." (Mark 16:6)*

*Activity:*

- Light candles joyfully in the morning and sing "Alleluia" (saying and singing this returns after Lent!)
- Have a celebratory meal
- Optional: Easter egg hunt (symbol of new life), an empty egg symbolizes the empty tomb.

*Pray Together:*

*Alleluia! Jesus Christ has risen today! May our song be sung now and for always. How great are Your works, O Lord! Thank You for suffering death and rising to bring us new life. How marvelous and wonderful are Your deeds. Alleluia! Alleluia!*

*Antiphon:*

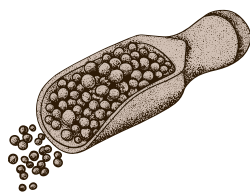
*And the Angel of the Lord (cross yourself) came down from heaven; and going to the stone, rolled it back and sat on it, alleluia, alleluia. The Lord is King.*

*Closing Prayer*

*O God, Who on this day through Thine only-begotten Son hast overcome death and opened unto us the gate of everlasting life, do Thou follow with Thine aid the desires which Thou dost put into our minds, and by Thy continual help bring the same to good effect. Let us bless the Lord, alleluia, alleluia. Thanks be to God, alleluia, alleluia.*

HOLY WEEK

*Activity Book*



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