

## Some ideas for Holy Week

Find a small space that you can use each day. It might be a side-table, a coffee-table, the end of a sideboard, anywhere that you can set apart for a week. If possible, put a piece of plain cloth on it to provide a consistent setting. Each day arrange it as suggested and cut out the section below to go with it. (It will be a prayer station for that day.) Then use your imagination! *(The stations do not stick rigidly to the traditional days of Holy Week, but that's because some days would be very busy and others less so! You might also have better ideas than me – these are just a very rough guide for starters!)*

<p><b>Monday:</b> Mary &amp; Judas Read Matt 26:12 &amp; Matt 26:14-16</p> <p>Find some perfume or scent and a collection of small coins (5p pieces work well) – place them on your prayer station.</p>	<p><b>Reflect:</b></p> <p>Jesus said: “For where your treasure is, there your heart will be also” Each time you pass, handle the coins and spray some scent...</p>
<p><b>Tuesday:</b> The Servant King Read John 13:1, 3-5 &amp; John 13:14-15</p> <p>Find a small towel, a bowl with water in it and some soap – place them on your prayer station.</p>	<p><b>Reflect:</b></p> <p>Jesus said: “I have set you an example that you should do as I have done for you.” Each time you pass, symbolically wash your hands</p>
<p><b>Wednesday:</b> Gethsemane Read Matthew 26:36-39</p> <p>Find a cup and maybe some small plants to give it a garden feel – place them on your prayer station</p>	<p><b>Reflect:</b></p> <p>Jesus said: “Take this cup from me. Yet not what I will, but what you will” Each time you pass, pick up the cup.</p>
<p><b>Thursday:</b> Jesus in Chains Read Matthew 26:57, 59-60</p> <p>Find some chains and possibly padlocks – place them on your prayer station</p>	<p><b>Reflect:</b></p> <p>Jesus said: nothing. He was silent as they taunted him. Each time you pass, feel the hardness of the chains.</p>
<p><b>Friday:</b> Jesus is Crucified Read Matthew 27:32-34, 37-38</p> <p>Find nails, a hammer, make a small crown of thorns, a simple standing cross if you have one – place them on your prayer station</p>	<p><b>Reflect:</b></p> <p>Jesus said: “Father, forgive them...” Each time you pass, touch the cross and wonder at how deeply you have been forgiven.</p>
<p><b>Saturday:</b> Jesus is dead and buried Read: Matthew 27:57-60</p> <p>Cover your prayer space with a black binliner.</p>	<p><b>Reflect:</b></p> <p>Each time you pass, pause to consider how empty your life might be without the living, risen Lord.</p>
<p><b>Sunday:</b> Christ is Alive!! Read: John 20:1-2, 18-20</p> <p>Get busy with your Easter Day imagination! Maybe an empty tomb...</p>	<p><b>Reflect:</b></p> <p>Jesus said: “Peace be with you!” Each time you pass, bring to mind the areas of your life where you need to hear those words, and cling onto them!</p>