

Prayer Ideas for Holy Week

Palm Sunday

- ~Watch 8am live-streamed Mass on Facebook
- ~Go for a walk by yourself or as a family- meditating on our Lord's entrance into Jerusalem. Break off a branch from a tree and carry it in reverence of our Lord and imitation of the crowds.
- ~Pray the Sorrowful Mysteries of the Rosary
- ~Pray the Stations of the Cross

Holy Thursday-

- ~Watch 7pm live-streamed Mass on Facebook
- ~Wash someone's feet today
- ~In honor of the priesthood being instituted today, make a list of all the priests who you know that have ministered to you. Pray for them, living or deceased. If they are living consider reaching out to them in support.
- ~Late in the evening, after the sun goes down, go and sit outside in the darkness and meditate on Jesus' agony in the garden.
- ~Pray the Luminous Mysteries emphasizing the 5th mystery
- ~Pray the Sorrowful Mysteries emphasizing the 1st mystery

Good Friday-

- ~Watch 3pm live-streamed Good Friday Service on Facebook
- ~Remember to keep the fast today and to abstain from meat products.
- ~Remain bare foot today

- ~Unveil, hold and venerate your crucifix
- ~Pray the Sorrowful Mysteries emphasizing the 1st mystery
- ~Begin the Divine Mercy Chaplet Novena today

Holy Saturday

- ~Watch 8:45pm live-streamed Easter Vigil Mass on Facebook
- ~Have a candle ready for the on-line vigil and light it during the appropriate time in the liturgy.
- ~Continue the Divine Mercy Novena
- ~Pray the Sorrowful Mysteries in the morning and the Glorious after nightfall.
- ~Have a bonfire in the evening as a symbol of Christ's resurrection shattering the darkness. If you are with others, share stories of past Easters, how your Lenten commitments you made on Ash Wednesday have transformed you, or what you miss most about Holy Week that you have not been able to experience this year.

Easter Sunday

- ~Continue the Divine Mercy Novena
- ~Pray the Glorious Mysteries of the Rosary.
- ~Visit a cemetery and pray for the dead to RISE from the grave.

