

Holy Week @ Home

FOR YOUNG ADULTS

This liturgy is written for young people but can be used by anyone who prefers a contemporary style of worship.

To mark the start of Holy Week, we invite individuals and households to join with young people around the archdiocese in reflection and prayer.

You may wish to arrange an online meeting or video call to pray these prayers with friends and build a sense of shared faith and community.

You will need:

- a quiet, comfortable space
- a Bible
- if possible, a branch or greenery from a tree in your garden
- a crucifix and/or candle
- a smartphone, laptop or tablet.

PREPARE

- Prepare your prayer space and get comfortable.
- Take a moment to quietly let go of distractions and to prepare your heart for this time of prayer and reflection.

ABOUT TODAY

On Palm Sunday, churches distribute palms (or greenery) to commemorate Jesus' triumphal entrance into Jerusalem, before his arrest and crucifixion on Good Friday. Today we remember how the people of Jerusalem placed palm branches in Christ's path, signifying his kingship. As we enter into this Holy Week, we invite you to use this resource, including the video reflection, and to read and pray through the readings, entering into them from the perspective of one of the disciples.

There are two central images in this week's liturgy:

- the palms, which signify the glory and triumph of Jesus
- the cross, which represents Christ's love for the world and the sacrifice he made so that salvation would be available to all people.

GETTING STARTED

Begin by making the sign of the cross:

In the name of the Father and of the Son and of the Holy Spirit, Amen.

Lord Jesus,

As I spend this time in prayer, I ask you to fill me with the hope, peace and joy your disciples felt when you entered into Jerusalem. Be with those who feel alone or anxious, so that the whole church may praise you today with one mind and heart.

Amen.

READINGS OF THE DAY

Read [the Scriptures](#) and spend time in silence imagining yourself as a disciple in the gospel.

- Matthew 21:1–11
- Isaiah 50:4–7
- Psalm 22
- Philippians 2:6–11
- Matthew 26:14–27:66

REFLECT

View the accompanying [video resource](#).

Reflect on the following questions:

- Where would I be standing in this week's gospel if I were a disciple travelling with Jesus?
- Can I recall a time that I felt overcome by joy and praise at an encounter with Jesus?
- How firm is my commitment to Jesus? Do I sometimes let hurt or fear rob me of the joy that Christ offers me?
- Is there a particular focus for my prayer that I want to hold before God as I enter into Holy Week?

PRAY

Heavenly Father, I join my brothers and sisters in bringing our petitions before you in prayer, mindful of the needs of the church and the world.

For myself, I pray that I may have a personal encounter with Jesus this Holy Week, so that my faith may be deepened and I may grow to love God with my whole heart, mind and soul.

For the Christians around the world, that we may be united in the saving love of God and compassionate love of neighbour, so that the world may see in our faith a reflection of your goodness and tender mercy.

For all those who are unwell at this time, particularly those affected by the ongoing pandemic, that your healing presence may bring them comfort, strength and hope.

For those separated from loved ones, particularly the aged, that they may find some consolation in knowing that they are remembered, loved and that you know them by name.

Heavenly Father, increase the faith of your people and listen to our prayers. Today I am united in prayer with those I cannot see as I honour Christ, our triumphant King, by carrying this branch. Help me to honour you every day by always living in the light of Christ, for He is Lord, living and reigning with you, one God for ever and ever. Amen.

In the name of the Father and of the Son and of the Holy Spirit, Amen.

RESPOND

As an expression of your faith and commitment to Jesus, you are invited to display your branch or greenery on your front door or in your front window. This will be a sign for you and others that although we cannot gather together in person, we remain united in spirit as we enter this holiest week in the life of our faith community.