

HOLY WEEK



Holy Week Preparation & Prayer Guide



1. Quiet Reflection

- Set aside a few minutes each day for silence.
- Reflect on gratitude, forgiveness, and renewal.



2. Scripture Time

- Read a short Gospel passage each day, especially the Passion story.
- Let one line stay with you throughout the day.



3. Prayer

- Offer simple prayers such as: *“Lord, guide my heart this Holy Week.”* *“Jesus, help me walk with You.”*

4. Acts of Kindness

- Do one small act of charity or kindness daily.
- Offer it as a prayer for someone in need.



5. Simple Living

- Choose a simple meal or small sacrifice as a reminder of the season.
- Use the moment to pray for peace and healing.



6. Participate in Holy Week Services (if possible)

- Holy Thursday
- Good Friday
- Easter Vigil or Easter Sunday