My Little Holy Week Prayerbook

By Jennifer Gregory Miller

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Easter Sunday

Christ is risen, Alleluia!

Matthew 28:1-10: Now after the sabbath, toward the

dawn of the first day of the week, Mary Magdalene and the other Mary went to see the sepulchre. And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone, and sat upon it. His appearance was like lightning, and his raiment white as snow. And for fear of

him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from

the dead, and behold, he is going before you to Galilee; there you will see him. Lo, I have told you." So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, "Hail!" And they came up and took hold of his feet and worshipped him. Then Jesus said to them, "Do

not be afraid; go and tell my brethren to go to Galilee, and there they will see me."

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Note: The empty spaces are for the child to fill in with religious stickers, sometimes with suggestions. We used ones from the Dollar Tree Stores, the mysteries of the rosary, the Stations, images of Jesus' passion, crosses, images of Mary and Jesus.

The final pages are left for extra decorations for Easter Sunday. The back cover could be decorated the remaining stickers from the Stations to be put on display for Easter morning.

Sacred Heart of Jesus

Morning Offering

Immaculate Heart of Mary

Each morning, start the day immediately by talking to God, our Father. Thank Him for keeping you safe through the night, and then talk about your day that is ahead. Tell Him all your plans and

thoughts. Ask Him to help you in your work and play. Then pray for those you love.

Sometimes we forget to think about Jesus during the day, and that is why we pray the Morning Offering, to make sure everything we do is given to Him. There are many different ways to pray this. Many families pray this version:

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the holy sacrifice of the Mass throughout the world, in thanksgiving for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

And we also pray to our Mother Mary:

Consecration to the Blessed Mother

Mary

O Mary, my Queen and my Mother, I give myself entirely to you, and in proof of my affection, I offer you my eyes, my ears, my tongue, my heart, my whole being without reserve. Since I am your own, keep me and guard me as your property and possession. Amen.

Angel of God

Angel of God, my guardian dear, to whom God's love, commits me here, ever this day (night) be at my side, to light and guard, to rule and guide. Amen.

The second Mass is the Evening Mass of the Lord's Supper. We remember the institution of the Holy Eucharist, and how Jesus

Holy Thursday

washed the feet of His Apostles. The priest wears white, and this is a glorious celebration. We even sing the Gloria.

At the end of Mass there is a procession of the Eucharist to a place of repose. This is a small tabernacle and quiet place; Jesus went to the Garden, and was arrested. This whole night He spent in prison, or going from Pilate, to Caiaphas, to Herod.

Good Friday:

We remember that Jesus died today. There are the 3 hours He hung on the cross, and many people pray, or work quietly during that time, thinking of the Passion. There is no Mass anywhere on this day, only a Celebration of the Passion. We hear the Passion of St. John's Gospel, and we will have the veneration of the Cross, which everyone will kiss. There are the 10 special prayer intentions, and then Holy Communion. We leave in silence, the altar is stripped. There is no organ music, just singing. We are sad, because we are remembering His death.

Holy Saturday:

There is no Mass today until the Easter Vigil. This is the Feast of Feasts, night of all nights. It starts in darkness, and the priest lights a new fire and lights the Paschal Candle, which has special symbols, including the Alpha and Omega. Everyone receives the light and the church is bright with "Christ our Light!". The lights go out again and we hear many different readings about our salvation history — Crea-

Holy Saturday

tion, Moses and Pharaoh and the Red Sea, Abraham and Isaac. Then we have the glorious Alleluia and the lights are all flooded on and we hear the story of the Resurrection. Some places people are baptized, and also receive Holy Eucharist and Confirmation. We pray the Litany of the Saints, and then the Mass resumes as normally. But we can all sing ALLELUIA! Christ is risen today! 17

Holy Week

Holy Week begins on Palm Sunday, and we enter the holiest week of the year. The last three days are called the Sacred Triduum. The Mass and Liturgy have a few things that are different from the rest of the year.

Palm Sunday

Palm Sunday of the Lord's Passion:

Today we remember Jesus coming into Jerusalem, riding a young donkey. People were shouting "Hosanna to the Son of David!" The people were waving palm branches and putting their cloaks and branches on the road to make a path for Jesus.

We receive blessed palms today. At Mass, we will have two readings from the Gospel. One will be at the beginning of Mass, which has the blessing of the palm. The Gospel read will be from Mt 21:1-11. Then during the regular Gospel will be the reading of the Passion according to St. Matthew, Mt 26:14-27:66.

Monday, Tuesday, Wednesday of Holy Week:

This part of the week is usually used as preparation for Easter, and we recall the events of Jesus' life right before He was arrested. This is a time when people clean house – inside and out. Spring cleaning often happens in Lent because it is a reflection of what should be going on in our souls. Are we loving God above all things? Do we do things because we love God? In everything we do we should think about the Good

Shepherd, how much He loves us, and how everything we say, think, or do is directed for love of Him.

Holy Thursday:

There are only two Masses today. One is in the morning at the Cathedral, the Chrism Mass. All the priests from the diocese come to join the Bishop. He blesses the special oils or chrism that will be used all year for Baptism, Confirmation, and Anointing of the Sick. Holy Thursday is a special day especially for priests, for this is the day that Jesus founded the Holy Orders,

Throughout the day there should have periods of time when you just stop and talk to Jesus and Mary. Sometimes it can be a little conversation, with no plan.

Other times can just be vocal prayer, like **prayers before and after meals**, and the **Angelus** (or **Regina Caeli** in Easter) .

Good Shepherd

Examining your conscience is taking time to reflect about how you are spending your day.

This should be done at night, before going to sleep, but also at different times of the day.

Are there times you have loved yourself more than God? Have you done things that have blocked God's grace coming into your soul? Have you forgotten to think about Good Shep-

herd? Does He need to find you again?

Become the Prodigal Son, run back to our Father's arms, and beg forgiveness and start again. Do this as many times as you fall down! Tell Jesus you are sorry and how much you love Him. This prayer is often said:

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

Spiritual Communion

Another form of prayer that can be done anytime making a spiritual communion. It is not the same as receiving Jesus in Holy Communion at Mass, but it is asking him to come spiritually, into your heart.

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Angelus

Outside of the Easter season, the **Angelus** is prayed at the 12:00 and 6:00 times of the day. During the Easter season the Regina Caeli is prayed. We remember the holy moment that God became man at the Annunciation, when Mary said yes.

- V. The angel of the Lord declared unto Mary.
- R. And she conceived by the Holy Spirit, Hail Marv.
- V. Behold the handmaid of the Lord.
- R. Be it done unto me according to your word. Hail Mary.
- V. And the Word was made flesh,
- R. And dwelt among us. Hail Mary.
- V. Pray for us, O holy Mother of God,
- R. That we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech you, O Lord, your grace into our hearts, that we to whom the incarnation of Christ, your Son, was made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection, through the same Christ our Lord. Amen.

Regina Caeli

V. Queen of heaven, rejoice! Alleluia.

Mary

R. For he whom you did merit to bear, Alleluia.

- V. Has risen, as he said, Alleluia.
- R. Pray for us to God, Alleluia.
- V. Rejoice and be glad, O Virgin Mary, Alleluia.
- R. For the Lord is truly risen, Alleluia.

Let us pray.

O God, who gave joy to the world through the resurrection of your Son, our Lord Jesus Christ, grant, we beseech you, that through the intercession of the Virgin Mary, his Mother, we may obtain the joys of everlasting life, through the same Christ our Lord. Amen.

XII. TWELFTH STATION **Iesus Dies on the Cross**

Let me share with thee His pain, Who for all my sins was slain, Who for me in torment died.

Station 12

XIII. THIRTEENTH STATION **Iesus Is Taken Down** from the Cross

Let me mingle tears with thee, Mourning Him Who mourned for me All the days that I may live.

Station 13

XIV. FOURTEENTH STATION **Jesus Is Laid in the Tomb**

By the Cross with thee to stay, There with thee to weep, and pray, That is all I ask of thee.

Station 14

Station 9

IX. NINTH STATION Jesus Falls the Third Time

O thou Mother! Fount of love! Touch my spirit from above, Make my heart with thine accord.

Station 10

X. TENTH STATION Jesus Is Stripped of His Garments

Make me feel as thou hast felt, Make my soul to glow and melt With the love of Christ my Lord.

Station 11

XI. ELEVENTH STATION Jesus Is Nailed to the Cross

Holy Mother pierce me through; In my heart each wound renew Of my Saviour crucified.

The Holy Rosary

The rosary is a set of many prayers: The Apostles' Creed, Our Father, Hail Mary, and Glory Be. It is dedicated to the Blessed Virgin Mary, each Hail Mary a little rose presented to her. Mary then presents the "roses" to her Son, Jesus.

The rosary is a way to think and pray about the events of the life of Christ. If it's too hard to find the time to pray five decades, or all 20 dec-

ades, just pray one decade and place yourself in the action of the mystery is another method.

Think of the mystery, like the Agony in the Garden, and pretend you are there, sitting in the garden, next to the Apostles, and watching Jesus. You hear the soldiers come, and you hide, but you can see it all – Judas kissing Jesus, Peter cutting off an ear, the soldiers taking Jesus away. Watching all this, knowing how much you love Jesus, you are sad. You want to do something, stop it all, but since you are just a small child, you can only watch and pray.

Do this for all the mysteries of the rosary. You could also look up in the Bible and read from the Gospels the stories of the mysteries.

Sundays and Wednesdays—Glorious Mysteries Mondays and Saturdays—Joyful Mysteries Tuesdays and Fridays—Sorrowful Mysteries Thursday—Luminous Mysteries

But during different liturgical seasons we can pray on Sunday the mysteries that reflect that season:

The Joyful Mysteries

Annunciation

First Joyful Mystery The Annunciation

Visitation

Second Joyful Mystery The Visitation

Nativity

Third Joyful Mystery The Nativity

Presentation

Fourth Joyful Mystery
The Presentation

Finding in the Temple

Fifth Joyful Mystery The Finding of Jesus in the Temple

IV. FOURTH STATION Jesus Meets His Blessed Mother

Christ above in torment hangs, She beneath beholds the pangs Of her dying glorious Son. Station 4

V. FIFTH STATION Simon of Cyrene Helps Jesus Carry His Cross

Is there one who would not weep,
'Whelmed in miseries so deep,
Christ's dear Mother to behold?

Station 5

VI. SIXTH STATION Veronica Wipes the Face of Jesus

Can the human heart refrain, From partaking in her pain, In that Mother's pain untold? Station 6

VII. SEVENTH STATION Jesus Falls the Second Time

Bruised, derided, cursed, defiled, She beheld her tender Child, All with bloody scourges rent. Station 7

VIII. EIGHTH STATION Jesus Meets the Women

For the sins of His own nation, Saw Him hang in desolation, Till His Spirit forth He sent. Station 8

Sticker of Cross or Jesus

The Way of the Cross: 14 Stations

We can pray the Stations in different ways, like thinking of just one station or doing a shorter version. For each station, start with the name of the station, say while genuflecting:

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy cross Thou hast redeemed the world.

Place yourself at the station, at the heart of the action. Think about what happened to Jesus. Think of what He suffered for you, and then talk to Him, sharing all your love and comfort. If you have time, before you go to the next station, sing a verse of **Stabat Mater** (At the Cross Her Station Keeping). This hymn thinks about Mary and her sorrow during the Passion of her Son.

Station 1

I. FIRST STATION Jesus Is Condemned to Death

At the Cross her station keeping, Stood the mournful Mother weeping, Close to Jesus to the last.

Station 2

II. SECOND STATION Jesus Is Made to Carry His Cross

Through her heart His sorrow sharing, All His bitter anguish bearing, Now at length the sword had passed.

Station 3

III. THIRD STATION Jesus Falls the First Time

Oh how sad and sore distressed, Was that Mother highly blest, Of the sole begotten One. **The Luminous Mysteries**

Baptism of the Lord

First Luminous Mystery The Baptism of the Lord

Wedding at Cana

Second Luminous Mystery The Wedding at Cana

Proclamation of Kingdom

Third Luminous Mystery
The Proclamation of the
Kingdom of God

Transfiguration

Fourth Luminous Mystery The Transfiguration

Institution of Eucharist

Fifth Luminous Mystery
The Institution of the
Holy Eucharist

The Sorrowful Mysteries

The Glorious Mysteries

Agony in Garden

First Sorrowful Mystery The Agony in the Garden Resurrection

First Glorious Mystery The Resurrection

Scourging

Second Sorrowful Mystery The Scourging at the Pillar

Ascension

Second Glorious Mystery The Ascension

Crowning with Thorns

Third Sorrowful Mystery The Crowning with Thorns Descent of the Holy Spirit Third Glorious Mystery
The Descent of the Holy Spirit Upon
the Apostles and Mary

Carrying of the Cross

Fourth Sorrowful Mystery The Carrying of the Cross Assumption

Fourth Glorious Mystery The Assumption

Crucifixion

Fifth Sorrowful Mystery
The Crucifixion

Coronation

Fifth Glorious Mystery
The Coronation