



Little Way
Lenten
Guide

Simple practices to deepen
your Lenten journey

Little Way Chapel

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What is Lent?

Lent is a season of 40 days (46 including Sundays) leading up to Easter, beginning with Ash Wednesday and concluding on Holy Saturday. Sundays are considered "feast days" when fasts can be broken to celebrate the Sabbath. During these 40 days, Christians around the world dedicate themselves to prayer, fasting, and almsgiving, imitating Jesus' 40 days in the wilderness, where he fasted and was tempted by Satan. It is a season for repentance, self-denial, and remembering our mortality. Though the origins of Lent are not entirely certain, the forty-day fast prior to Easter was already a well-established custom by 325 AD, as is evident from the fact that the canons of the Council of Nicea reference it as common practice.

Three Pillars of Lent

Traditionally, the church has turned her attention to three spiritual practices during Lent: Prayer, Fasting, and Almsgiving (serving others). These practices are based on Jesus' teachings in Matthew 6:1-18, where he instructs his followers to pray, fast and give to the poor, but to do it all in secret, unlike the hypocrites who do it publicly, for show.

This guide follows these three traditional Lenten spiritual practices, assigning one practice each day. Each activity has one of the labels below to indicate the practice.



Pray



Fast



Give

Sundays are a "mini-Easter", when we rest from these practices to celebrate the risen Lord and keep Sabbath.

During Holy Week, the practices are loosely tied to the events of Jesus' life during that final week before his death and resurrection.

How to use this guide

The Little Way Lenten Guide is designed to be cut into squares and stacked as a deck of cards for the dining table, bedroom nightstand, or wherever you intend to use them. They may also be hung on a string with clothespins and taken down a day at a time as a countdown towards Easter.

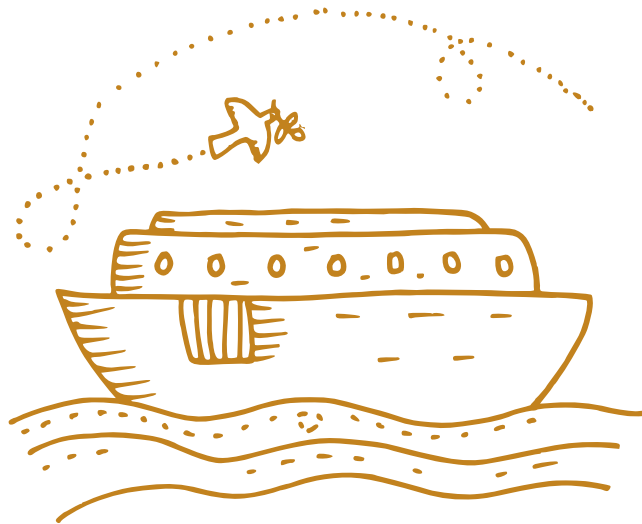
If your family can manage it, the best time to review these cards is in the morning, leaving the entire day to practice the spiritual exercise. Dinner or bedtime is a great time to check-in and see how everyone fulfilled the activity and what they may have noticed while doing it. Of course, this isn't possible for all families, so find what works for you, and show yourself and your family grace when it does not always go according to plan.

Some activities have an asterisk, which means there is further explanation in the Notes section at the back. To introduce this guide and the three Lenten spiritual practices to your children, you will find a short children's lesson on the following page.

Pray. Fast Give.

A Children's Introduction to Lent

After Jesus was baptized, he followed the Holy Spirit into the wilderness. He stayed there for forty days and forty nights. Like Moses on the mountain. Like Noah in the ark.



Like the Israelites' years in the desert. Like them, Jesus wanted to come close to God. In the wilderness, there is no one and nothing, except for God. Not even food. So Jesus fasted. He ate nothing. Not one crumb of bread. Not one grain of salt. And he prayed. Jesus talked to his Father, and he listened, too.

But Jesus wasn't the only one in the wilderness. The devil was there too. The devil tempted Jesus to eat food. Just like the serpent tempted Adam and Eve to eat the fruit in the garden. And he tempted Jesus to turn away from God.

But Jesus didn't turn away. He didn't eat like Adam and Eve had done. Instead, Jesus came close to God. You see, Jesus was getting ready because he knew that when he left the wilderness, he would have big work to do. He would need to feed the hungry, and heal the sick, and tell everyone about the the kingdom of God. And he also knew that after he did all this, he was going to die.

Pray. Fast Give.

A Children's Introduction to Lent

A long time ago, the church set aside 40 days for us to come close to God, too. We call it Lent. During Lent, we are all on a journey with Jesus in the wilderness. We are all getting ready for Jesus' death and resurrection.

There are three ways that we can come close to God during Lent.



[Lay down prayer card.] Jesus said we should pray, that we should talk to God and listen.



[Lay down fast card.] Jesus said we should fast, give up something important to us for a time.



[Lay down almsgiving card.] Jesus said that we should give. Give our time, give our money, give our love, give our things.

For the next 40 days, we will pray, we will fast, we will give. Each day, we will pick one of these cards, and come close to God as we do them. We will walk with Jesus through the wilderness, so that we can celebrate with him in his resurrection.



February 17

Today is Ash Wednesday.
Go to church for the
imposition of ashes.*



February 18

Fast from snacking this morning,
and imagine how hungry Jesus
must have been in the desert! For
children, eat a big breakfast
and an early lunch.



February 19

Make a donation jar for
loose change to collect
during Lent and select an
organization to give it to.



February 20

Pray the Lord's Prayer every
time you wash your hands
and reflect on its meaning
as a family.



February 21

Sundays are a "little Easter."
Attend church, celebrate,
and rest.



February 22

Fast from media you listen
to: music, audio books,
radio, podcasts, etc.



February 23

Write a note of encouragement to someone.



February 24

Pray for your priest(s) or pastor(s).



February 25

Notice when you feel like complaining today, and name something you are grateful for instead.



February 26

Throw away someone else's trash.



February 27

Go on a prayer walk outside.*



February 28

Sundays are a "little Easter."
Attend church, celebrate,
and rest.



March 1

Fast from "screens" today:
computers, tablet, phone
(except when necessary).



March 2

Cook dinner for another
family or individual.



March 3

Read Matt 5:44 and pray
for someone who has
wronged you.



March 4

Drink only water today.



March 5

Write a "thank you" note to
someone (e.g., teacher,
colleague, friend).



March 6

Pray the Jesus Prayer when you
wash your hands. "Lord Jesus
Christ, Son of God, have mercy
on me, a sinner."*



March 7

Sundays are a "little Easter."
Attend church, celebrate,
and rest.



March 8

Fast from media you watch
today: television,
YouTube, movies, etc...



March 9

Give someone a
compliment. For a
challenge, compliment
everyone you talk to!



March 10

Prayerfully make the sign of
the cross each time you wash
your hands today.*



March 11

Fast from sweets today.



March 12

Ask someone, "How can
I help?"



March 13

Today marks one year since the U.S. declared a state of emergency for COVID-19. Pray for all those who have died, lost loved ones, and lost livelihoods.



March 14

Sundays are a "little Easter."
Attend church, celebrate,
and rest.



March 15

Cut down on waste as much
as possible.*



March 16

Tell each person at the
dinner table something
you love about them.



March 17

Today is St. Patrick's Day.
Pray St. Patrick's
Breastplate Prayer.*



March 18

Refrain from raising your
voice or speaking unkindly to
anyone today.



March 19

Read Matt 20:16 and let someone else go first today (in line, traffic, playing with a toy, etc...)



March 20

Learn and pray the Five Finger Prayer.*



March 21

Sundays are a "little Easter."
Attend church, celebrate,
and rest.



March 22

Offer a prayer of thanks for something or someone every time you wash your hands.



March 23

No electronics after sundown.
Read or play a family
game instead.



March 24

Check in with someone you haven't spoken to in a while.



March 25

Today is the Feast of the Annunciation. Read Luke 1:26-38 and pray "Let it be to me according to your word" every time you wash your hands today.*



March 26

No meat today.*



March 27

Make an Easter card (or basket) for a friend, family member, or neighbor.



March 28

Today is Palm Sunday, the beginning of Holy Week. Attend church, celebrate, and rest.



March 29

Today is Holy Monday, the day Jesus cleared the Temple courts. Clear out your home of excess items to donate.*



March 30

Today is Holy Tuesday, the day Mary poured perfume on Jesus' feet. Pray an adoration prayer each time you wash your hands today.*



March 31

Today is Holy Wednesday, the day Judas betrayed Jesus for 30 pieces of silver. Confess your sins to God.



April 1

Today is Maundy Thursday, the day Jesus washed his disciples' feet. Wash one another's feet after dinner.*



April 2

Today is Good Friday. Attend church and/or pray the Stations of the Cross.*



April 3

Today is Holy Saturday. Fast from screens and spend the day preparing your heart and home for Easter.*

*Christ
is Risen*

April 4

Today is Easter Sunday. Alleluia! Christ is Risen! Celebrate and feast.

Notes

February 17: At an Ash Wednesday service, the priest or pastor will place ashes on your forehead, invoking God's curse in Genesis 3, "Remember that you are dust and to dust you shall return." It is a call to remember our mortality and fallenness as we begin the Lenten season. If you do not attend a church that offers this type of service or cannot attend due to Covid restrictions, consider reading Genesis 3 as a family and repeating "Remember that you are dust and to dust you shall return" to one another.

February 19: "Blessing Bags" can be kept in the car and given out to homeless people as you encounter someone in need. Suggestions for what to include are granola bars, bottled water, bandages, nail clippers, socks, mints, toothbrushes, lotion and other toiletries, and a handwritten prayer.

February 27: A prayer walk need not be formal; it can just be time outdoors to talk with the Lord. However, if you are interested, this would be the perfect opportunity to visit a prayer garden, or an outdoor Stations of the Cross.

March 6: The Jesus Prayer is an ancient prayer that originated with the Desert Fathers and Mothers in the 5th century, and is prayed mostly commonly today in Eastern churches. Its scriptural basis is Luke 18:9-14, where the Pharisee prays, thanking God that he is not like other sinners, but the Publican demonstrates humility, praying "Have mercy on me, a sinner." This prayer is said often during Lent, a season of penitence.

Notes

March 10: Making the sign of the cross or "crossing oneself" is not an empty gesture, or a sign of rote religion. It is a physical way of reminding ourselves that we are crucified with Christ, and of marking ourselves as Christ's own. At the beginning of Lent, our foreheads are marked with an ashen cross to remind us of our own mortality, and as we cross ourselves throughout Lent (and always), we remind ourselves that we are following in the way of the cross. The gesture itself can be a silent prayer, or you might choose to add "In the name of the Father, Son, and Holy Spirit" as a spoken expression of faith in the triune Lord.

How do you do it? Western Christians most commonly cross themselves by bringing together the thumb with the pointer and middle fingers and touching them to your

1. Head (center of forehead)
2. Heart (center of chest)
3. Left shoulder
4. Right shoulder

March 15: Cutting back on waste for the day acknowledges our sin against God's creation by wasting and polluting it. Some ways to cut back on waste: eat at home or pack food, use reusable dinnerware, cloth napkins instead of paper, and washcloths instead of paper towels.

Notes

March 17: St. Patrick was born off the coast of northwest Britain around 390 AD, into a family of Christians—his grandfather was a priest, and his father was a deacon. When Patrick was sixteen, he was captured by a band of Irish pirates, and carried off to Ireland where he was forced to work as a shepherd. After six years in captivity, Patrick escaped and caught a ship back to Britain, where he entered into holy orders and eventually became a bishop.

At some point after his return, Patrick had a vision of an Irishman named Victoricus, who beckoned him to "come back and walk among us." Patrick took this as a sign from God that he was to return to Ireland—this time not as a slave, but as a missionary, preaching the Gospel to the very people who had enslaved him.

St. Patrick's Breastplate is a prayer of protection traditionally attributed to St. Patrick. The most popular section of this prayer is as follows:

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend or stranger.

Amen.

Notes

March 20: The "Five Finger Prayer" is a simple and tangible way to pray using your fingers as a reminder.

Leaders

With your middle finger, the tallest, pray for leaders in government, business, and the church.

Sick. Poor. Lonely

With your weakest finger, pray for those weak in spirit or in health.

Teachers. Coaches. Counselors

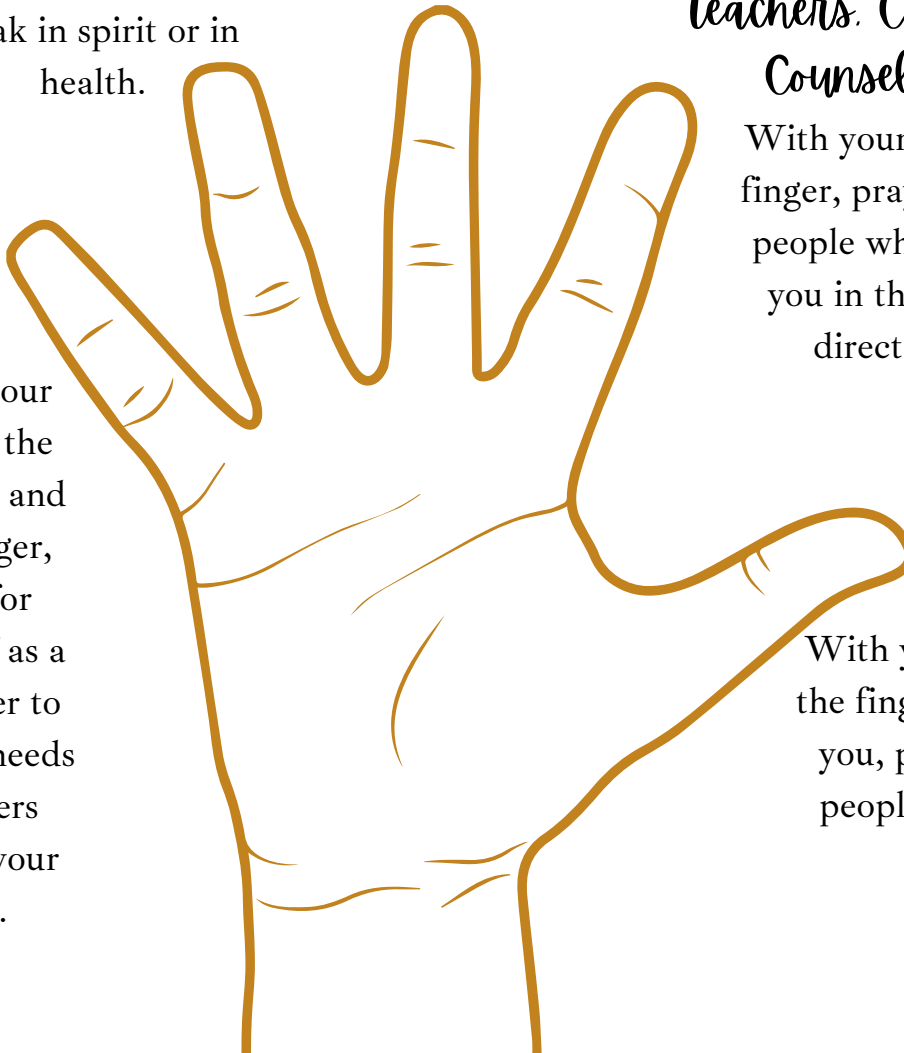
With your pointer finger, pray for the people who point you in the right direction.

Self

With your pinkie, the smallest and last finger, pray for yourself as a reminder to put the needs of others before your own.

Family & Friends

With your thumb, the finger closest to you, pray for the people closest to you.



Notes

March 25: The Feast of the Annunciation celebrates the Angel Gabriel's pronouncement to Mary that she would bear a child and he would be the Son of God—Emmanuel, "God with us." The feast falls on March 25, exactly nine months before Christmas Day, because that is exactly how long an infant spends in the womb. Below is a simple children's lesson on the annunciation.

Children's Lesson

Today is the Feast of the Annunciation. Annunciation is a big word. It means to say something important, to proclaim big news. Annunciation means to announce.

In the Bible, God sends messengers from Heaven down to earth to share news with the people. These messengers are called Angels. The word Angel means messenger.

One of the Angels in the Bible is named Gabriel. And he announced the most important news of all time. He told Mary that she would give birth to Jesus. This is the greatest news anyone every received. God came to earth to live and die and rise again so that we can live with God forever, too!

Now, I'm going to let you in on a cool secret. We celebrate the Annunciation on March 25. It takes nine months for a mother to grow a baby in her belly. What day comes nine months after March 25? December 25—Christmas! There are nine months between March 25 and December 25. Nine months between the Annunciation and Christmas. Nine months to grow a baby.

Notes

And here's what's so incredible. It's not just Mary who gets to bring Jesus into the world. We do, too! Jesus lived inside of Mary, and he lives inside of us. Not in our bellies, but in our hearts through the Holy Spirit. When we love others like Jesus, we bring him into the world just like Mary did all those many years ago.

March 26: It is traditional to abstain from meat every Friday, and especially on Good Friday and Ash Wednesday.

March 29: Matthew 21 tells us that on Monday of Holy Week, Jesus entered the Temple Courts and cleared them of the traders who were selling sacrificial animals. Just as Jesus uncluttered the Temple on Holy Monday, your family can take an intentional step to simplify your life by packing up items to give to charity.

March 30: A traditional Lenten prayer repeated over and over in the Stations of the Cross liturgy is "We adore you, O Christ, and we praise you. Because by your holy cross you have redeemed the world." Today, as we pray this prayer, we think of Mary, adoring the Lord as she poured expensive perfume at his feet, anointing him in preparation for his burial so that by his holy cross he would redeem the world.

April 1: Many churches offer a Maundy Thursday service that includes a simple dinner of soup and bread. If you don't plan to attend church, consider having your own soup and bread supper at home. During dinner, read John's account of the Last Supper and Jesus washing his disciples feet in John 13:1-20. After dinner, take turns washing one another's feet.

Notes

April 2: Many churches offer a Good Friday service. If you are unable to attend, consider praying the Stations of the Cross at home. Other ways to observe Good Friday are by abstaining from meat, wearing black, and holding silence between 12-3pm, when Jesus hung on the cross.

April 3: On Holy Saturday, Jesus is in the grave. It is both a time for mourning, but also a time of Easter hope. Consider waiting until this day to decorate your home for Easter, dye eggs and prepare. Remember, Easter is a season that lasts eight weeks, so there's no rush to decorate!



Holy Week
FOR
Holy Families

WITH LITTLE WAY CHAPEL

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Introduction

A NOTE FROM THE AUTHOR

Inside these pages you'll find a user-friendly guide to aid your family in celebrating Holy Week at home. Last year during this time, our worlds were turned upside down by COVID-19 and we could scarcely comprehend walking through Holy Week at home. We mourned the loss of corporate worship, of beautiful and sacred spaces, and of the body and blood of our Lord Jesus Christ.

And yet, Jesus met us in our make-shift worship, in our living rooms, and around our dining tables, and he continues to meet us there even now.

While we longed for church as we have always known it, we also celebrated the gift of our domestic churches: our homes. We came to see that just as nothing can replace our worshipping together as believers at church, so too, nothing can replace worshipping together as families at home.

So, whether your church is meeting in person or virtually this Holy Week, I pray you will find this guide a helpful reinforcement, and a meaningful way to shape your family culture. May God grant you the grace and perseverance to cultivate a holy family in this holy season.

Peace of Christ,

Alissa Case

WHAT'S INSIDE

- Holy Week consists of seven of the most sacred days in the church calendar:
 - Palm Sunday - Jesus enters Jerusalem
 - Holy Monday - Jesus cleanses the Temple
 - Holy Tuesday - Mary anoints Jesus' feet
 - Holy Wednesday ("Spy Wednesday") - Judas conspires to betray Jesus
 - Maundy Thursday - Jesus shares a last supper with his disciples
 - Good Friday - Jesus dies on the cross
 - Holy Saturday - Jesus is in the tomb
- For each day of Holy Week, this guide includes the following:
 - An overview of the day and its significance
 - A liturgy, lesson, and suggested activity for each day of Holy Week
 - Recipes for traditional Holy Week treats
 - Worksheets and coloring pages

SCRIPTURE

The Scripture readings in this guide are adapted from the NIV, and have been shortened and simplified for young children. When available, page numbers are provided for the corresponding stories in the Jesus Storybook Bible (JSB), which may be read from instead if preferred.

MUSIC

For copyright licensing purposes, the sheet music and chords are not included for suggested hymns and songs. Instead, lyrics are provided. Musician, Kaleb Brasee, provides beautiful instrumental music with accompanying lyrics to all of the suggested songs (except for the Taizé hymns discussed below) on his YouTube channel. If your family has other favorite hymns that are appropriate for each day, substitute those instead.

Several of the suggested pieces are Taizé hymns from an ecumenical monastic community in Taizé, France. This community became popular for creating simple Spirit-filled songs that repeat over and over again. These theologically-rich chants are perfect for acapella groups of all skill-levels, most especially children. They may be repeated many times until it feels like an appropriate time to stop.



Palm Sunday

INSTRUCTION

The Palm Sunday liturgy begins with a procession of palms. This procession can begin in either the front or back yard, and end in the living room, or wherever the service is being held. Since palm fronds are difficult to find in many regions, a cut-out frond is provided. The traditional procession song is "All Glory Laud and Honor," however a more child-friendly song appropriate for Palm Sunday is "This Is the Day That the Lord Has Made."

SAY: Today is the beginning of a very special week for Christians called Holy Week. During Holy Week, we remember and enact the stories about Jesus from just before he died. Today is Palm Sunday, when we tell the story of Jesus coming into Jerusalem riding on a donkey. The people of Jerusalem welcomed Jesus as if he were a king. They lined the streets shouting "Hosanna" and waving palms in the air. They were excited to see Jesus because they believed he was the king they had been waiting for. As we shout Hosanna this morning, we wave our palm fronds in the air just as the people of Jerusalem did so many years ago.

SAY: Blessed is he who comes in the name of the Lord.

RESPOND: Hosanna in the highest!

Process inside waving palm fronds and singing "All Glory, Laud, and Honor" or repeating "Blessed is he who comes in the name of the Lord! Hosanna in the highest!"



PRAY: Dear Jesus, at the beginning of this Holy Week, we welcome you into our hearts shouting, "Hosanna!" We are so excited that you are here with us now. Be close to us as we walk through the hard days ahead when we will betray and crucify you with our sin, and bring us to the joy of your resurrection on Easter morning. *Amen.*

READ: As they approached Jerusalem and came to Bethphage and Bethany at the Mount of Olives, Jesus sent two of his disciples, saying to them, "Go to the village ahead of you, and just as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here."

When they brought the colt to Jesus and threw their cloaks over it, he sat on it. Many people spread their cloaks on the road, while others spread branches they had cut in the fields. Those who went ahead and those who followed shouted,

"Hosanna!"

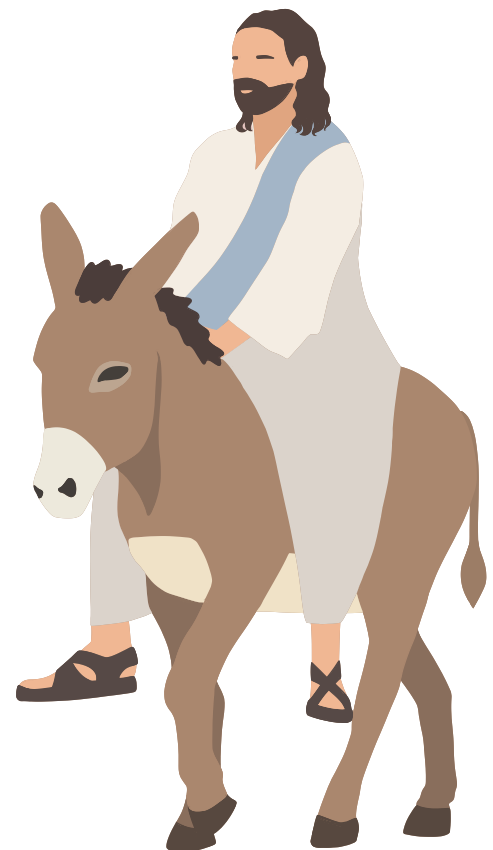
"Blessed is he who comes in the name of the Lord!"

"Blessed is the coming kingdom of our father David!"

"Hosanna in the highest heaven!"

Jesus entered Jerusalem and went into the temple courts. He looked around at everything, but since it was already late, he went out to Bethany with the Twelve.

-Mark 11:1-2, 7-11



ASK:

- The people of Jerusalem were so excited to see Jesus that they laid their coats down on the ground for his donkey to walk on, waved palm fronds in the air, jumped up and down, and shouted for joy. I wonder if you have ever been excited to see someone?
- The people greeted Jesus as if he were a king. I wonder how Jesus might be different from other kinds of kings?
- Jesus rode into Jerusalem on a donkey. Does riding on a donkey seem like something a king would do? I wonder why Jesus chose a donkey? (Perhaps arrival on a donkey symbolizes peace or humility -- what if Jesus had arrived on a war horse instead?)
- By the end of the week the people of Jerusalem wanted Jesus to die on the cross. I wonder what made them change their minds about him?
- This will be Jesus' last week before he dies. I wonder how Jesus felt entering into Jerusalem that day? I wonder if you have ever felt both happy and sad at the same time?

SING: "Jesus remember me", Taizé Chant

Jesus remember me, when you come into your Kingdom.

Jesus remember me, when you come into your Kingdom.

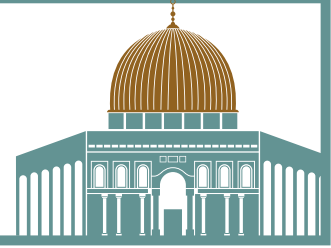
Repeat until what feels like a natural stopping point.

PRAY: Almighty God, thank you for sending your son Jesus to be a different kind of king with a different kind of kingdom: a kingdom of love, peace, forgiveness. Help us to walk closely with Jesus this Holy Week, making us more like him each day. *Amen.*



Printable Palm Frond

Holy Monday



SAY: On Monday of Holy Week, Jesus walked into the Temple courts and was furious at what he saw: people buying and selling animals for sacrifice. They were treating the house of prayer like a den of robbers, he said. Jesus was so angry that he flipped over the tables and threw everyone out! Today, we remember this story, as we take one step closer to Jesus' death and resurrection.

PRAY: Dear God, help us to be holy like you are holy. Help us to fight for what is good and true and right no matter what the cost. *Amen.*

READ: When Jesus came to Jerusalem, he went into the temple courts and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, and would not allow anyone to carry merchandise through the temple courts. And as he taught them, he said, “Is it not written: ‘My house will be called a house of prayer for all nations’? But you have made it ‘a den of robbers.’” The chief priests and the teachers of the law heard this and began looking for a way to kill him, for they feared him, because the whole crowd was amazed at his teaching. -Mark 11:15-18

ASK:

- Is this the way that Jesus usually acts? How is this image of Jesus different from what we usually see?
- I wonder why Jesus was angry with the people in the Temple courts? Is it okay to be angry? What kind of things can we be angry about?
- How did the chief priests and teachers feel about what Jesus had done? Why?
- Yesterday, on Palm Sunday, the people were so happy to see Jesus. Do you think they are still happy? Why?

SING: "Prepare the Way of the Lord", Taizé Chant

Prepare the Way of the Lord

Prepare the Way of the Lord

And all people will see the

salvation of our God.

Repeat 3-5 times

PRAY: Dear Jesus, as we come one day closer to your death and resurrection, make us more like you. You had big feelings just like we do. You cried when Lazarus died, turned over tables in the Temple courts, and looked with compassion upon the poor and suffering. Help us to love the things you love, to be sad about the things that make you sad, and angry about the things that make you angry. *Amen.*

DO: Just as Jesus cleared the Temple courts on Holy Monday, clear out your home by packing up no longer used or needed items to give to charity.



Holy Tuesday

SAY: On Tuesday of Holy Week, we remember a strange, but important story from Jesus' final days. Jesus is at a special dinner when Mary, the sister of Martha and Lazarus, comes and pours a bottle of very expensive perfume on Jesus' feet. Then, she does something even stranger: *she wipes his feet with her hair*. The other dinner guests can not believe she would waste such an expensive gift on Jesus' feet, but Jesus knows better. Jesus knows that Mary has done this because she loves him and already misses him.

PRAY: Dear God, help us to love your son like Mary did--by giving him all of our love and adoration no matter what the cost. *Amen.*

READ: Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. Then Mary took about a pint of pure nard, an expensive perfume. She poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

But one of his disciples, Judas Iscariot, who was later to betray him, objected, "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it.

"Leave her alone," Jesus replied. "She had saved this perfume for the day of my burial. You will always have the poor among you, but you will not always have me."

(Pgs. 280-285 in JSB)

ASK:

- I wonder why Mary poured the jar of perfume on Jesus' feet? Why does Jesus say this is a good thing she has done? How was Mary preparing for Jesus' death?
- I wonder why Judas was upset that Mary had done this? Was he really concerned about the poor? (Judas looked after the money and was secretly stealing some for himself.)
- I wonder if you have ever given a costly gift to someone you love? Maybe it was expensive, or maybe it took a lot of time for you to make. How did it make you feel to give them that gift?
- When Mary poured the perfume on Jesus' feet, she was preparing for his death. How can we prepare for Jesus' death? What kind of gift would you give to Jesus?

SING: "Give Me Jesus"

In the morning when I rise,
in the morning when I rise,
in the morning when I rise,
give me Jesus.

Refrain:

Give me Jesus, give me Jesus.

You can have all this world, but give me Jesus.

Oh, when I am alone,
Oh, when I am alone,
Oh, when I am alone,
give me Jesus.

Refrain

Oh, when I come to die,
Oh, and when I come to die
Oh, when I come to die,
give me Jesus.

Refrain

PRAY: Dear Jesus, you are worthy of all that we have. Just as you gave up your life on the cross, help us to give up our lives to you. *Amen.*

DO: Bake soft pretzels, a traditional Lenten snack, because it requires no indulgent ingredients such as butter or sugar (though they certainly make a delicious topping!). The shape of the pretzel is also said to symbolize arms crossed in prayer, reminding us of the worship Mary bestowed upon Jesus.





Soft Pretzels

Makes 12 servings; Ready in 2 hours

Ingredients

- 4 tsp. active dry yeast
- 1 tsp. white sugar
- 1 1/4 cups warm water
- 5 cups all-purpose flour
- 1/2 cup white sugar
- 1 1/2 tsp. salt
- 1 Tbs. vegetable oil
- 1/2 cup baking soda
- 4 cups hot water
- 2 Tbs. butter for topping
- 1/4 cup kosher salt (or table salt) for topping

Instructions

- In a small bowl, dissolve yeast and 1 teaspoon sugar in 1 1/4 cup warm water. Let stand until creamy, about 10 minutes.
- In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix and form into a dough. If the mixture is dry, add one or two more tablespoons of water. Knead the dough until smooth, about 7 to 8 minutes. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled, about 1 hour.
- Preheat oven to 450 degrees F (230 degrees C). Grease 2 baking sheets.
- In a large bowl, dissolve baking soda in 4 cups hot water; set aside. When risen, turn dough out onto a lightly floured surface and divide into 12 equal pieces. Roll each piece into a rope and twist into a pretzel shape. Once all of the dough is shaped, dip each pretzel into the baking soda/hot water solution for 20 seconds and place pretzels on baking sheets. Sprinkle with melted butter and kosher salt.
- Bake in preheated oven until browned, about 8 minutes.

From All Recipes: <https://www.allrecipes.com/recipe/24272/buttery-soft-pretzels/>



Holy Wednesday

SAY: Wednesday of Holy Week is sometimes called "Spy Wednesday" because it is the day that Judas betrayed Jesus for 30 pieces of silver. Like a spy, Judas was very sneaky. Judas knew the chief priests and temple guard were angry with Jesus and looking for a way to get rid of him. So Judas went to them, and they offered him money if he would lead them to where Jesus was. Today, we remember that it's not only Judas who betrayed Jesus, but all of us.

PRAY: Dear Jesus, it wasn't just Judas who betrayed you. We all have hurt you, we all have sinned. Thank you for loving us and dying for us anyways. Please forgive us and help us to forgive others. *Amen.*

READ: Then one of the Twelve—the one called Judas Iscariot—went to the chief priests and asked, “What are you willing to give me if I deliver [Jesus] over to you?” So they counted out for him thirty pieces of silver. From then on Judas watched for an opportunity to hand him over. -Matt 26:14-16 (*Pg. 291 in JSB*)

ASK:

- This story is about Judas betraying Jesus. I wonder what it means to betray someone?
- I wonder why Judas betrayed Jesus? I wonder if it made him feel to betray Jesus? I wonder if he thought it was worth it in the end?
- Have you ever been betrayed or let down by someone you trusted? I wonder how it felt to be let down?
- Have you ever betrayed or hurt someone? I wonder how that made you feel?
- Have you ever betrayed or hurt Jesus? I wonder how that makes him feel?



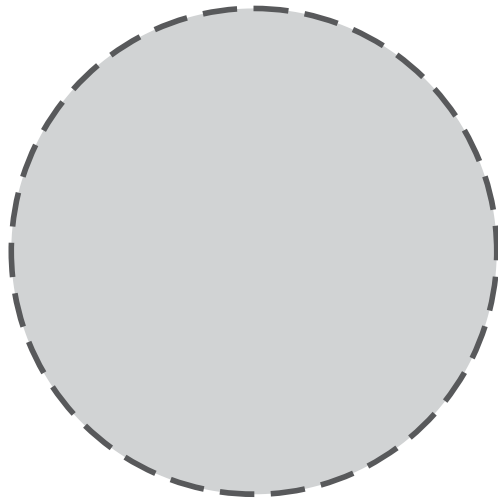
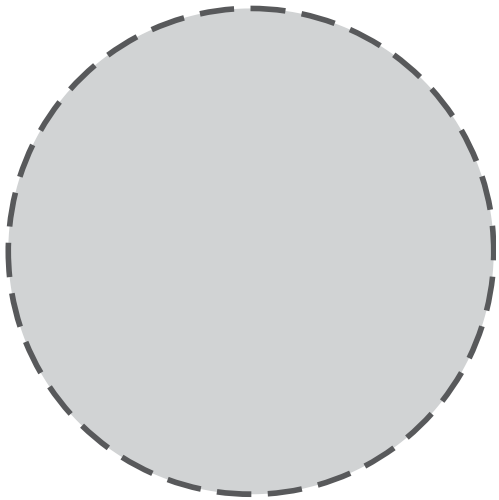
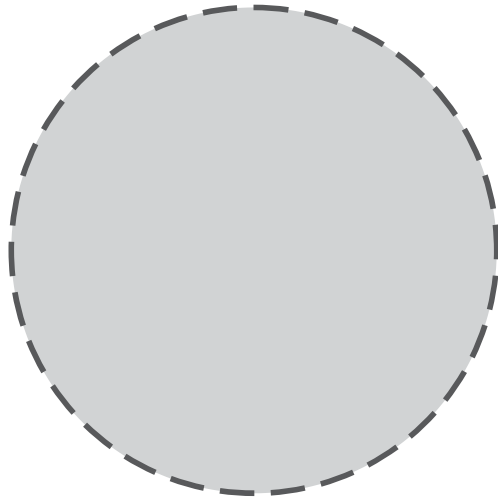
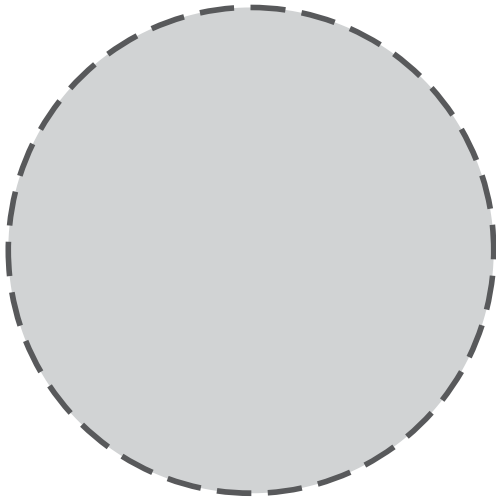
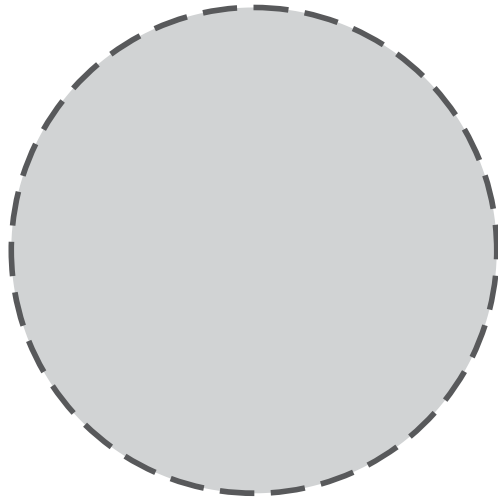
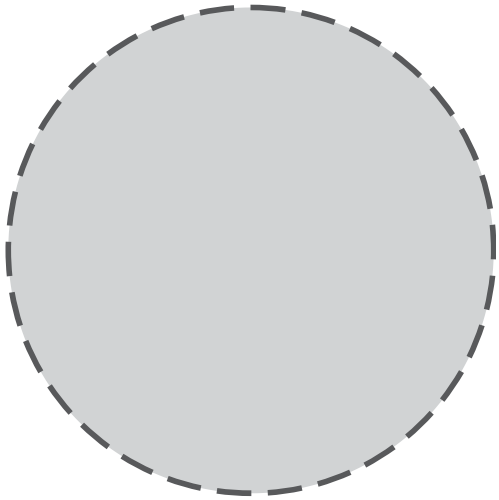
SING: "Oh How He Loves You and Me"

Oh, how He loves you and me,
Oh how He loves you and me.
He gave his life, what more could he give?
Oh, how He loves you; Oh, how he loves me;
Oh, how he loves you and me.
Jesus to Calvary did go,
His love for sinners to show.
What He did there brought hope from despair.
Oh, how He loves you; Oh, how he loves me;
Oh, how he loves you and me.

PRAY: Conclude by saying together the prayer of confession adapted from the Book of Common Prayer. Have the children repeat after you.

Loving God of mercy and forgiveness,
we confess that we have sinned against you
in our thoughts, in our words and in our actions.
We have done things we know are wrong
And we have not done things we know are right.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we want to return to you.
Forgive us in Jesus' name so that
we may joyfully obey and praise you forever. *Amen.*

DO: Confess the ways you have betrayed Jesus in prayer or by writing a letter to God. Children may cut out the silver coins provided on page 17 and write a confession on each one. These coins symbolize the money Judas was paid to betray Jesus.





Maundy Thursday

SAY: On Thursday of Holy Week, Jesus gathered with his disciples for one last meal together. At this last supper he gave them a very important commandment: love one another as I have loved you. Then, Jesus did something *very* strange. He stood up, wrapped a towel around his waist, poured water in a bowl, and washed his disciples' dirty, stinky feet. Today is sometimes called "Maundy Thursday" because Maundy means "commandment." It helps us remember that Jesus commands us to love one another—even the parts that are dirty and stinky.

PRAY: Dear God, thank you for loving us enough to wash our dirty, stinky feet, and for showing us that the best way to love someone is to serve them. Help us to serve you and one another well. *Amen.*

READ: [Jesus] got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another. -John 13:2-5, 12, 14, 34-35
(Pgs. 286-288 and 292 in the JSB)

ASK:

- Jesus uses water in special ways throughout the Bible. What are other stories of Jesus and water? (Jesus' baptism, Jesus turns water into wine, Jesus walks on water, Jesus offers the woman at the well "living water", Jesus calms the waters)
- This is another story of Jesus using water in a special way. I wonder why Jesus washes his disciples feet? How is this like baptism?
- Washing people's feet was a dirty job fit for servants, not a job for a king like Jesus. Why does Jesus do a servant's job? What are the jobs in your home that are yucky or nobody wants to do?
- Jesus tells his disciples that they should wash one another's feet, too. I wonder why? I wonder what he means?

SING: *Ubi Caritas*, Taizé Chant

Ubi Caritas is an 8th Century Latin hymn traditionally sung at Maundy Thursday foot washing services. The translation is: "Where there is charity and love, God is there."

Ubi caritas et amor, Deus ibi est

Ubi caritas et amor, Deus ibi est

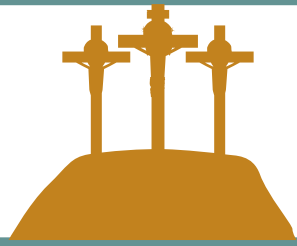
Repeat as many times as feels right.

PRAY: Dear Jesus, you loved your disciples so much that you not only washed their feet, but you died on the cross for them--and for us, too. Help us to love one another as you love us. *Amen.*

DO: Eat a simple, candlelit meal that includes a loaf of bread and afterwards, wash one another's feet.



Good Friday



SAY: After the last supper on Thursday, Jesus asked his disciples to go with him to pray in the Garden of Gethsemane. As Jesus was praying there, Judas arrived with the guards and pointed them to Jesus. The guards took Jesus away and he was sentenced to death on a cross. They beat him, placed a crown of thorns on his head, and nailed him to the cross. We call this day—the day that Jesus died—Good Friday, because even though it is a sad day, it is also a good day. Sad because Jesus died, but good because we know that God will be with Jesus and with us, even in death.

PRAY: Heavenly Father, thank you for sending Jesus to die for our sins. It must have been so sad for you to see your son suffer. Help us always to remember why this sad day is also good: because Jesus rose from the grave, so that we can live forever with you. *Amen.*

READ: The soldiers took Jesus. Carrying his own cross, he went out to the place of the Skull (which is called Golgotha). There they crucified him, and with him two others—one on each side and Jesus in the middle. Pilate had a sign prepared and fastened it to the cross. It read: JESUS OF NAZARETH, KING OF THE JEWS.

When the soldiers crucified Jesus, they took his clothes, dividing them into four shares, one for each of them, and casting lots for his remaining undergarment. Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary

Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

Later, Jesus said, "I am thirsty." A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit. -John 19:16b-19, 23, 25-27, 28-30 (*Pgs. 302-306 in the JSB*)

ASK:

- Who was at the cross when Jesus died?
- What did Pilate do and why? (He was mocking Jesus.)
- What did the soldiers do and why? (They were mocking Jesus.)
- What did his family and friends do and why? (They are continuing to love one another just as Jesus commanded them.)
- I wonder how Jesus' friends and family felt? Especially Mary? How do you feel?
- What were Jesus' last words? What did he mean by "It is finished?"

SING: "Were You There When They Crucified My Lord?"

Were you there when they crucified my Lord?

Were you there when they crucified my Lord?

Oh, sometimes it causes me to tremble, tremble, tremble.

Were you there when they crucified my Lord?

Were you there when they nailed him to the tree?

Were you there when they nailed him to the tree?

Oh, sometimes it causes me to tremble, tremble, tremble.

Were you there when they nailed him to the tree?

Were you there when they laid him in the tomb?

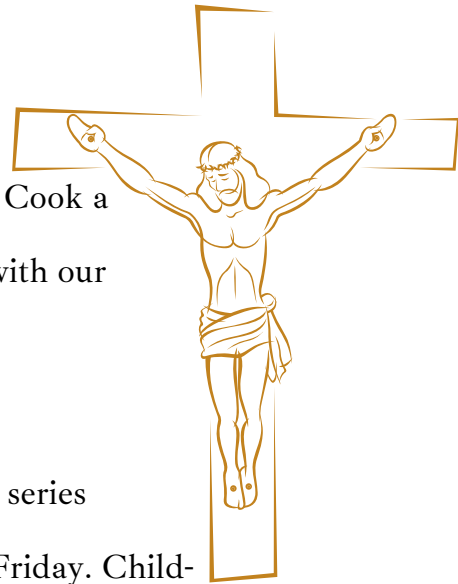
Were you there when they laid him in the tomb?

Oh, sometimes it causes me to tremble, tremble, tremble.

Were you there when they laid him in the tomb?

PRAY: Dear Jesus, thank you for loving us so much that you were willing to die for us. Help us to put to death our sinful ways, so that we can share in your resurrection. Amen.

DO: Hold silence between 12-3pm (as much as possible with little ones), the hours that Jesus hung on the cross. Cook a light vegetarian dinner, fasting from meat in solidarity with our Lord who hungered and thirsted on the cross.



Today is a great day to pray the Stations of the Cross, a series of 14 images and prayers depicting the events of Good Friday. Child-friendly prayers and coloring sheets are available at the [@littlewaychapel](#) Instagram page.



Holy Saturday

SAY: After Jesus died, his disciples took him down from the cross, wrapped his body in a linen cloth with sweet smelling spices and placed him in a tomb. That is where Jesus is today, on Holy Saturday. In the tomb. His disciples must have been so sad. Mary must have been so sad. We are sad, too, but we know what tomorrow brings: resurrection. So we also wait, and we get ready with eagerness for Easter.

PRAY: Almighty God, we thank you that your love is stronger than death, that the same love that raised Jesus from the grave lives inside of us, too. As we prepare our homes for Easter tomorrow, we ask that you would prepare our hearts as well to receive your son. *Amen.*

READ: After Jesus died, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he was afraid of the Jewish leaders. With Pilate's permission, he came and took the body away. Nicodemus went with him, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen, which was the Jewish burial tradition. At the place where Jesus was crucified, there was a garden, and in the garden was a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there. -John 19:38-42 (*Pg. 308 in the JSB*)

ASK:

- Why did Joseph keep his friendship with Jesus a secret? Why was he afraid of the Jewish leaders? I wonder if he was afraid to ask Pilate for permission to bury Jesus?
- I wonder what Jesus' disciples were doing? I wonder what they were thinking?

- What parts of this story are sad or scary? What parts are happy or hopeful?

SING: "Jesus remember me", Taizé Chant

These are the dying words of the thief on Jesus' right. This song, also sung on Palm Sunday, ties together the two themes of King Jesus riding into Jerusalem and Jesus one week later on the cross, preparing to enter into glory.

Jesus remember me, when you come into your Kingdom.

Jesus remember me, when you come into your Kingdom.

PRAY: Dear Jesus, we love you and we miss you today while you are in the grave, but we thank you for the hope of the resurrection, and the fellowship of your Holy Spirit. *Amen.*

DO: In the morning, bake hot cross buns, a traditional Holy Week sweet bread, for an after-dinner treat or Easter morning breakfast (recipe on page 25). Jesus told us that he would be with us in the bread and in the wine even after he died. On the hot cross bun there is a cross to signify the cross that Jesus died on. In it, there are spices to remind us of the spices that Jesus' body was wrapped with. Spend the morning cleaning the house to make room for Easter.

In the afternoon, the mood lifts as we get closer to the resurrection: begin decorating the house for Easter, noting that this is part of the eager anticipation for Christ's resurrection, but it's not Easter yet!

At sundown, it is tradition to hold an Easter Vigil, where churches welcome in the resurrection. An Easter fire is lit, signifying the light of Christ growing in the darkness, and many churches hold baptisms. If your church does not host an Easter vigil, consider having your own with a bonfire in the backyard and using the adapted (and significantly shortened) liturgy on page 26. After this vigil, celebrate by eating your Hot Cross buns or roasting s'mores!

Hot Cross Buns

This is not an authentic hot cross bun recipe, but it is an easy one! If you prefer an authentic recipe, visit the King Arthur's Flour website. Serves 8, Ready in 25 minutes.

Ingredients

- 1 package (8 count) refrigerated buttermilk biscuits
- 1 teaspoon Ground Cinnamon
- 1 teaspoon packed brown sugar
- 1/2 cup raisins, divided
- 1 egg, lightly beaten
- 5 tablespoons confectioners' sugar
- 1 teaspoon water



Instructions

- Preheat oven to 350°F. Gently stretch each biscuit into 4-inch circle. Mix cinnamon and brown sugar in small bowl. Sprinkle 1/4 teaspoon cinnamon mixture and 1 tablespoon raisins over half of each biscuit. Fold over plain biscuit half onto raisin half. Fold again, pinching edges to seal. Gently shape into a ball. Repeat with remaining biscuits. Place buns in lightly greased 9-inch cake pan, evenly spacing them apart. Brush bun tops with beaten egg.
- Bake 15-20 minutes or until golden brown. Remove buns onto cooling rack; cool completely.
- Mix confectioners' sugar and water in small bowl. Spoon into small resealable plastic bag. Cut a small piece from one of the bottom corners of bag. Close bag tightly then pipe the shape of an X on top of each bun.

Recipe: www.mccormick.com/recipes/breakfast-brunch/easy-hot-cross-buns

The title "Easter Vigil" is written in a dark teal, cursive font. It is flanked on both sides by an illustration of three lit candles with yellow flames and radiating light. The entire title and illustrations are enclosed in a thin teal rectangular border.

Easter Vigil

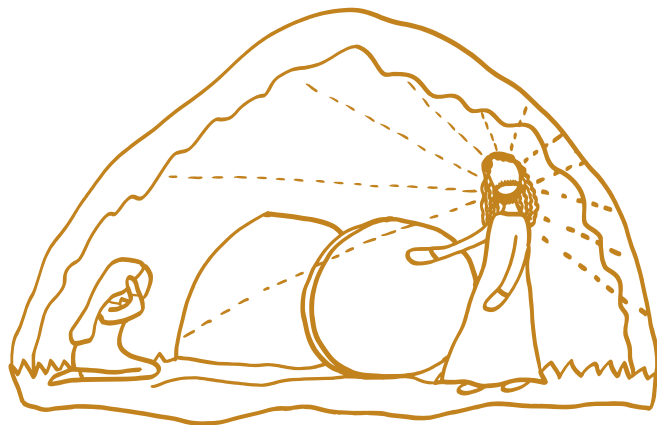
SAY: As the sun goes down and the sky becomes dark, we light this fire to symbolize the light of Christ. We have sat in the darkness of Christ's death, and now we celebrate the light of his resurrection.

PRAY: Almighty God, for forty days we have walked with your son Jesus in the desert. We welcomed him into Jerusalem on Palm Sunday, shared a last supper with him on Maundy Thursday, and were at his cross on Good Friday. Now, we ask that you open our hearts to rejoice in his resurrection! *Amen.*

READ: At dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and fell to the ground like they were dead. The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you." So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me." -Matt 28:1-10 (*Pgs. 310-314 in the JSB*)

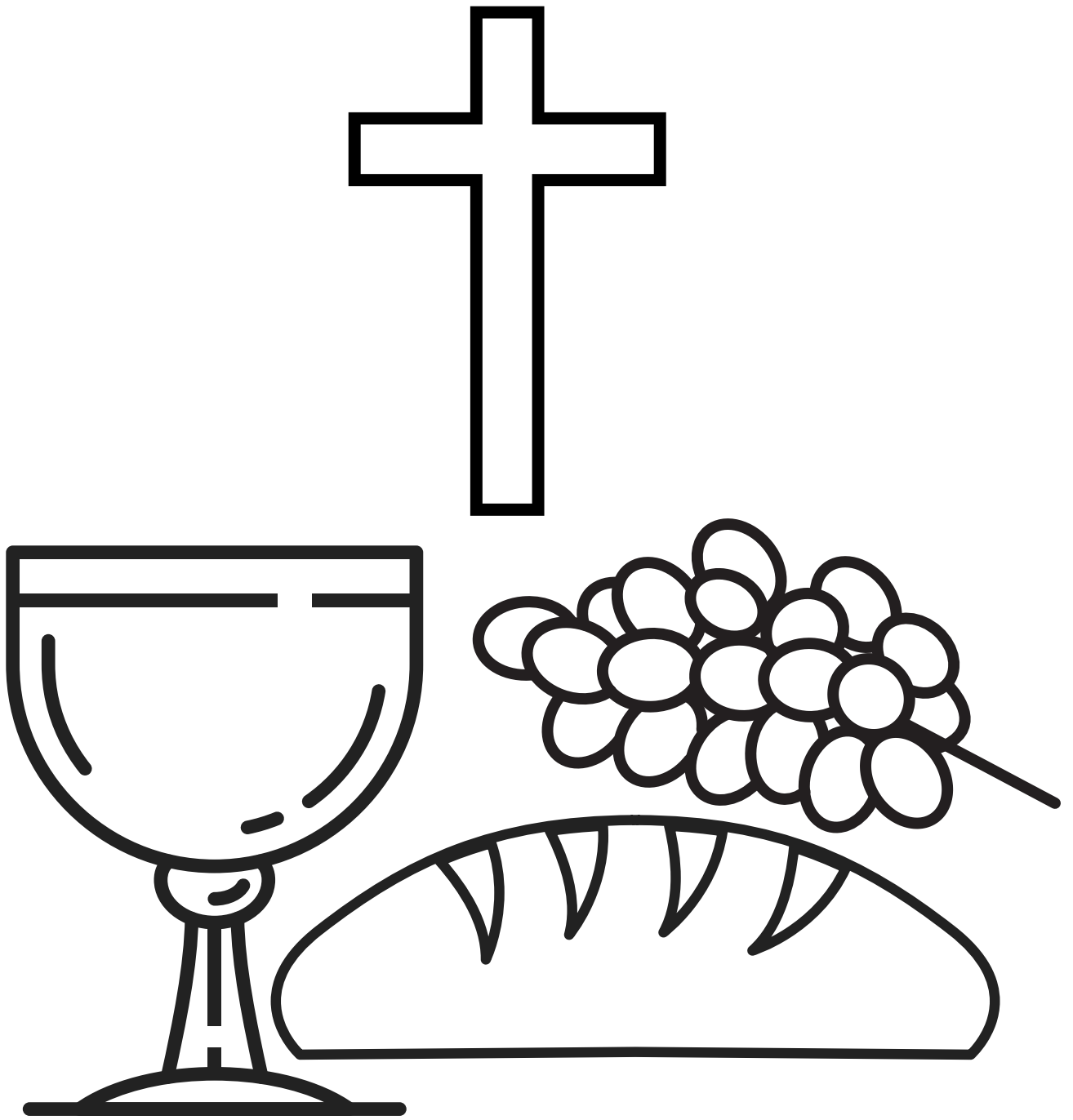
SING: "In Christ Alone" by Keith Getty and Stuart Townsend

In Christ alone my hope is found,
He is my light, my strength, my song
This Cornerstone, this solid Ground
Firm through the fiercest drought and storm.
What heights of love, what depths of peace
When fears are stilled, when strivings cease
My Comforter, my All in All
Here in the love of Christ I stand.
In Christ alone! - who took on flesh,
Fullness of God in helpless babe.
This gift of love and righteousness,
Scorned by the ones He came to save
Till on that cross as Jesus died,
The wrath of God was satisfied
For every sin on Him was laid
Here in the death of Christ I live.
There in the ground His body lay,
Light of the world by darkness slain:
Then bursting forth in glorious day
Up from the grave He rose again
And as He stands in victory
Sin's curse has lost its grip on me,
For I am His and He is mine
Bought with the precious blood of Christ



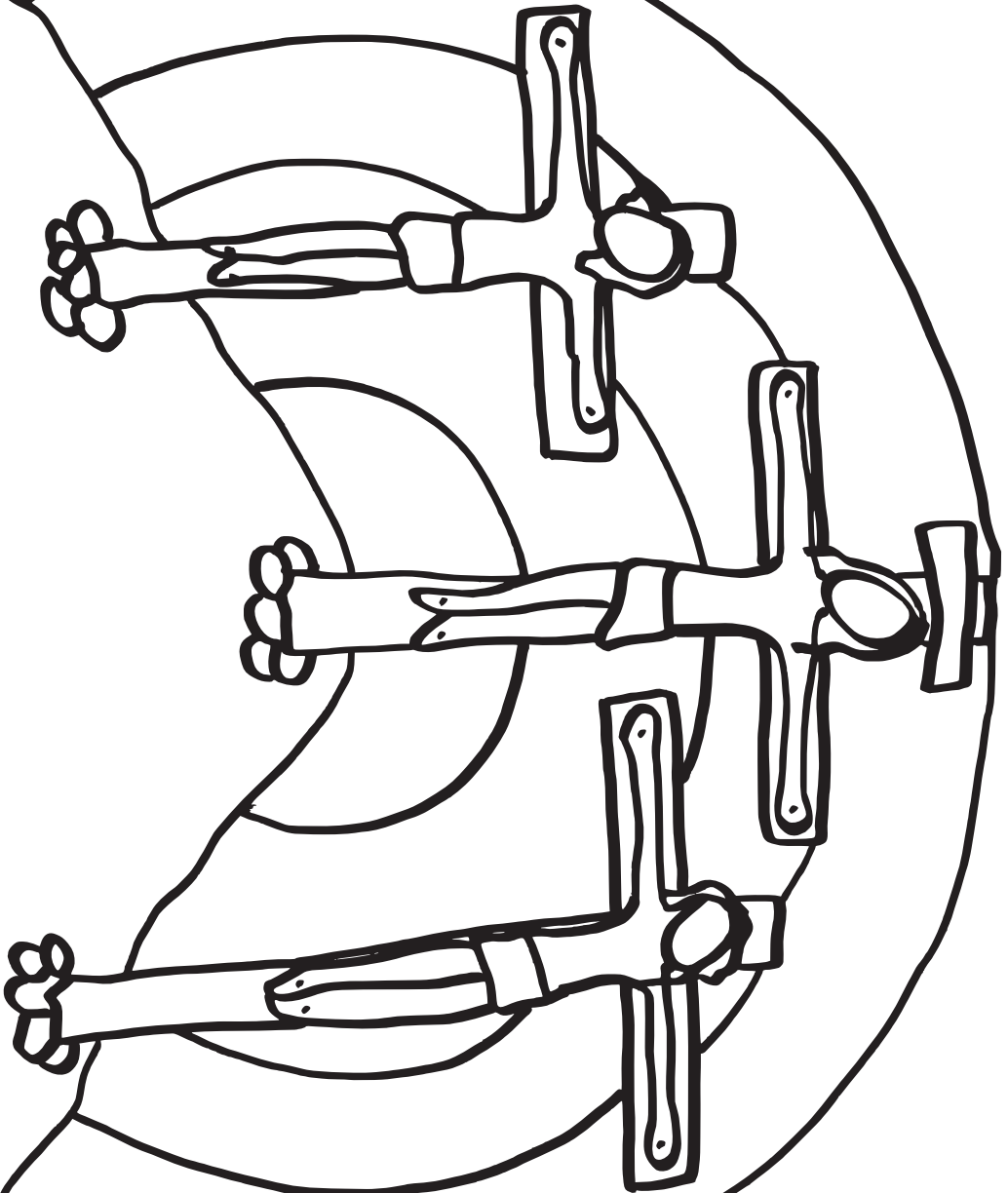
SAY: Alleluia! Christ is risen!

RESPOND: The Lord is risen indeed. Alleluia!



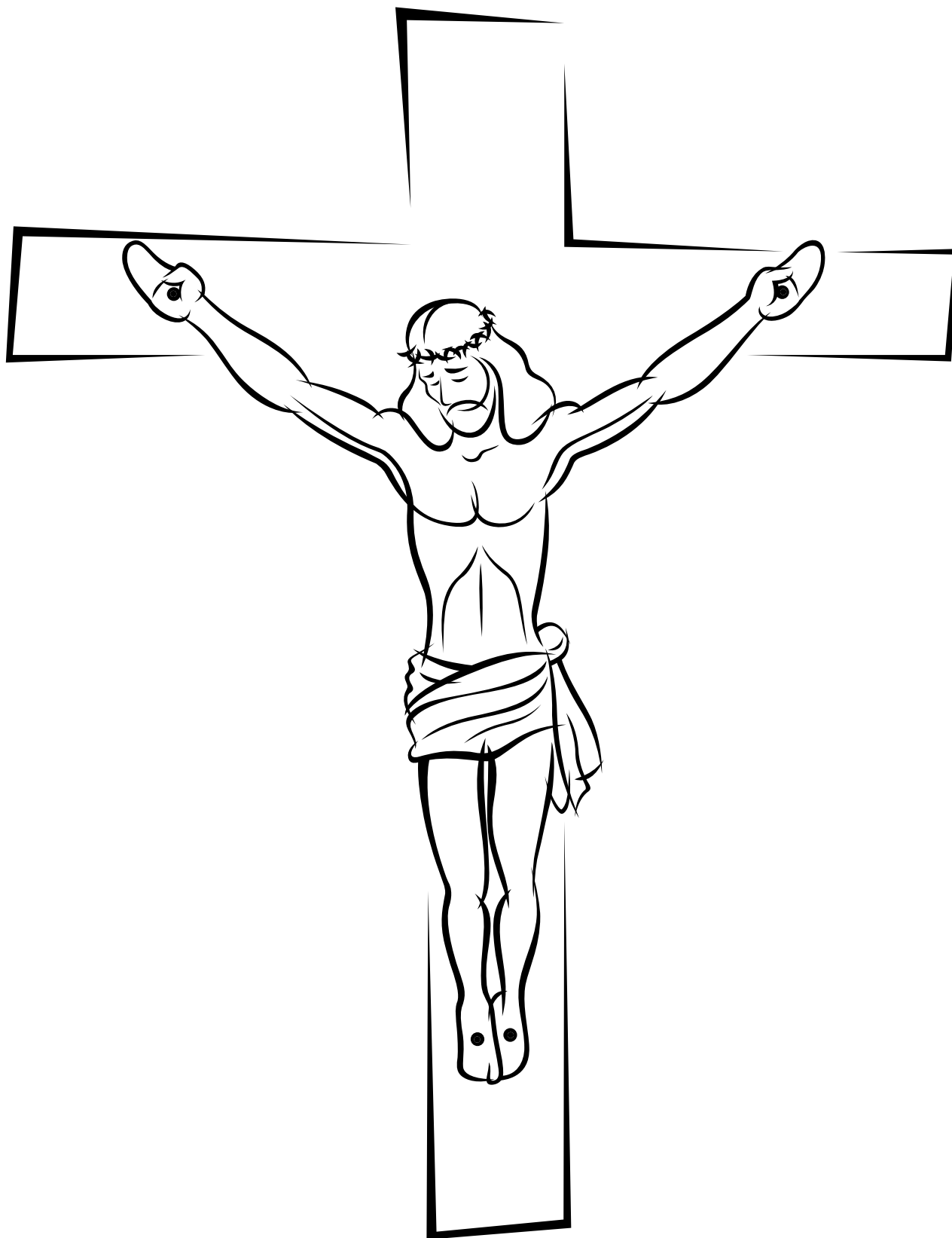
DO THIS IN REMEMBRANCE OF ME.

JESUS, REMEMBER ME



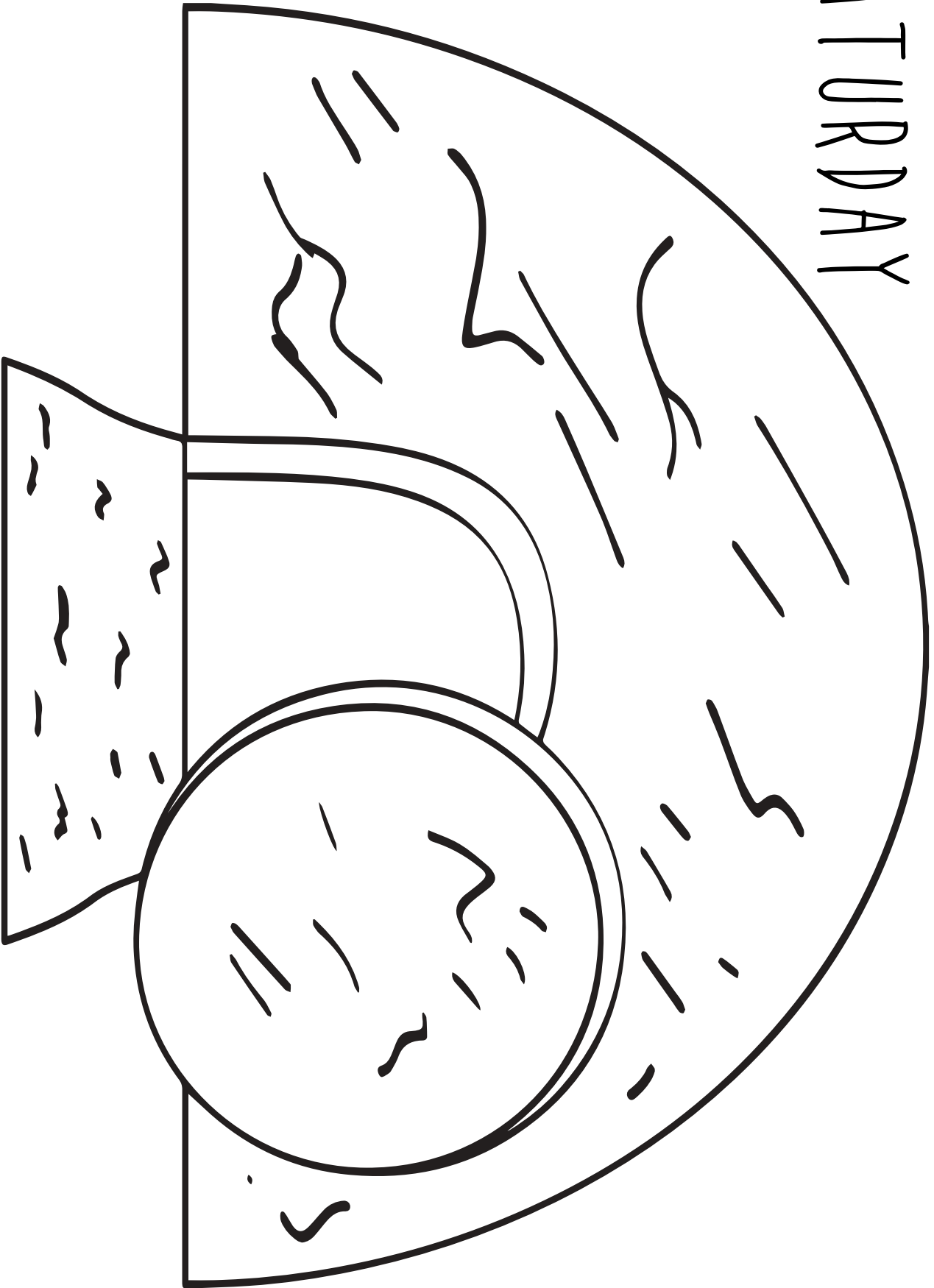
WHEN YOU COME INTO YOUR KINGDOM.

IT IS FINISHED.



HOLY

SATURDAY



ALLELUIA! CHRIST IS RISEN!

