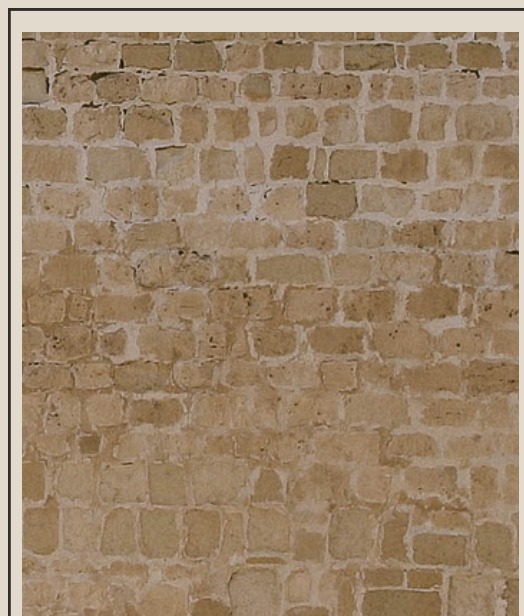




HOLY WEEK BEGINS



# *Holy* WEEK



MARCH 29 -  
APRIL 5TH

DEVOTION & FASTING  
GUIDE  
FOR HOLY WEEK

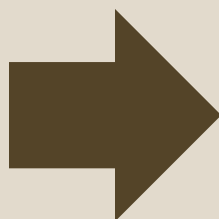
# **Palm Sunday to Easter Sunday,**

known as Holy Week in the Christian tradition, is a profound period for reflection and spiritual renewal. It begins with Palm Sunday, commemorating Jesus' triumphant entry into Jerusalem, an event marked by both celebration and foreboding.

This week invites introspection, offering believers a chance to examine their lives, acknowledge their shortcomings, and seek forgiveness. It is a time to redirect focus from worldly distractions to spiritual growth and deepen one's relationship with Jesus.

The week progresses through the solemn remembrance of the Last Supper on Maundy Thursday and the somber reflection of Good Friday, culminating in the joyous celebration of the Resurrection on Easter Sunday.

This period not only highlights the core tenets of forgiveness, sacrifice, and redemption but also encourages believers to embrace hope and renewal in their own lives, inspired by the transformative power of Jesus' resurrection.



# **Palm Sunday**

## **The Triumphal Entry**

Mark 11:1-22

# **Holy Monday**

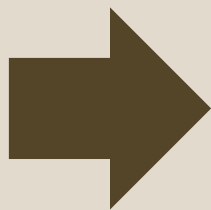
## **Cursing & Cleansing**

Mark 11:12-19

# **Holy Tuesday**

## **The End is Near**

Mark 11:20-13:37



# **Holy Wednesday**

## **Anointing for Burial**

Mark 14:1-11

# **Maundy Thursday**

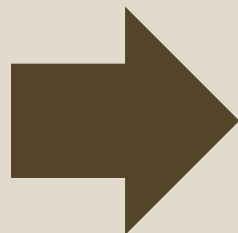
## **The Last Supper**

Mark 14:12-42

# **Good Friday**

## **The Crucifixion**

Mark 14:43-15:41



# Holy Saturday

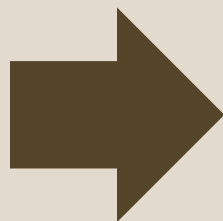
## Jesus' Burial

Mark 15:42-47

# Easter Sunday

## The Resurrection

Mark 16:1-8



# Fasting

Holy Week is a time to turn down the volume on what the Bible calls the “world” and the “flesh,” in order to more fully give focus to God.

We encourage everyone to choose one food to fast as well as one digital fast for the coming week.

## **Option 1: Selective Fast**

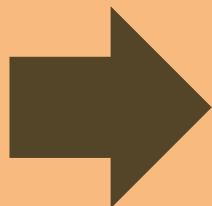
Remove one meal each day

## **Option 2: Partial Fast**

Fast all food from sunup to sundown each day

## **Option 3: Complet Fast**

Water/light juices only each day



# Digital Fast

## Option 1: Partial Fast

Bible before phone in the morning  
Phone “goes to bed” at sundown

## Option 2: Information Fast

Option 1 + No news & social media for the week

## Option 3: Full Media Fast

Option 1 + 2 + No television or podcasts for the week

**Holy Week is a profound and sacred time for reflection, devotion, and deepening one's relationship with Jesus.**

**As you journey through this week, each day offers unique opportunities for spiritual growth and introspection.**

**From the solemnity of Maundy Thursday to the joy of Easter Sunday, these moments invite you to meditate on the life, sacrifice, and resurrection of Christ.**

**May this week enrich your faith, inspire meaningful change, and strengthen your connection with Jesus.**

**Embrace the transformative power of this holy season, allowing it to inspire acts of love, compassion, and service in your daily life.**