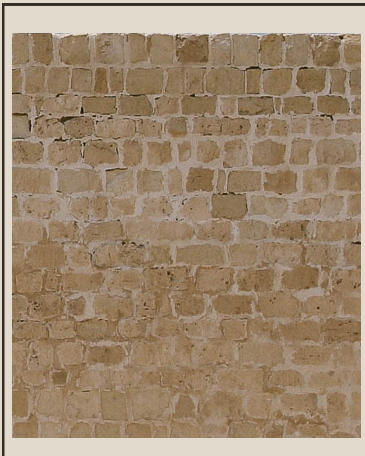


HOLY WEEK BEGINS



Holy WEEK



APRIL 13–20
DEVOTION AND 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

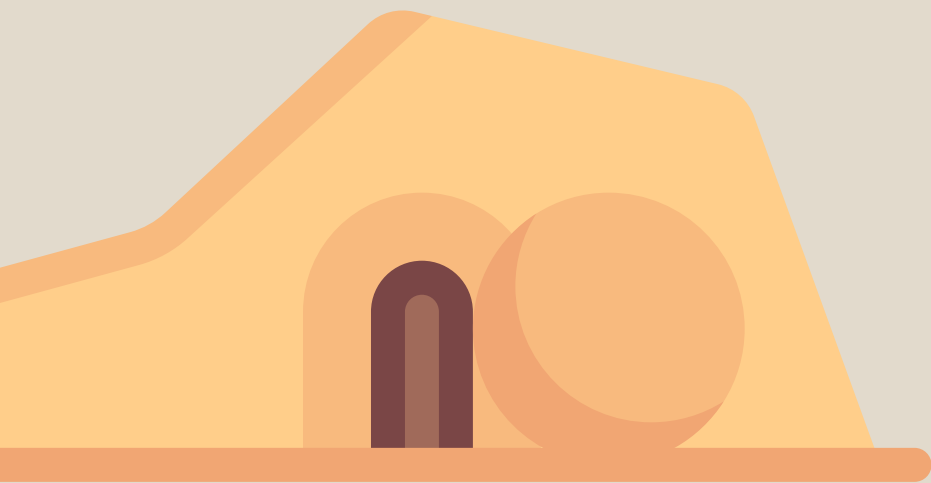
Jesus' Burial

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.

Food Fast

Option 1: Selective Fast

Remove one meal for 8 days

Option 2: Partial Fast

**Fast all food from sunup to
sundown for 8 days**

Option 3: Complet Fast

Water/light juices only for 8 days

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 8 days

Option 3: Full Media Fast

Option 1 + 2 + No television or
podcasts for 8 days

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.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

