

# PROCLAIMING CHRIST

*Meditations for the Season of Lent*

*“On that Good Friday many disciples went back crestfallen to their homes.*

*Others chose to go out to the country to forget the cross.*

*I ask you:... How do you want to go back this evening to your own homes?... Each of you has to answer the challenge that this question sets before you.”*

— POPE FRANCIS, WORLD YOUTH DAY 2016



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## From Palms to Passion

*Mt 21:1-11 and Mt 26:14–27:66*

**P**alm Sunday is the sixth and final Sunday of Lent. It is sometimes called “Passion Sunday” because it marks the beginning of Holy Week. There are two Gospel readings for Palm Sunday. The first, during the blessing of the palms, tells the story of Jesus entering Jerusalem in triumph. The second reading tells the story of the Passion and death of the Lord.

Holy Week is the most sacred time of year for Catholics. It’s okay if your Holy Week list of things to do includes coloring eggs, cleaning and baking for Easter, or traveling to a relative’s home. There’s nothing wrong with secular Easter activities. But it is important to balance the

**FOR REFLECTION**

- › How did your observance of Lent help you prepare for Holy Week?
- › What do you plan to do during Holy Week to observe the passion and death of the Lord?
- › What things in your life have to die before you can be resurrected with Jesus into new life?

secular with the sacred by keeping the “holy” in Holy Week.

If you work or go to school, try to set aside time every day this week for quiet prayer, Scripture reading, and meditation. Offer up any pain or difficulties you experience and unite your sufferings with the pain of Christ. Make it a point on Good

Friday to let go of resentments and forgive those who have hurt you.

Your greatest temptation during Holy Week will be scrimping on your spiritual needs because there is so much going on. If you let that happen, your Easter celebration may look perfect on the surface, but it will feel spiritually empty.

Make Holy Week special for the whole family by turning off television, computers, and electronic games from sundown on Holy Thursday until Easter morning. Pray the Sorrowful Mysteries of the Rosary together as a family. Plan to attend all of the Triduum liturgies. Volunteer as a family to help decorate your parish church on Holy Saturday for the Easter Vigil.



Family Focus

Jim Olvera/OSV photo



## DID YOU KNOW?

- Leftover palms are burned and the ashes are used next year on Ash Wednesday.
- The Chrism Mass is where holy oils are blessed.
- The word “Triduum” means “three days.” It starts at sundown on Holy Thursday and includes Good Friday and Holy Saturday.

# Entering into the Passion of Christ

Here are some things to meditate on this week as you journey with Jesus to Calvary:

**The condemnation of Jesus:** Have you ever been judged unfairly? Have you ever judged others?

**Jesus’ acceptance of the cross:** What are the crosses in your life?

**Jesus falls three times:** In what ways have you fallen? How have you picked yourself up?

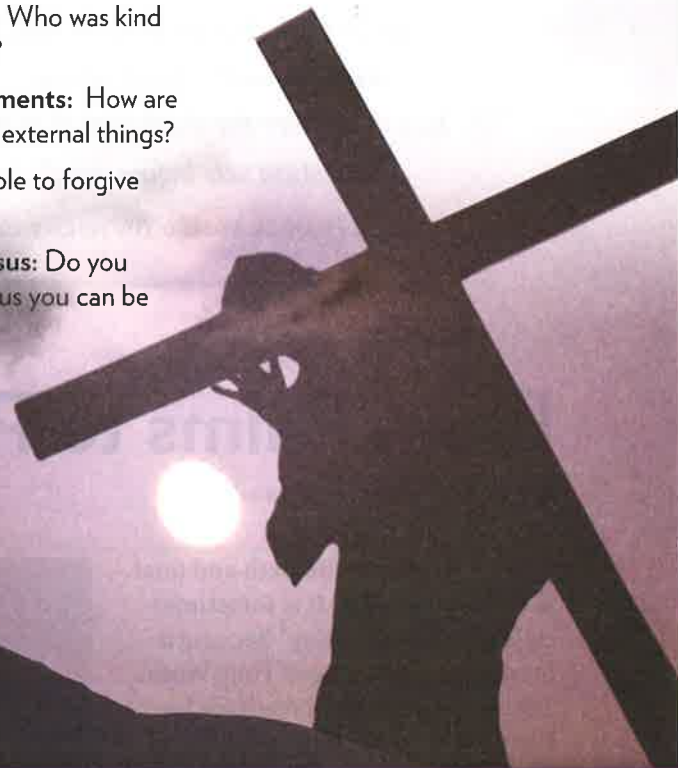
**Simon of Cyrene helps Jesus:** How have you helped others carry their crosses?

**Veronica wipes Jesus’ face:** Who was kind to you during difficult times?

**Jesus is stripped of his garments:** How are you being called to let go of external things?

**The Crucifixion:** Are you able to forgive those who have hurt you?

**The death and burial of Jesus:** Do you believe that by following Jesus you can be transformed?



## Catechism CONNECTION

“This sacrifice of Christ is unique; it completes and surpasses all other sacrifices. First, it is a gift from God the Father himself, for the Father handed his Son over to sinners in order to reconcile us with himself. At the same time it is the offering of the Son of God made man, who in freedom and love offered his life to his Father through the Holy Spirit in reparation for our disobedience.”

— *Catechism of the Catholic Church*, 614

## Lenten Prayer

This week’s prayer is known as the “Three O’Clock Prayer” (part of the Divine Mercy Chaplet when it is said at 3:00 p.m.) in remembrance of the graces we received at the moment Jesus died:

*“You expired, O Jesus, but the source of life gushed forth for souls and an ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty yourself out upon us. O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in you. Amen.”*