



## **The Rhythm of Life – Home Resources**

### **Holy Week Virtual Pilgrimage**

A pilgrimage is a special journey people can take to honour God. In our situation today, we cannot travel far, so our pilgrimage this week will be a virtual one, with a new step each day. You can journey with us each day if you would like.

#### **Saturday – Getting ready**

Before we start our virtual pilgrimage, it is good to prepare for the journey. Today, reflect back over all that we have thought about in our Rhythm of Life Lent Journey. What stories can you remember? What actions have you taken? How have you developed the seven habits over the last few weeks.

Preparation - Done ☐

#### **Palm Sunday – Arrival in Jerusalem**

Step 1 of our virtual pilgrimage remembers Palm Sunday. This is the start of Holy Week and marks Jesus' arrival in Jerusalem. Today, start something new. It could be a new creative project. It could be taking up a new habit or taking on a new chore around the house. Remember, starts are important, but we also have to keep going.

Step 1 - Done ☐

#### **Monday – Clearing the Temple**

Step 2 of our virtual pilgrimage remembers Jesus clearing the temple. People were using it as a market instead of a place to worship God, which was not right. Today, choose one bad habit or something you sometimes do which you know is not right. It could be anything, chewing your nails, being mean to your brother or sister, telling fibs or anything else. Decide today that you will stop doing it. Clear it from your life, like Jesus cleared the temple.

Step 2 - Done ☐

#### **Tuesday – Teaching in the Temple**

Step 3 of our virtual pilgrimage remembers Jesus teaching in the temple. He showed people the right way to live and stood up to the people who were teaching wrong things. Today, think of a cause that is important to you. It could be encouraging recycling, stopping climate change, caring for endangered animals, helping the homeless or anything else. Find out about that cause and what you can do to support it. Then make up your mind to get involved and take action.

Step 3 - Done ☐

#### **Spy Wednesday – Judas plots against Jesus**

Step 4 of our virtual pilgrimage remembers the day when Judas plotted to betray Jesus to the authorities. We don't really know why he did it, but he certainly let Jesus down. Today, think of someone you have hurt or something you have done wrong to someone. Go and say sorry and make it right. Judas never got the chance to put things right, but you can do that today.

Step 4 - Done ☐

### **Maundy Thursday – Sharing Bread & Wine**

Step 5 of our virtual pilgrimage remembers the Last Supper, when Jesus shared the bread and wine with his friends. This was a special time together, before Jesus was arrested. Today, make a special effort to spend time with the people you love doing something they want to do. You could have a chat with your mum, dad or carer. You could play a game with your brother or sister. You could video chat with your friends and find out how they are. Give them the gift of your time and attention today.

Step 5 - Done ☐

### **Good Friday – The Cross**

Step 6 of our virtual pilgrimage remembers Jesus dying on a cross. He did it to take the punishment humanity deserved for all the wrong things we have done, so that we can receive forgiveness. Today, think of someone who has upset you or done something against you. You might be holding a grudge against them. Make up your mind to forgive them today for what they have done. You don't have to tell them, but you can show them by the way that you treat them. They will notice.

Step 6 - Done ☐

### **Holy Saturday – When hope seemed lost**

Step 7 of our virtual pilgrimage remembers the day after Jesus died. It was the Jewish Sabbath, the day no work could be done, so the friends of Jesus could only sit around and think about how everything had gone wrong and their teacher, friend and master had been killed. They must have been feeling like all hope had been lost. Today, think of someone you know who is feeling sad or for whom things are tough. Do something nice for them to cheer them up. It could be writing an encouraging message to them, making them a gift or card, drawing them a picture or even just having a chat. Help to make them smile today.

Step 7 - Done ☐

### **Easter Day – Jesus is risen**

Step 8 of our virtual pilgrimage remembers Jesus rising from the dead on the first Easter Day. What an incredible miracle! What a thing to celebrate! Today, think of something to celebrate. It could be something you have achieved; it could be something someone else has done or it could be celebrating the wonderful message of Easter, that God loves us and wants us to love him back. Whatever you choose to celebrate, make today a joyous day.

Step 8 - Done ☐

### **Where next?**

For Christians, Easter is not an end but a beginning. Think about the steps we have taken in this Holy Week Pilgrimage. Can these eight steps become part of everyday of your life?