



MY HOLY WEEK

A JOURNAL • A JOURNEY

NAME

The background features a layered, artistic composition. At the top, a light cream-colored paper layer is visible. Below it, a range of soft, muted mountains in shades of sage green and grey is depicted. The bottom section consists of a torn, layered paper effect, with a light cream layer on top and a darker, brownish-tan layer underneath. Large, detailed palm fronds in a muted green color are scattered across the left and bottom portions of the image, overlapping the other layers.

PALM SUNDAY

SCRIPTURES

MATTHEW 21:1-11

MARK 11:1-11

LUKE 19:28-44

JOHN 12:12-19

WHAT STOOD OUT

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WHAT DOES IT MEAN

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Journal

THINK ABOUT THIS

Today, we're looking at the final moments before the first Easter. We typically call this the triumphal entry. But even though Jesus is a King, he doesn't enter with trumpets, fanfare, and war horses. Instead, he enters in humility on a donkey, the symbol of peace, and everyday people shouting his coming. This paints such a vivid picture of His kingship, doesn't it? It begs the question: How do we welcome Jesus into the nooks and crannies of our lives? How do we embrace Him, not just with open arms but with a spirit washed in humility?

How do I welcome Jesus into the various areas of my life (home, work, relationships), and what areas might I be withholding or trying to keep Him out of?

In what ways do my human hopes or expectations of Jesus match or differ from His fundamental role and presence in my life as King, Friend, Saviour, Teacher, and Brother?

How can I practice humility and servanthood in my daily life, following the example of Jesus choosing to enter Jerusalem on the back of a donkey?

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MONDAY

JESUS CLEARS THE TEMPLE

SCRIPTURES

MATTHEW 21:12-17

MARK 11:15-19

LUKE 19:45-48

WHAT STOOD OUT

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WHAT DOES IT MEAN

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Journal

THINK ABOUT THIS

When Jesus decided to cleanse the temple, He was doing much more than simply overturning tables and driving out merchants. He offered us a powerful symbol of what He desires for our hearts and lives. We can see that this notorious act of Jesus was far more than merely protesting organizational or individual corruption; it was a profound declaration about the essence and importance of pure worship and righteousness. Worshiping God is not about the things we do; it's about the order of our Hearts and who is at the center.

What are the "temples" in my life that need cleansing, areas where commercialism or sin has taken precedence over or contaminated true worship and devotion?

How can I make my life more of a house of prayer and a place where God's presence is honored and revered?

In what ways am I guilty of superficial worship, and how can I cultivate a more sincere and heartfelt relationship with God?

[illegible]

TUESDAY

TEACHING IN THE TEMPLE

SCRIPTURES

MATTHEW 21:23-MATTHEW 25

MARK 11:27-MARK 13

LUKE 20-22

WHAT STOOD OUT

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WHAT DOES IT MEAN

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Journal

THINK ABOUT THIS

When we think about His moments in the temple, we see more than just conversations; we witness robust exchanges that challenge us to our core. Jesus, in His gentle yet firm way, calls us into a deeper understanding, urging us to peel back the layers of our knowledge and assumptions to uncover the rich truth and wisdom He offers. His words in the temple aren't merely historical accounts; they are vibrant, living invitations to each of us today. Jesus stands as both a beacon of truth and a wellspring of wisdom, offering us words that aren't meant only for hearing but are meant for living.

What teachings of Jesus challenge me the most? How so?

How do I respond when the truth of God's Word challenges my beliefs or understanding?

How can I deepen my understanding and application of Jesus' teachings in my daily life? Name some ways.

[illegible]

WEDNESDAY

THE PLOT AGAINST JESUS

SCRIPTURES

MATTHEW 26:14-16

MARK 14:10-11

LUKE 22:3-6

WHAT STOOD OUT

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WHAT DOES IT MEAN

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Journal

THINK ABOUT THIS

The story of Judas betraying Jesus provides a stark portrayal of our own propensity for disloyalty. Human betrayal of Jesus isn't limited to Jesus' final moments before his death; this story is a mirror held up to our hearts right now, urging us to confront our broken, sinful nature and the choices we make in our relationship with Christ. Not to lead us to despair but to deepen our understanding of what it means to follow Jesus; this is a call to embrace the cost of discipleship, to acknowledge our weaknesses, and to rely more fully on His strength and grace.

Have I ever felt betrayed by someone I trusted? How might reflecting on Jesus' betrayal by Judas help me to process and find healing in my own experiences of betrayal?

In what ways might I be betraying Jesus with my actions or inactions?

How can I guard my heart against the temptations that lead to betrayals of my faith and values?

[illegible]

THURSDAY

THE LAST SUPPER AND THE ARREST



SCRIPTURES

MATTHEW 26:17-75

MARK 14:12-72

LUKE 22:7-65

JOHN 13-18

WHAT STOOD OUT

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WHAT DOES IT MEAN

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Journal

THINK ABOUT THIS

On the eve of His crucifixion, Jesus chose to spend His final hours in intimate fellowship with those He called friends and disciples. During the Passover meal, Jesus broke bread and shared his cup, and in doing so, He laid out the new covenant, marked by His body given for us and His blood shed for the forgiveness of sins. Then he left us with this commandment: "Do this in remembrance of me." Each time we come to the Lord's table, let us do so with a mindful spirit of reverence and worship, remembering not just the pain and sacrifice but also the victory and hope that the Last Supper signifies.

How can I embody the commandment to "Do this in remembrance of me" in my daily life beyond participating in communion? Name some ways.

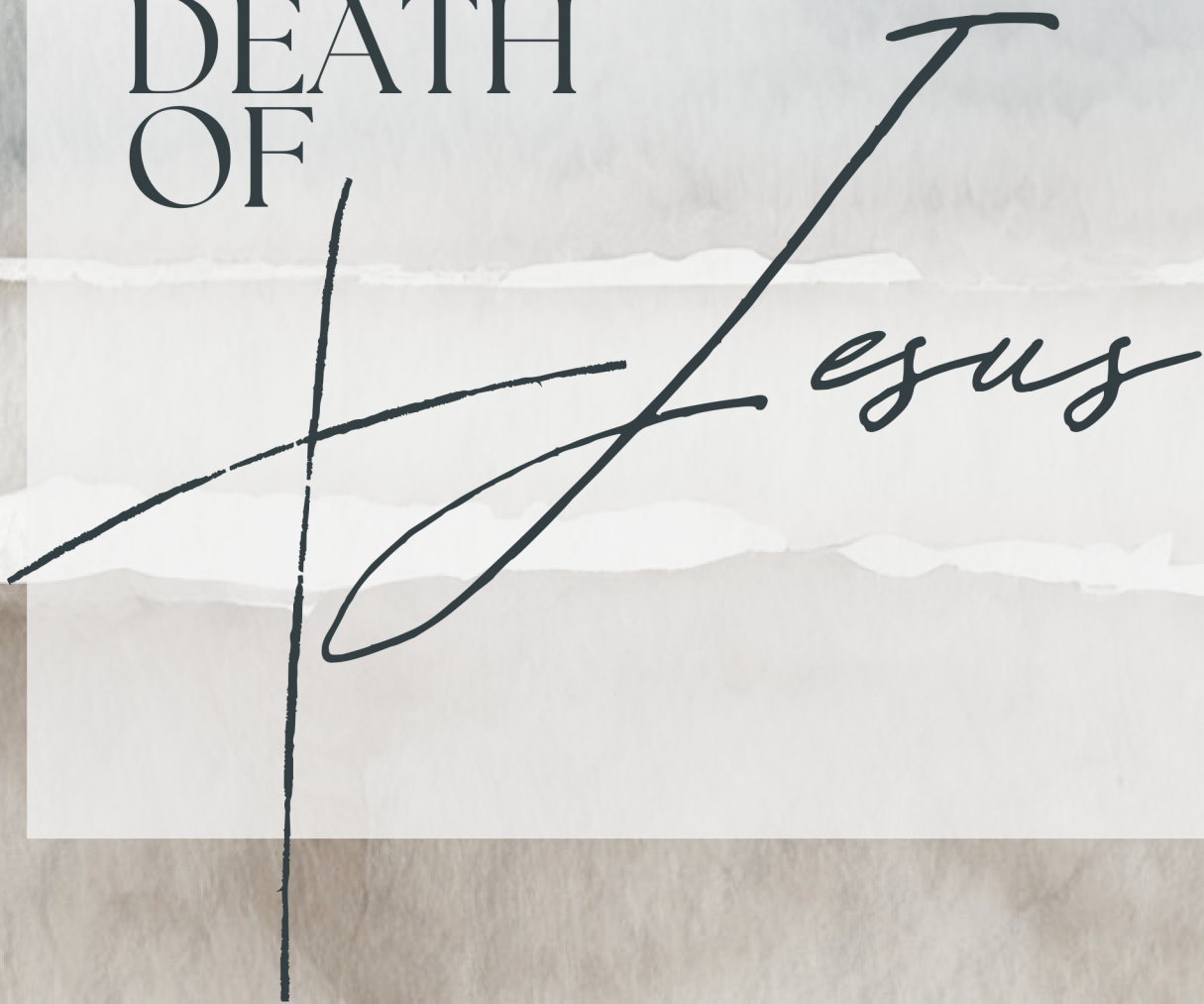
How does the Last Supper inspire me to live out the values of sacrifice, service, and love in my interactions with others? What might this look like in my life?

What areas of my life need to be surrendered more fully to God's will, as Jesus surrendered His will to the Father?

[illegible]

FRIDAY

TRIAL
CRUCIFIXION
DEATH
OF

Jesus

SCRIPTURES

MATTHEW 27:1-56

MARK 15:1-41

LUKE 23:1-49

JOHN 18:28-19:37

WHAT STOOD OUT

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WHAT DOES IT MEAN

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Journal

THINK ABOUT THIS

Let's take a deep breath and truly soak in the enormity of what Jesus did for us. Think about the journey on which He willingly embarked, the unimaginable depth of His suffering, and the boundless ocean of His love that held Him there on the cross on our behalf. That cross is infinitely more than just wood and nails; it's a symbol that speaks limitless volumes about sacrifice, love, and redemption - the very essence of God's divine nature. It whispers to us (and sometimes shouts) the inexhaustible lengths He would go to to bring us back to Him. The cross is not merely a symbol of what was but a call to what is possible: a life lived fully in the light of His love and grace.

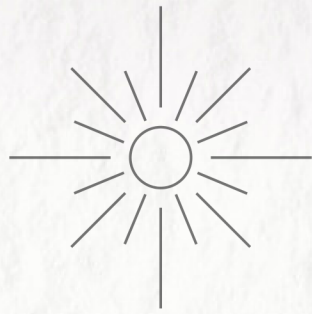
How does reflecting on the suffering and death of Jesus impact my understanding and my daily practice of sacrificial love?

Where do I see the impact of sin in my life and in the broader world? How does the cross offer a solution?

What does the phrase "It is finished" mean to me personally?

[illegible]

SATURDAY



The Waiting

SCRIPTURES

MATTHEW 27:57-61

MARK 15:42-47

LUKE 23:50-56

JOHN 19:38-42

WHAT STOOD OUT

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WHAT DOES IT MEAN

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Journal

THINK ABOUT THIS

Lean into the quiet, the stillness, and the waiting in which Holy Saturday envelops us. It's this sacred pause where we sit with the heaviness of Jesus' passing, feeling that echo of despair His friends, loved ones, and followers must have felt. This sacred pause allows us to reflect on those times we've found ourselves waiting in a dark and brokenhearted unknown, holding our breath for God to show up in our lives. Holy Saturday is a day that invites us into the deep and uncomfortable spaces in our hearts, makes space for us to wrestle with our waiting, our doubt, and our longing - and to remember, even in the silence, that God stirs.

How do I deal with the "in-between" times of life when God seems silent or distant?
What's my track record?

What might I learn from the waiting, the doubt, and the longing experienced by Jesus' followers after his death and in the long hours leading up to his resurrection?

How can I deepen my trust in God's promises amid difficult seasons of waiting, doubt, and longing?

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SUNDAY

THE RESURRECTION



SCRIPTURES

MATTHEW 28:1-20

MARK 16:1-20

LUKE 24:1-53

JOHN 20:1-21:25

WHAT STOOD OUT

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WHAT DOES IT MEAN

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Journal

THINK ABOUT THIS

Today, we celebrate Jesus' incredible victory over death and the beautiful promise of redemption and new beginnings caused by his victory. The resurrection isn't just a chapter in our faith story; it's the foundation upon which everything else stands. The resurrection fills us with hope and the profound assurance that death doesn't win. Jesus' ongoing life beyond death immutably proclaims that darkness and suffering do not get the last say. No, Jesus' triumphant, flourishing life makes possible an unending experience of immense and increasing joy, unimaginable beauty, meaning, belonging, purpose, inner wholeness, and freedom. This is ours in God and God alone.

What does the resurrection of Jesus Christ mean to me in my daily life & struggles?

How does the reality of the resurrection shape my hope for the future, both in this life and the next?

In what ways am I called to live out the power of the resurrection, offering hope and new life to others?

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