

Diocese of Sacramento

HOLY WEEK AT HOME



AN AT-HOME RETREAT FOR FAMILIES



DIOCESE *of* SACRAMENTO
Office of Family and Faith Formation

Dear Families,

This Lent is definitely different than any we have experienced before. This pandemic has impacted so many families across the world. We pray that this Holy Week at Home Family Retreat will help bring your family closer spiritually to our Lord. Before you start receiving your daily email and activity for the retreat we have a few suggestions to help make this time more focused and meaningful.

1. Announce to the whole family that this week will be different than the other weeks you have been spending at home. Light a candle that stays on to remember you are in a holy time.
2. Designate a time for the activity portion (if not specified in the day). You can choose to do the activity at lunch, just before dinner. Whatever best suites your family schedule.
3. Add a prayer journal or basket that you can offer your prayers for. Include your family retreat as one of the intentions.

May the Lord Bless you and your families on this journey. Know that you are all in our intentions.

-The Office of Family and Faith Formation

DAY 1

1. **Pray** - Together, as a family, pray the *Our Father*

2. **Activity** - Construct palm leaves

Listen to the song "Hosanna!" by Hillsong while your family either creates their own palms from paper or gathers branches, leaves, etc. in place of palms. Hang them above your door in celebration of Palm Sunday or hang them above your crucifix.

3. **Read** - Mark 11:1-11 (*Luke 19:28-44 optional addition*)

4. **Reflect** - Notice how Jesus' disciples did exactly what he told them without question. Also notice how Christ's words were more than enough for the bystanders' questions, who put complete faith in Christ and laid the cloaks off their backs before him as he entered the town. When you feel Jesus speaking to you and guiding you, do you obey without question? When he answers your question, do you put complete trust and faith in his words? If Jesus announced he was coming to your home, what would you lay down and prepare for his visit?

5. **Discuss** – Oftentimes we can find it difficult to listen to God’s voice and obey him without hesitation or question; but this can become much easier the more we practice through prayer. Finding a quiet place to retreat to once and awhile is an important part of being human so that we can refresh and recharge. Jesus was no exception; He needed to find times to slip away from the crowds and from His work so that He could reconnect with God the Father. We go on retreat so that we can come to know God more fully, know ourselves more fully, and to have the strength to carry out what God might be asking of us. Take this time now to discuss as a family:

- ❖ What does it mean to pray? Prayer is a conversation with God, consisting of moments when I share what is on my mind/heart with Him and also to take time to listen to what God might be saying to me. Share with one another some of your own practices and/or ideas for praying.

- ❖ How can we find time to depart from our busy schedules and spend some time in prayer with God, inviting Jesus into our lives? Discuss this as a family. If your family is not in the practice of praying together, start small (for example, have each family member state one thing he/she is thankful for and one thing that is on his/her heart, share a moment of quiet to simply listen, close with an *Our Father*).

- ❖ God gives us gifts or inspirations in prayer, calling us to action. Discuss a time when you felt God was calling you to do something as a result of prayer.

6. **Practice** – Tonight, as a family, pick a time to retreat together, finding a quiet time to talk to God, listen to God, and discuss what inspirations come forth. For example, it could look like this:

❖ 8:00 pm: Gather as a family together in a quiet place, before a Crucifix or piece of sacred art. Sit in the quiet for a moment or two.

❖ 8:02 pm: To yourself, talk to God about your day. What happy moments did you have? What sad moments did you have? Did anything make you angry? What brought you joy?

❖ 8:05 pm: Remaining in the quiet, ask God to speak to you. Listen; you might get a word, phrase, or inspiration; you might not. Offer the time to God and thank Him for this time.

❖ 8:08 pm: Take this time to share with your family. What did you tell God? What did God tell you? What did you think of the quiet?

Practice makes perfect. Even if this was unbearable, make this a daily practice and keep at it! Graces will flow as we faithfully offer God whatever time we can.



Bishop Jaime Soto invites the faithful of the
Diocese of Sacramento to join him via
livestream Palm Sunday at 10am at

www.scd.org/live