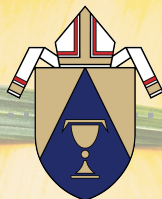


*Diocese of Sacramento*

# HOLY WEEK AT HOME



AN AT-HOME RETREAT FOR FAMILIES



Wednesday

# DAY 4

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

2. **Activity** – Preparedness Scavenger Hunt

As a family, gather the following items if you have them:

- ❖ Sunscreen
- ❖ Sunglasses
- ❖ Hat
- ❖ Scarf
- ❖ Coat
- ❖ Fire extinguisher
- ❖ Umbrella
- ❖ Flashlight
- ❖ First Aid kit
- ❖ Bible
- ❖ Rosary
- ❖ Crucifix

3. **Read** – Mark 11: 20-26 & 13:32-37 (*Luke 21:34-36 optional addition*)

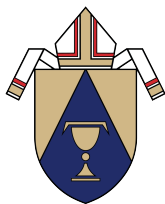
4. **Reflect** – Look at the items your family has gathered together from the scavenger hunt. Many of us have most of these items because we want to be prepared. We want to be prepared for the hot summers, so we have our hat, sunscreen, and sunglasses. We want to be prepared for the winters, so we have our scarf, coat, and umbrella. If there were ever any emergency at the home, we have our fire extinguisher and a flashlight so that we are ready. Many of us may even have a Bible, rosary, and crucifix. Take some time to think about whether each member of the family truly knows how to use each of those items you have gathered. The reality is all these items are useless if we don't know how to use them, and this includes our Bibles and rosaries. Christ tells us to stay watchful and vigilant, for we do not know when He will come again. If we do not pray with scripture, how are we to better foster a relationship with Christ and guide our actions, words, and thoughts in a manner that brings us closer to sainthood? If we do not pray the rosary, which is our ultimate weapon against the devil, how will we find the strength to fight temptation and evil? If we do not know how to gaze upon the crucifix with love and adoration, how will we truly know how the Eucharist is the source and summit of our faith?

5. **Discuss** – How do we as a family take time to remain watchful and vigilant in our faith? Take this time now to discuss as a family:

- ❖ How can we as a family remain watchful and vigilant?
- ❖ What is one way we can show Christ our love and gratitude for bearing our sins and dying for us?

❖ How can we better turn to Mary for her help and intercession?

6. **Practice** – Tonight, as a family, pick a time to do a holy hour (if this is too difficult, do a holy half hour or a holy 15 minutes!). Place a crucifix in front of you and spread out. Some people may have the bible, a rosary, or just want to reflect on the crucifix. Softly play some classical or praise and worship music as you spend this time quietly with God together as a family.



Bishop Jaime Soto invites the faithful of the Diocese of Sacramento to join him tomorrow via livestream for Holy Thursday at 7pm at [www.scd.org/live](http://www.scd.org/live)