

Diocese of Sacramento

HOLY WEEK AT HOME



AN AT-HOME RETREAT FOR FAMILIES

DAY 7

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

2. **Activity** - Construct a tomb and stone

Using construction paper, craft a tomb and stone. Allow your children to get creative with it and see if they can create a tomb and stone out of household items.

3. **Read** - Mark 15:42-47 (*Luke 23:50-56 optional addition*)

4. **Reflect** - Imagine the courage it took for Joseph of Arimathea to ask Pilate, the man who condemned Jesus, for Jesus' body. Imagine the gentleness and care Joseph took in wrapping the precious body of our Lord for burial. Imagine the pain Mary felt as she saw her son's lifeless body.

5. **Discuss** - Holy Saturday is a day of anticipation. We know that Jesus Christ will rise from the dead tomorrow, but imagine the disciples being unaware of this fact. Take this time now to discuss as a family:

- ❖ How can we prepare to celebrate the joys of Easter tomorrow?
- ❖ What do you most look forward to on Easter Sunday?
- ❖ What comes to your mind when you think about the fact that your God suffered and died for you?
- ❖ What comes to your mind when you think about the fact that Jesus conquered sin and death so that we could be with him again in heaven?
- ❖ Do you think we have to do anything to get to heaven?

6. **Practice** – Tonight, as a family, pick a time to prepare for tomorrow’s Easter celebration. Have each member of the family pick out what they would wear to the Easter Sunday mass and plan to wear it tomorrow! Have someone in charge of removing the towels from the covered crucifixes. Plan to come together tomorrow morning to say Alleluia and assign someone to ring bells (if you have some).



Bishop Jaime Soto invites the faithful of the Diocese of Sacramento to join him tonight via livestream for Easter Vigil at 8:30pm at www.scd.org/live