

Diocese of Sacramento

HOLY WEEK AT HOME



AN AT-HOME RETREAT FOR FAMILIES

Monday

DAY 2

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

2. **Activity** - Cleaning & Preparing

As a family, come together and clean the kitchen, living/family room, and dining room. Set the dining table very simply. These next few days leading up to the Easter Triduum should be lived simply - simple meals and less unnecessary technology. Cleaning and preparing these main rooms of fellowship and love within a home can help prepare the family for the simplicity of the next few days.

3. **Read** - Mark 11:12-17

4. **Reflect** - Notice how much Jesus cared for the respect and reverence of the temple. He saw people using a place of prayer as a place for profit. After spending so much time and attention in cleaning your home, would you be just as upset if someone came in and made it filthy? Just as the Church is our home and place of worship, our homes are the Domestic Church. This means that our homes should also be a place of prayer, immense love, and fellowship.

5. **Discuss** - Cleaning can oftentimes seem like too much of a chore. We can begin to focus so much on the unpleasantness of a task that we forget the greater purpose and goal - Christ's Resurrection. As your family delves into simplicity and focuses on a clean house today, discuss the following:

- ❖ How do you think cleanliness brings us closer to God?
- ❖ Why are small sacrifices such as simpler meals and cleaning important during this week?
- ❖ Between now and Sunday, what do you promise to keep clean each day in preparation for Easter?

6. **Practice** - Tonight, as a family, pick a time to pray a decade of the rosary together. Try a full rosary if you are able! Offer up this decade of the rosary for your family - that you may all continue to pursue sainthood by doing little things, like cleaning, with great love.