



HOLY  
WEEK  
PRAYER  
WALK:

A  
JOURNEY  
WITH  
JESUS

*For more information on Prayer Paths*  
[www.MeditativePrayer.org](http://www.MeditativePrayer.org)

*Experience a walk with Christ as he journeys from the triumphal entry to Jerusalem, to Gethsemane to Golgotha. The participant will travel through 8 stations, one for each day of the week prior to Christ's crucifixion and resurrection. At each station, the pilgrim will have the opportunity to:*

- *read scripture from the gospel of Mark for each day*
- *reflect on the passage*
- *reenact the narrative using smell, touch, or taste, and*
- *respond in prayer.*

*The prayer walk is a perfect activity for families with children, couples and individuals. The activities are designed to be family-friendly and will help children and youth come to understand these key narratives about Jesus on a deeper level.*

*A prayer as we begin the walk  
from "The Walk" by Ann Weems  
Give us courage, O God,  
to hear your word  
and to read our living into it.  
Give us the trust to know we're forgiven,  
and give us the faith  
to take up our lives and walk.*

# TRUMPHAL ENTRY



# SUNDAY

PHOTO: Entry of Jesus into Jerusalem by artist C. Vilhelm Petterson

## MARK 1:1-11

As they approached Jerusalem and came to Bethphage and Bethany at the Mount of Olives, Jesus sent two of his disciples, saying to them, "Go to the village ahead of you, and just as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here. If anyone asks you, 'Why are you doing this?' say, 'The Lord needs it and will send it back here shortly.'"

They went and found a colt outside in the street, tied at a doorway. As they untied it, some people standing there asked, "What are you doing, untying that colt?" They answered as Jesus had told them to, and the people let them go. When they brought the colt to Jesus and threw their cloaks over it, he sat on it. Many people spread their cloaks on the road, while others spread branches they had cut in the fields. Those who went ahead and those who followed shouted, "Hosanna!"

"Blessed is he who comes in the name of the Lord!"  
"Blessed is the coming kingdom of our father David!"  
"Hosanna in the highest heaven!"

Jesus entered Jerusalem and went into the temple courts. He looked around at everything, but since it was already late, he went out to Bethany with the Twelve.

*The Triumphal Entry is also recorded in Matthew 21:1-11, Luke 19:28-44, & John 12:12-19.*

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# PALM CROSSES

*Take a moment to read Mark 11:1-11.*

In ancient times, palm branches were a symbol of victory. As Jesus rode in on the donkey, with shouts of Hosanna, the people made a path of coats and palm branches. They knew the prophecy of ole from Zechariah: “See your King comes to you, gentle and riding on a donkey.” They envisioned the restoration of Israel, God’s chosen people. As they waved their palm branches, they shouted “Hosanna,” meaning “God save us.”

It was the time of year when the Jews would remember how the angel of death had passed over the Hebrew families in Egypt who had placed the blood of the lamb on their door. Traditionally, each Jewish family would select the Passover lamb on this very day, a lamb considered perfect and without blemish. This is no coincidence, for even his cousin, John the Baptist proclaimed Christ to be the “lamb of God who takes away the sins of the world” (John 1:29).

Jesus rode through the gates of Jerusalem as a king in a royal procession with his people shouting with enthusiastic esteem. However, it was not the kind of kingdom they expected and not just because he rode a donkey. This kingdom of Heaven is born or sacrifice and surrender. God would save them again, just not in the way they thought.

Take a moment to reflect on how we misunderstand the Lord’s action or lack of action. We sometimes think His priorities are the same as ours. We want the king of our expectations. We desire things outside the will of God. Paradoxically, even though the cross was a symbol of shame, the reality is the cross paves the way to true salvation.

***On the table are strips of palm frons  
with folding instructions to transform the palm fron into a cross.***

***Fold the cross slowly,  
preparing the heart as we begin this journey with Jesus.  
As the palms symbolize victory, so does the cross. Victory over death is  
restored through the cross, for “death has been swallowed up in victory.”  
(1 Cor. 15:54)***

***When you have completed the palm cross,  
hold it to your heart and offer a prayer of gratitude  
for the Victory we have in Jesus and for the path He walked.  
“Blessed is he who comes in the name of the Lord!”***



1. Cut a palm frond from a palm leaf. It should be 1 1/2 to 2 feet long.



2. Measure about 5 inches down from the top of the palm frond and fold it. The shorter part of the folded palm frond should be in front.



3. Turn to the back of the folded frond and measure about 2 inches down from the fold. Fold the frond at the 2-inch point so that it forms a 90-degree angle. Turn the palm frond around.



4. Measure about 2 inches on the working part of the palm frond and make a fold. This forms the bar of the cross.



5. Measure about 2 inches past the center of the cross and then make another fold. This fold takes the working part of the palm frond to the back of the cross.



6. Fold the palm frond at a 90-degree angle at the center back of the cross



7. Take the palm frond to the front of the cross, across the body of the cross and to the back of the cross.



8. Bring the palm frond around the right bar and to the front of the cross.  
9. Take the palm frond across the body of the cross again.



10. Tuck the frond into the diagonal strips behind the cross and pull it out completely. Cut the excess palm frond with a pair of scissors.

How to Make a Cross From a Palm Leaf By Tina Amo, eHow Contributor

Read more: [http://www.ehow.com/how\\_5390555\\_make-cross-palm-leaf.html#ixzz2xsx4pX2n](http://www.ehow.com/how_5390555_make-cross-palm-leaf.html#ixzz2xsx4pX2n)

Photos: Richard Eilgen/Demand Media)

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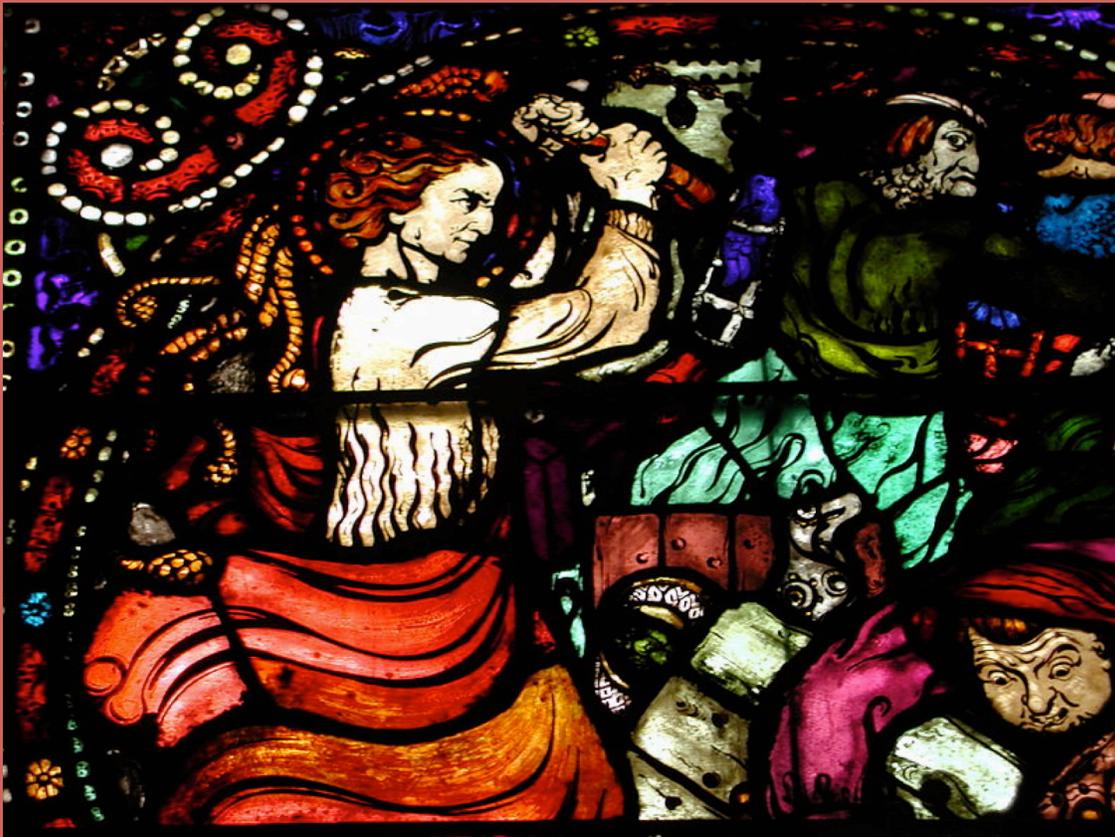


PHOTO: Emanuel Vigeland

MONDAY

### ***MARK 11:15-19***

On reaching Jerusalem, Jesus entered the temple courts and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, and would not allow anyone to carry merchandise through the temple courts. And as he taught them, he said, “Is it not written: ‘My house will be called a house of prayer for all nations’? But you have made it ‘a den of robbers.’”

The chief priests and the teachers of the law heard this and began looking for a way to kill him, for they feared him, because the whole crowd was amazed at his teaching.

When evening came, Jesus and his disciples went out of the city.

Monday's events are recorded in Matthew 21:12–22, Mark 11:15–19, Luke 19:45–48, and John 2:13–17

# HOUSE OF PRAYER

Read Mark 11:15-19

When Jesus saw the temple had been turned into a marketplace he took action. In his righteous anger, he returned the temple to its original design—a place of worship and a representation of God's presence in the world.

We don't have temples in the same way today, but God is not without earthly temples. "Do you not know that you yourselves are God's temple?" (1 Corinthians 3:16). Just as Jesus cleansed the temple, sometimes we need cleansing as well.

There are a number of items stored inside the temple.

Please remove all the items in the temple  
and set them on the table.

What belongs in the temple and what does not?

Sort the items into two sections. Place the items in the temple  
that you feel belong there.

As you sort, consider how your body, mind and will are the  
residence of God's Holy Spirit.

Ask the spirit to reveal what needs to be cleansed from your life.

Close with a prayer.

# TUESDAY

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## Mark 11:20-26

In the morning, as they went along, they saw the fig tree withered from the roots. Peter remembered and said to Jesus, "Rabbi, look! The fig tree you cursed has withered!"

"Have faith in God," Jesus answered. "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

The tumultuous events of Tuesday and the Olivet Discourse are recorded in Matthew 21:23–24:51, Mark 11:20–13:37, Luke 20:1–21:36, and John 12:20–38.

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# FRUIT, FIGS AND FAITH

Read Mark 11:20-26

On the way into Jerusalem Monday morning, Jesus saw a fig tree that had leaves but no fruit. As a result, he cursed the fig tree. On Tuesday morning, they passed the same tree and Peter commented that the roots were withered. Jesus then explains the importance of faith and forgiveness.

Some believe the fig tree is a metaphor for the religious leaders he spent the day rebuking. Others think he is disappointed in the faithlessness of Israel. Again and again the fig tree is used by God to denote the prosperity of the Jewish nation, (1 Kings 4:25 and Micah 4:4 ).

There are dried figs and Fig Newton's on the table.

Say a prayer that God will increase your faith

as you take a small bite of the fruit.

Start by savoring the bite without chewing.

Notice the texture of the fig.

Observe the temperature.

Do you taste the sweetness of the fruit?

Repeat and enjoy.



Nikolaus Bluntschli (before 1525 - 1605) Mary Magdalene Anoints Christ's feet.

## MARK 14:1-9

Now the Passover and the Festival of Unleavened Bread were only two days away, and the chief priests and the teachers of the law were scheming to arrest Jesus secretly and kill him. "But not during the festival," they said, "or the people may riot."

While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head.

Some of those present were saying indignantly to one another, "Why this waste of perfume? It could have been sold for more than a year's wages and the money given to the poor." And they rebuked her harshly.

"Leave her alone," said Jesus. "Why are you bothering her? She has done a beautiful thing to me. The poor you will always have with you, and you can help them any time you want. But you will not always have me. She did what she could. She poured perfume on my body beforehand to prepare for my burial. Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her."

See Also Matthew 24:1-26:16; Mark 13:1-14:11; Luke 21:5-22:6; John 12:2-11

\*\*Scholars disagree about the specific date of this event since John places it earlier in the text.



# TRUE LOVE

It was customary to anoint a guest of honor at a banquet with oil in ancient times. The oil Mary uses in this story was expensive and provides a foreshadowing of what is to come as Christ receives a pre-burial anointing.

- Take a moment to observe the jar.
- Take a moment to smell the oil.
- Taking a few deep breaths, allow yourself to connect with the love you have for Christ as demonstrated by Mary in the story.
- Enjoy the fragrance as you connect more deeply with the love.
- Using a piece of cotton, dab a bit of oil on your forehead or neck.

May you carry around the fragrance of Christ to those you love and those you meet.

*But thanks be to God, who always leads us as captives in Christ's triumphal procession and uses us to spread the aroma of the knowledge of him everywhere. 15 For we are to God the pleasing aroma of Christ among those who are being saved and those who are perishing. 2 Cor. 14:12-19*



Jesus Christ Last Supper and washing the feet of the apostles by UliE1350/gallery

## MARK 14:12-26

**12** On the first day of the Festival of Unleavened Bread, when it was customary to sacrifice the Passover lamb, Jesus' disciples asked him, "Where do you want us to go and make preparations for you to eat the Passover?" **13** So he sent two of his disciples, telling them, "Go into the city, and a man carrying a jar of water will meet you. Follow him. **14** Say to the owner of the house he enters, 'The Teacher asks: Where is my guest room, where I may eat the Passover with my disciples?' **15** He will show you a large room upstairs, furnished and ready. Make preparations for us there."

**22** While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take it; this is my body."

**23** Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it.

**24** "This is my blood of the covenant, which is poured out for many," he said to them. **25** "Truly I tell you, I will not drink again from the fruit of the vine until that day when I drink it new in the kingdom of God." **26** When they had sung a hymn, they went out to the Mount of Olives.



Our journey with Jesus takes a somber turn on Thursday. In the shadow of the pending betrayal by Judas, Jesus serves his disciples, as he loves them with action by washing their feet.

## PREPARING TO REMEMBER

When He told the disciples to “remember” and “do this” he communicates his desire for us to both know what he has done and act with our bodies in response to that knowing. Part of this process is self-examination as we deal honestly with our thoughts, feelings and choices. However, there is something much larger happening in this scene...Jesus is filling in the gaps.

Communion is not an individual practice, but by its very nature, must be shared. Christ had communion with his disciples and we have it with each other. We cannot technically “break bread” together unless we are physically together. This “remembering” builds solidarity in our community as we pause to consider the key aspects of our shared faith....the death and life of our Savior, Jesus Christ.

So the invitation of this moment is to NOT partake, but to prepare the heart for the coming shared meal. As you look at the items in front of you, dig deep and consider the true meaning of this practice...

- What is the desire of Christ for us related to this?
- What is the primary purpose of a shared communal meal?
- What did he want the disciples to understand?
- What does he desire for you in times we pause to remember in communion?

Next, allow this pondering to extend beyond this present moment reaching across the span of time. Since the resurrection of Christ, believers all over the world have shared communion together. The community of saints has been taking communion in remembrance of Christ for the last 2 millennia. Our shared experience of grace reaches all around the world and across the span of time.



# FRIDAY

Ulm, Ulmer Münster, Bessererkapelle,

**MARK 15:25-39** It was nine in the morning when they crucified him. The written notice of the charge against him read: the king of the jews. At noon, darkness came over the whole land until three in the afternoon. And at three in the afternoon Jesus cried out in a loud voice, "*Eloi, Eloi, lema sabachthani?*" (which means "My God, my God, why have you forsaken me?").

When some of those standing near heard this, they said, "Listen, he's calling Elijah." Someone ran, filled a sponge with wine vinegar, put it on a staff, and offered it to Jesus to drink. "Now leave him alone. Let's see if Elijah comes to take him down," he said.

With a loud cry, Jesus breathed his last.

The curtain of the temple was torn in two from top to bottom. And when the centurion, who stood there in front of Jesus, saw how he died, he said, "Surely this man was the Son of God!"

Friday's events are recorded in Matthew 27:1-62, Mark 15:1-47, Luke 22:63-23:56, and John 18:28-19:37

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# SCENES OF THE CROSS

Take a moment to mentally image the scenes of the cross paying particular notice to his facial expression.

*After being betrayed, mocked, beaten, rejected and sentenced to face crucifixion, one of the most horrible and shameful forms of capital punishment. He carries his own cross all the way to Golgotha only to be mocked again by the Roman soldiers as they nail his hands, feet and mocking royal sign, "King of the Jews." He hangs on the cross from 9 until 12 when darkness covers the land until 3 pm when he lets out a cry of being forgotten by God. He speaks to the man beside him, he provides for his mother, he is ridiculed by the crowd. Jesus spoke seven final statements from the cross. His first words were, "Father, forgive them, for they do not know what they are doing." (Luke 23:34). His last were, "Father, into your hands I commit my spirit." (Luke 23:46) Then, about the ninth hour (3 p.m.), Jesus breathed his last and died. By 6 p.m. Friday evening, he is taken down and laid in a borrowed tomb.*

Take a deep breath and placing yourself directly in front of the cross. Imagine making eye contact with Him. What do His eyes say to you? From the cross, what is his perspective on you? How do you respond? What do you ask him? How does he respond?

- Write out a prayer or confession on the pieces of paper.
- Using a thumbtack attach the paper to the wooden cross. (these will be confidential)
- May you release what you don't need and received the desire of your heart.
- Please pick up one of the small silver crosses as a reminder.



# SATURDAY



Katholische Pfarrkirche St. Peter und Paul in [de:Ellerbach \(Holzheim\)](#),

## MARK 15:42-47

It was Preparation Day (that is, the day before the Sabbath). So as evening approached, Joseph of Arimathea, a prominent member of the Council, who was himself waiting for the kingdom of God, went boldly to Pilate and asked for Jesus' body. Pilate was surprised to hear that he was already dead. Summoning the centurion, he asked him if Jesus had already died. When he learned from the centurion that it was so, he gave the body to Joseph. So Joseph bought some linen cloth, took down the body, wrapped it in the linen, and placed it in a tomb cut out of rock. Then he rolled a stone against the entrance of the tomb. Mary Magdalene and Mary the mother of Joseph saw where he was laid.

Saturday's events are recorded in Matthew 27:62-66, Mark 16:1, Luke 23:56, and John 19:40.  
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# SATURDAY: THE DARKNESS

The room behind has been transformed into a tomb, where the body of Jesus is laid. His body is wrapped in linen.

The tomb is dark, somber and empty.

The sadness is overwhelming.

Prepare yourself to enter the dark tomb and sit quietly for a few minutes in the darkness.

A row of chairs is directly in front of the door.

Perhaps consider the grief of those He knew and loved, those he healed, or maybe the relief of those who plotted against him.

Allow yourself to feel the weight and grief of his sacrifice.

Add gratitude to the grief and conclude in prayer.



# SUNDAY



## MARK 16:1-14

When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, "Who will roll the stone away from the entrance of the tomb?"

But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.

"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"

Trembling and bewildered, the women went out and fled from the tomb. They said nothing to anyone, because they were afraid.

Sunday's events are recorded in Matthew 28:1-13, Mark 16:1-14, Luke 24:1-49, and John 20:1-23

# RESURRECTION SUNDAY- HE IS RISEN

On Saturday, the women go to anoint his body with oil.

Take some time to put yourself into their shoes.

What would you have felt in that situation?

Joy? Shock? Enthusiasm, Love?

Take a moment to smell one or two of the scented oils.

Take in the fragrance and embrace the joy of the resurrection.

The spices and oils were for the body of Christ. Place some of the oil on your wrist, or elsewhere.... for now YOU are the body of Christ.



# OUTLINE OF STATIONS

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	Biblical Narrative	Station Name	Activity	Verses	Supplies
SUNDAY	Triumphal Entry	Palm Crosses	Make cross out of palm strips	<a href="#">Mark 1:1-11</a>	Palm stripes, instruction sheet, sissors, sample of palms folded at each step, maybe youtube video on ipad.
MONDAY	Turning over Tables in Temple	House of Prayer	Sort items that belong in temple and those that do not	<a href="#">Mark 11:15-19</a>	Temple box, scroll, coins, mini tables, things to sell, people, various miniatures
TUESDDAY	Jesus Curses the Fig tree	Fruit, Figs and Faith	Take a bit of a fig mindfully	<a href="#">Mark 11:20-26</a>	Figs, Fig newtons, small tree décor
WEDNESDAY	Woman and alabaster jar	True Love	Smell scent from alabaster jar	<a href="#">Mark 14:1-9</a>	Alabaster jar, oil, cotton balls
THURSDAY	Last Supper	Preparing to Remember	Take Communion	<a href="#">Mark 14:12-26</a>	Cup, bread
FRIDAY	Trial and Crucifixion	Scenes of the Cross	Imagine the scenes of the cross then write prayer or confession on paper and nail to the cross	<a href="#">Mark 15:25-39</a>	Cross made of balsa wood, papers, pens, nails/hammer or thumb tacks
SATURDAY	Death of Christ	The Darkness	The room is completely dark. They are to walk in, sit in silence in the darkness, ponder the death of Christ	<a href="#">Mark 15:42-47</a>	Enclosed room, blackout cloth, drape furniture in room, tape, stuffed linen lying on a table to look like a body.
SUNDAY	Resurrecti on— women at the tomb	He is Risen	Smell the spices the women take to annoint the body...notice the joy/confusion of his resurection	<a href="#">Mark 16:1-14</a>	Cloth, image, oils, flowers