

Journey through Holy Week  
A resource for Young People



**JOURNEY  
THROUGH  
HOLY WEEK**

# How to use this resource

## My Holy Week Journal

This reflective journal is designed for you to reflect on each day of Holy week. You can share your thoughts with your family. Spend some time by yourself, thinking about the Bible passages that make-up the story of Holy Week, which is where this journal comes in. There is a page for each of the eight days that covers Holy Week and each page has a Bible passage, some questions for reflection, a suggested video to watch online and a challenge that you might choose to complete.

This is your resource, so use it as you see fit. The things you write in this journal are between you and God. Be honest, don't worry about finding the right words—and draw pictures if you feel better able to express yourself that way. At the end of the resource we have included all the Bible passages for the week. However, you can look online, download a bible app like *You Version* or *Bible.is*, find a version that you prefer, or use your own copy of the Bible or find a video or audio version to watch/listen to.



Above all, we hope that this resource will help you to make the most of this opportunity to deepen your relationship with God during this Easter time.



# Holy Week

# DAY 1

## Palm Sunday Parade



**Bible passage: Mark 14:1 – 15:47**

What does this Bible passage tell you about Jesus or God?

What might God be trying to say to you through this Bible passage?

What questions do you have about this Bible passage? How might you find some answers?

### More things you might like to try:

- ⇒ The story of Palm Sunday is a story of celebration. Think of the people in your life who you would like to celebrate—why not send them a letter, card or text message to thank them for everything they do for you?
- ⇒ Watch this video: [www.youtube.com/watch?v=ZFMXvfkCM8](https://www.youtube.com/watch?v=ZFMXvfkCM8) (search “Easter connection” by The Skit Guys on YouTube) to be reminded about the reason for the season!
- ⇒ Write a short prayer to God, featuring some of your reflections from today.

## Day 2

# Jesus Anointed at Bethany



**Bible passage: John 12:1-11**

What does this Bible passage tell you about Jesus or God?

What might God be trying to say to you through this Bible passage?

What questions do you have about this Bible passage? How might you find some answers?

### More things you might like to try:

- ⇒ What things do you see happening in the world that make you angry? What issues do you care about or feel strongly about? Is there a local charity or voluntary group that you could help out with or support?
- ⇒ Watch this video: [www.youtube.com/watch?v=G\\_YDpP-nU6w](https://www.youtube.com/watch?v=G_YDpP-nU6w) (search “Rise Up Virtual Choir” by BCC online on YouTube). What makes you want to rise up and take action?
- ⇒ Write a short prayer to God, featuring some of your reflections from today.

# DAY 3

## Double Betrayal



Bible passage: John 13: 21-33, 36-38

<p>What does this Bible passage tell you about Jesus or God?</p>	<p>What might God be trying to say to you through this Bible passage?</p>	<p>What questions do you have about this Bible passage? How might you find some answers?</p>
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### More things you might like to try:

- ⇒ The drama of the passion story is well underway. Judas and Peter are both about to let Jesus down so badly. Jesus is aware of all that is going on; he sees into the hearts of his two companions, whom he chose and trusted. But where am I in the story? Am I simply a passive spectator in the unfolding of the events which will change the history of the world.
- ⇒ Watch this video: [www.youtube.com/watch?v=VjFEPObXvOM](http://www.youtube.com/watch?v=VjFEPObXvOM) (search "The Jesus Memo" by The Skit Guys on YouTube). How can you serve others?
- ⇒ Write a short prayer to God, featuring some of your reflections from today.

**DAY 4**

**Spy Wednesday**



**Bible passage: Matthew 26:14-25**

**What does this Bible passage tell you about Jesus or God?**

**What might God be trying to say to you through this Bible passage?**

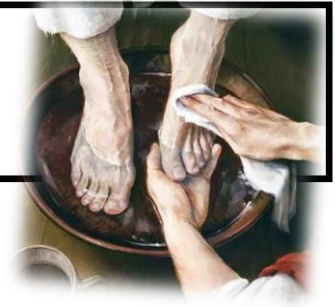
**What questions do you have about this Bible passage? How might you find some answers?**

**More things you might like to try:**

- ⇒ Maybe today take time to say sorry. If you have fallen out with someone take the risk of making up. Not easy, but more than worth it.
- ⇒ Watch this video: [www.youtube.com/watch?v=-YER\\_3afM20](https://www.youtube.com/watch?v=-YER_3afM20) (search "Who have you not forgiven, 0-100" by Soul Pancake on YouTube). At the last supper Jesus is preparing to die on the cross so that we can be forgiven by God. Who might you need to forgive?
- ⇒ Write a short prayer to God, featuring some of your reflections from today.

# DAY 5

## A sad night



Bible passage: John 13:1-15

What does this Bible passage tell you about Jesus or God?

What might God be trying to say to you through this Bible passage?

What questions do you have about this Bible passage? How might you find some answers?

### More things you might like to try:

- ⇒ Is there a friend or relative you can reach out to? Perhaps someone you haven't spoken to for a while? Why not give them a call, or drop them a text message or PM to check in?
- ⇒ Listen to the short reflection – Personal encounter - <https://www.youtube.com/watch?v=oqkelerdo78>
- ⇒ Watch this video: [www.youtube.com/watch?v=RAi5Hh1fyTU](http://www.youtube.com/watch?v=RAi5Hh1fyTU) (search “When my flesh is weak (watching and praying)” by RESOUNDworship on YouTube). When we have tough times it might help to remember that Jesus struggled too in the garden of Gethsemane.
- ⇒ Write a short prayer to God, featuring some of your reflections from today.

# DAY 6

## Good Friday



Bible passage: John 19: 14–30

What does this Bible passage tell you about Jesus or God?

What might God be trying to say to you through this Bible passage?

What questions do you have about this Bible passage? How might you find some answers?

### More things you might like to try:

- ⇒ Watch this video: [www.youtube.com/watch?v=ojUrs28LeGM](https://www.youtube.com/watch?v=ojUrs28LeGM) (search “Write a love letter to yourself” by Soul Pancake on YouTube). You’re *really* loved. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.” (John 3:16, NRSV) Jesus says, “No one has greater love than this, to lay down one’s life for one’s friends.” (John 15:13) It can be hard, sometimes, to feel loveable. Why not try to write a love letter to yourself (as in the video) or think about what God might say about you? Name 3 things you like about you.
- ⇒ Write a short prayer to God, featuring some of your reflections from today.



# Day 7

## Jesus in the tomb



**Bible passage: John 19: 38–42**

What does this Bible passage tell you about Jesus or God?

What might God be trying to say to you through this Bible passage?

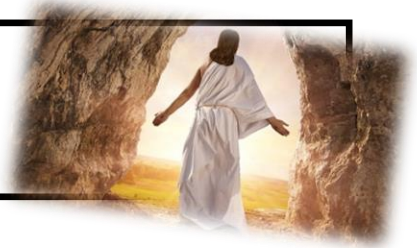
What questions do you have about this Bible passage? How might you find some answers?

### More things you might like to try:

- ⇒ In this passage Joseph of Arimathea shows great bravery and Nicodemus shows generosity. How can you show bravery and generosity to the people you care about? What do you have that you can share with your friends?
- ⇒ Watch this video: [www.youtube.com/watch?v=loFBGdeXGtg](https://www.youtube.com/watch?v=loFBGdeXGtg) (search NOOMA Small Group Bible Study: 001 Rain with Rob Bell on YouTube). Sometimes we all feel abandoned and like God doesn't care. What does this video tell us?
- ⇒

DAY 8

# Jesus is alive



Bible passage: John 20: 1-18

What does this Bible passage tell you about Jesus or God?

What questions do you have about this Bible passage? How might you find some answers?

What might God be trying to say to you through this Bible passage?

## More things you might like to try:

- ⇒ Watch this video: [www.youtube.com/watch?v=MljFNaWoYEs](https://www.youtube.com/watch?v=MljFNaWoYEs) (search “Passion Song—the story of Holy Week” by Sean Carter on YouTube). Reflect on what’s happened over this week and where it has brought us to on the day of Jesus’ resurrection as you listen to this song.
- ⇒ Easter Sunday is a day to really celebrate and be thankful for what God has done for us—especially through Jesus’ death and resurrection. Write a list of everything you are grateful for and say thank you to as many people as possible for things they have done for you.
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# The Bible passages continued...

## The Bible passages



### Day 1—Palm Sunday parade ♦ Mark 14:1 – 15:47

While Jesus was at Bethany in the house of Simon the leper, as he sat at the table, a woman came with an alabaster jar of very costly ointment of nard, and she broke open the jar and poured the ointment on his head. But some were there who said to one another in anger, 'Why was the ointment wasted in this way? For this ointment could have been sold for more than three hundred denarii, and the money given to the poor.' And they scolded her. But Jesus said, 'Let her alone; why do you trouble her? She has performed a good service for me. For you always have the poor with you, and you can show kindness to them whenever you wish; but you will not always have me. She has done what she could; she has anointed my body beforehand for its burial. Truly I tell you, wherever the good news is proclaimed in the whole world, what she has done will be told in remembrance of her.'



### Day 2—Jesus Anointed at Bethany ♦ John 12:1-11

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me.'

When the great crowd of the Jews learned that he was there, they came not only because of Jesus but also to see Lazarus, whom he had raised from the dead. So the chief priests planned to put Lazarus to death as well, since it was on account of him that many of the Jews were deserting and were believing in Jesus.

### Day 3—Double Betrayal ♦ John 13: 21-33, 36-38

After saying this Jesus was troubled in spirit, and declared, 'Very truly, I tell you, one of you will betray me.' The disciples looked at one another, uncertain of whom he was speaking. One of his disciples—the one whom Jesus loved—was reclining next to him; Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. So while reclining next to Jesus, he asked him, 'Lord, who is it?' Jesus answered, 'It is the one to whom I give this piece of bread when I have dipped it in the dish.' So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. After he received the piece of bread, Satan entered into him. Jesus said to him, 'Do quickly what you are going to do.' Now no one at the table knew why he said this to him. Some thought that, because Judas had the common purse, Jesus was telling him, 'Buy what we need for the festival'; or, that he should give something to the poor. So, after receiving the piece of bread, he immediately went out. And it was night.

When he had gone out, Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once.

Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come."

Simon Peter said to him, 'Lord, where are you going?' Jesus answered, 'Where I am going, you cannot

# The Bible passages continued...

follow me now; but you will follow afterwards.' Peter said to him, 'Lord, why can I not follow you now? I will lay down my life for you.' Jesus answered, 'Will you lay down your life for me? Very truly, I tell you, before the cock crows, you will have denied me three times. You know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.



## Day 4—Spy wednesday ♦ Matthew 26:14–25

Then one of the twelve, who was called Judas Iscariot, went to the chief priests and said, "What will you give me if I betray him to you?" They paid him thirty pieces of silver. And from that moment he began to look for an opportunity to betray him. On the first day of Unleavened Bread the disciples came to Jesus, saying, "Where do you want us to make the preparations for you to eat the Passover?" He said, "Go into the city to a certain man, and say to him, 'The Teacher says, My time is near; I will keep the Passover at your house with my disciples.'" So the disciples did as Jesus had directed them, and they prepared the Passover meal. When it was evening, he took his place with the twelve; and while they were eating, he said, "Truly I tell you, one of you will betray me." And they became greatly distressed and began to say to him one after another, "Surely not I, Lord?" He answered, "The one who has dipped his hand into the bowl with me will betray me. The Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born." Judas, who betrayed him, said, "Surely not I, Rabbi?" He replied, "You have said so."

## Day 5—A sad night ♦ John 13:1–15

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean." After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you.



# The Bible passages continued...

## Day 6—Good Friday ♦ John 19: 14–30

Now it was the day of Preparation for the Passover; and it was about noon. He said to the Jews, “Here is your King!” They cried out, “Away with him! Away with him! Crucify him!” Pilate asked them, “Shall I crucify your King?” The chief priests answered, “We have no king but the emperor.” Then he handed him over to them to be crucified.

So they took Jesus; and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. There they crucified him, and with him two others, one on either side, with Jesus between them. Pilate also had an inscription written and put on the cross. It read, “Jesus of Nazareth, the King of the Jews.” Many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. Then the chief priests of the Jews said to Pilate, “Do not write, ‘The King of the Jews,’ but, ‘This man said, I am King of the Jews.’” Pilate answered, “What I have written I have written.” When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. So they said to one another, “Let us not tear it, but cast lots for it to see who will get it.” This was to fulfill what the scripture says,

“They divided my clothes among themselves,  
and for my clothing they cast lots.”

And that is what the soldiers did.

Meanwhile, standing near the cross of Jesus were his mother, and his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, “Woman, here is your son.” Then he said to the disciple, “Here is your mother.” And from that hour the disciple took her into his own home.

After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), “I am thirsty.” A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, “It is finished.” Then he bowed his head and gave up his spirit.



# The Bible passages continued...

## Day 7—Jesus in the tomb ♦ John 19: 38–42

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.



## Day 8—Jesus is alive ♦ John 20: 1–18

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb, and we do not know where they have laid him.” Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus’ head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, “Woman, why are you weeping?” She said to them, “They have taken away my Lord, and I do not know where they have laid him.” When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom are you looking for?” Supposing him to be the gardener, she said to him, “Sir, if you have carried him away, tell me where you have laid him, and I will take him away.” Jesus said to her, “Mary!” She turned and said to him in Hebrew, “Rabbouni!” (which means Teacher). Jesus said to her, “Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, ‘I am ascending to my Father and your Father, to my God and your God.’” Mary Magdalene went and announced to the disciples, “I have seen the Lord”; and she told them that he had said these things to her.