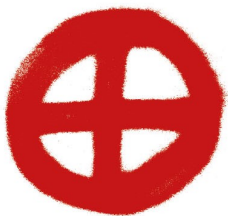


# A Holy week journey for young people



**The Methodist Church**  
Children, Youth and Family

# How to use this resource

This reflective journal has been designed to be used alongside the Dwell at Home resource *God's Big Easter Story—a Holy Week journey for families*, which the Children, Youth and Family team has recommended for use during the time from Palm Sunday to Easter Sunday (see [www.methodist.org.uk/holyweekathome/](http://www.methodist.org.uk/holyweekathome/)).

If you feel able to worship along with your family using the Dwell at Home resource, that is great! But you might also want to 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 (using websites such as [www.biblegateway.com](http://www.biblegateway.com)) to 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.



# DAY 1

## Palm Sunday parade

**Bible passage: Matthew 21: 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:

- ⇒ 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=ZFMXvfikCM8](https://www.youtube.com/watch?v=ZFMXvfikCM8) (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

# Throwing out the money changers

Bible passage: Matthew 21: 12–17

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? Why not lend your support to one or more of the current UK Youth Parliament campaigns ([www.ukyouthparliament.org.uk/campaigns/](http://www.ukyouthparliament.org.uk/campaigns/))? Or find out more about what different charities are doing about an issue you care about, and how you can help.
- ⇒ 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

## The foot washing

Bible passage: John 13: 1–17

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 Jesus is demonstrating love and being a servant to his disciples. How can you be of service today or in the next couple of days? Perhaps you could make someone a cup of tea? Or do a chore without being asked?
- ⇒ Watch this video: [www.youtube.com/watch?v=VjFEPObXvOM](https://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

## The Last supper

Bible passage: Luke 22: 7–23

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:

- ⇒ Listen to the Take Time meditations on Luke 22: 7-13 ([www.taketime.org.uk/themed-meditations/127-passover-preparation/](http://www.taketime.org.uk/themed-meditations/127-passover-preparation/)) & Luke 22: 14-23 ([www.taketime.org.uk/journey-meditations/128-last-supper/](http://www.taketime.org.uk/journey-meditations/128-last-supper/)). There are 5, 10, 15 or 20 minute versions of both available.
- ⇒ Watch this video: [www.youtube.com/watch?v=-YER\\_3afM20](http://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: Luke 22: 39–62

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 DM to check in?
- ⇒ Listen to the guided meditation on Luke 22: 39-45 from Take Time ([www.taketime.org.uk/journey-meditations/130-gethsemane/](http://www.taketime.org.uk/journey-meditations/130-gethsemane/)). There are 5, 10, 15 or 20 minute versions available.
- ⇒ 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

## Jesus dies

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 is buried

**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?
- ⇒ Write a short prayer to God, featuring some of your reflections from today.

# 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.
- ⇒ Write a short prayer to God, featuring some of your reflections from today.

# The Bible passages

These passages have been taken from the NRSV translation of the Bible, but we encourage you to look online (using websites such as [www.biblegateway.com](http://www.biblegateway.com)) to find a version that you like and find easy to read, or use your own copy of the Bible. You can also try to find a video or audio version to watch/listen to if you prefer.



## Day 1–Palm Sunday parade ♦ Matthew 21: 1–11

When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, saying to them, “Go into the village ahead of you, and immediately you will find a donkey tied, and a colt with her; untie them and bring them to me. If anyone says anything to you, just say this, ‘The Lord needs them.’ And he will send them immediately.” This took place to fulfill what had been spoken through the prophet, saying,

“Tell the daughter of Zion,  
Look, your king is coming to you,  
humble, and mounted on a donkey,  
and on a colt, the foal of a donkey.”

The disciples went and did as Jesus had directed them; they brought the donkey and the colt, and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting,

“Hosanna to the Son of David!  
Blessed is the one who comes in the name of the Lord!  
Hosanna in the highest heaven!”

When he entered Jerusalem, the whole city was in turmoil, asking, “Who is this?” The crowds were saying, “This is the prophet Jesus from Nazareth in Galilee.”



## Day 2–Throwing out the money changers ♦ Matthew 21: 12–17

Then Jesus entered the temple and drove out all who were selling and buying in the temple, and he overturned the tables of the money changers and the seats of those who sold doves. He said to them, “It is written,

‘My house shall be called a house of prayer’  
but you are making it a den of robbers.”

The blind and the lame came to him in the temple, and he cured them. But when the chief priests and the scribes saw the amazing things that he did, and heard<sup>[b]</sup> the children crying out in the temple, “Hosanna to the Son of David,” they became angry and said to him, “Do you hear what these are saying?” Jesus said to them, “Yes; have you never read,

‘Out of the mouths of infants and nursing babies  
you have prepared praise for yourself?’”

He left them, went out of the city to Bethany, and spent the night there.

# The Bible passages continued...

## Day 3—The foot washing ♦ John 13: 1–17

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. 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—The last supper ♦ Luke 22: 7–23

Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So Jesus sent Peter and John, saying, "Go and prepare the Passover meal for us that we may eat it." They asked him, "Where do you want us to make preparations for it?" "Listen," he said to them, "when you have entered the city, a man carrying a jar of water will meet you; follow him into the house he enters and say to the owner of the house, 'The teacher asks you, "Where is the guest room, where I may eat the Passover with my disciples?'" He will show you a large room upstairs, already furnished. Make preparations for us there." So they went and found everything as he had told them; and they prepared the Passover meal.

When the hour came, he took his place at the table, and the apostles with him. He said to them, "I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it until it is fulfilled in the kingdom of God." Then he took a cup, and after giving thanks he said, "Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood. But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!" Then they began to ask one another which one of them it could be who would do this.

# The Bible passages continued...

## Day 5—A sad night ♦ Luke 22: 39–62

He came out and went, as was his custom, to the Mount of Olives; and the disciples followed him. When he reached the place, he said to them, “Pray that you may not come into the time of trial.” Then he withdrew from them about a stone’s throw, knelt down, and prayed, “Father, if you are willing, remove this cup from me; yet, not my will but yours be done.” Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground. When he got up from prayer, he came to the disciples and found them sleeping because of grief, and he said to them, “Why are you sleeping? Get up and pray that you may not come into the time of trial.”

While he was still speaking, suddenly a crowd came, and the one called Judas, one of the twelve, was leading them. He approached Jesus to kiss him; but Jesus said to him, “Judas, is it with a kiss that you are betraying the Son of Man?” When those who were around him saw what was coming, they asked, “Lord, should we strike with the sword?” Then one of them struck the slave of the high priest and cut off his right ear. But Jesus said, “No more of this!” And he touched his ear and healed him. Then Jesus said to the chief priests, the officers of the temple police, and the elders who had come for him, “Have you come out with swords and clubs as if I were a bandit? When I was with you day after day in the temple, you did not lay hands on me. But this is your hour, and the power of darkness!”

Then they seized him and led him away, bringing him into the high priest’s house. But Peter was following at a distance. When they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. Then a servant-girl, seeing him in the firelight, stared at him and said, “This man also was with him.” But he denied it, saying, “Woman, I do not know him.” A little later someone else, on seeing him, said, “You also are one of them.” But Peter said, “Man, I am not!” Then about an hour later still another kept insisting, “Surely this man also was with him; for he is a Galilean.” But Peter said, “Man, I do not know what you are talking about!” At that moment, while he was still speaking, the cock crowed. The Lord turned and looked at Peter. Then Peter remembered the word of the Lord, how he had said to him, “Before the cock crows today, you will deny me three times.” And he went out and wept bitterly.



# The Bible passages continued...

## Day 6—Jesus dies ♦ 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 is buried ♦ 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.