



+ HOLY WEEK +

## THE WEEK THAT CHANGED THE WORLD

A workbook to guide you through the readings of this Holy Week with select contemplations so that we may all benefit from the most important week in our year

St Mary and St Mina Youth

[April 2016]



## Palm Sunday

The tone of prayer is “Shaaneen” during Palm Sunday. We also read 12 Gospels as we go around the Sanctuary 4 on each side of the Sanctuary:  
East:

- 1) Main Altar
- 2) St. Mary’s Icon
- 3) Arch-angel Gabriel Icon
- 4) North : Arch-angel Michael Icon
- 5) St. Mark’s Icon,
- 6) Apostles’ Icon,
- 7) the Door to the North West:
- 8) St. George’s Icon,
- 9) St. Anthony’s Icon,
- 10) At The Door to The West
- 11) At the Door to the South
- 12) St. John the Baptist’s Icon

**The selection here is worth noting and contemplating:**

1. The main altar symbolic of the body and blood of our Lord,
2. St. Mary, the mother of God in truth, is the highest regarded of all creation,
3. Arch-Angel Gabriel is the messenger who always brings the good news to our race,
4. Arch-Angel Michael is the head of all the heavenly host





# Holy week

## Typical layout in holy week

- Prophecies and poetry
  - Homilies
  - Doxology of the Pascha
  - Psalm and gospel
  - Expositions
  - Litanies
  - 12 lord have mercy's
  - Final hymn
  - Benediction
- 

## THE IMPORTANCE OF THE PASSION WEEK

The Passion Week or the Holy Pascha (Passover) is the most important period in the year and the richest spiritually. It is a week full of Holy memories of the most crucial stage of salvation and the outstanding chapter in the story of redemption.

In the early Church, our Saintly Fathers used to receive this week with respect and reverence, and act in great humility.

In each of these prayers, we turn to our God and Saviour in His passions and say, "we know who You are, for "Thine is the Power, Glory, Blessing and Honour, forever Amen."

### **General Prayer For the Departed**

Through the Passion Week, the Church is preoccupied with the Lord's sufferings only, there is no raising of incense even for funerals, but replaced by the Pascha prayers and readings. 11 For this reason, a general prayer for the departed is held after Palm Sunday Mass, for the souls of those who pass away during the Holy Pascha.

The priest prays on some water for this purpose, and not for blessing the palms as some may think. During these prayers we have to confess our sins to the Lord in true repentance, as we never know when our life will end... After this funeral mass and the dismissing of the congregation, prayers are carried forth outside the camp.



## Outside the Camp

Under the Law of the Old Testament, sin offering was to be burnt outside the camp (Lev. 4:12,21), so it would not defile the camp with the congregation's sins.

Thus the Lord Christ who took away the sins of the whole world, suffered outside the Holy City. They considered Him a sinner, sent Him outside the Camp and crucified Him. St. Paul explained, and referred to this matter by saying: "**Let us go forth therefore to Him outside the camp, bearing His reproach.**" (Heb. 13:13).

The Holy Church follows the Lord's steps during the Pascha Week and goes with Him outside the camp, closing the veil. The Church also leaves the first Chancel, the Chancel of Saints, and moves the Lectern to the second Chancel to pray away from the Altar, outside the Sanctuary and the camp, bearing His reproach and saying: "**Thine is the Power, the Glory, the Blessing and the Honour, forever Amen...**" With this hymn, we follow the Lord Jesus Christ in His passion, step by step, contemplating on every word we say to Him in His Passion...





## Monday eve

### Luke 9 18-22

Tonight Jesus is asking “**But who do you say that I am?**”

He isn't interested in who the crowd say He is or what others say about Him but what His disciples think of Him on a personal level.

Who is Jesus to you...who do you say He is?

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### Joel 1: 5-15

‘The vine is dried up and the fig tree is withered; the pomegranate, the palm and the apple tree— all the trees of the field—are dried up. Surely the people's joy is withered away.’

Compare how this is similar to;

### **Mark 11:12-25**

### **Micah 2 3-10**

‘I will bring them together like sheep in a pen,  
like a flock in its pasture;  
the place will throng with people.’

Read Luke 13: 30-34 and compare the 2 passages





# Monday

Christ spent this whole day in Jerusalem and in the evening .He returned to Bethany “Beet Annia” the village of Lazarus and his sisters, where He told the disciples that he will suffer and will be crucified and die and on the third day, He will rise again! On this day He also cursed the fig tree because it was full of leaves but had no fruits, symbolic of the Jewish nation.

## **MATCH UP THESE PROPHECIES AND NEW TESTAMENT PASSAGES**

<b>Prophecy</b>	<b>New testament</b>
<b>Isaiah 40:1-5</b> Prepare the way of the LORD; Make straight in the desert <sup>[a]</sup> A highway for our God. ‡Every valley shall be exalted	<b>John 15:5</b>
<b>Isaiah 5 1:9</b> I will sing for the one I love a song about his vineyard: My loved one had a vineyard on a fertile hillside. ‡He dug it up and cleared it of stones and planted it with the choicest vines. He built a watchtower in it and cut out a winepress as well. Then he looked for a crop of good grapes, but it yielded only bad fruit.	<b>Matthew 3:1</b>
<b>Exodus 3:14</b> Jesus said to them, “Most assuredly, I say to you, before Abraham was, I AM.”	<b>John 8: 51-5</b>
<b>Isaiah 5:20-30</b> Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter.  Who is this passage talking about?	<b>Matthew 3 1-11</b>



# Tuesday

The Lord starts his day on Tuesday walking past the fig tree, that he had cursed the day before.

The rest of the day is spent with Jesus answering lots of questions from his disciples, as well as from the Pharisees AND making prophecies.

On Tuesday, the Church reminds us of the second coming, it's a day to remind ourselves to keep watch and keep our lamps lit!

## 1<sup>st</sup> Hour

Jesus reminds the disciples, and us, that he will be leaving soon and that he should prepare. He also talks about his obedience to the Father.

- John 8:21-29.

How do you practically prepare for Jesus's second coming each day? Share some ideas!!

E.g. Do we always ensure we confess our sins? Do we leave grudges unsolved or hold on to anger against others? Lets live a life of love! So we are joyful AND ready.

## 3<sup>rd</sup> Hour

Deutonomy 8:11-20 – this is a great reminder of how we show God our love to him! It also links to this – take a look:

- *John 14:21: He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him.*

Sometimes the best way to say I love you is actually do obey someone!

Here we see a very clear prophecy about the destruction of the temple in the gospel of the 3<sup>rd</sup> hour:

- 23:37-24:1,2.



Have a little think about what 'walls' we have in our life that stop us from living happily with God. How can we destroy them??

### **6<sup>th</sup> Hour**

God also makes it very clear through out Tuesday that heaven isn't for one group or type of person, its gates are open for everyone. **See if you can pick out some verses that show this!**

Have a look at the prophesy in this hour from Sirach:

It starts like this..

- *Watch for the opportune time, and beware of evil, and do not be ashamed to be yourself. For there is a shame that leads to sin, and there is a shame that leads to glory and favour.*

It says in the fraction prayer throughout lent that we should pray with an unashamed face. This passage reminds us that we shouldn't feel bad when we sin, making us feel small and therefore sinning again. We should be upset because we have put a wall between God and us. This feeling motivates us to live more like Jesus!

**How do we know what kind of guilt we are feeling? Ask an older person in Church you trust for some advice! We have felt both and know the difference!**

The gospel in this hour:

Jesus talks to the Pharisees about identity, something we all struggle with growing up. Check out *John 8:14*.

### **9<sup>th</sup> Hour**

The first prophesy in this hour, a particularly long one, is a great chance to reread the story of Noah, **see if you can spot one of Gods many promises in the reading.**

The **gospel** of this hour is a very clear, direct description of the indicators of the second coming of Christ!

**Matthew 24:3-35**





Read this passage carefully, another great chance to have a little think about the things we can do to be ready to meet Jesus!

### **11<sup>th</sup> Hour**

My favourite part of this hour, is the Gospel.. again. The gospel talks about the parable of Talents.

We see here how, we all receive gifts according to our ability, and we are just called to do our best with what we have received.

*Do we waste too much time comparing ourselves? Why don't you try comparing yourself to you last year, to yourself now. This is a better way of seeing if we have grown more and are following Jesus's commandments than looking at others!*



# Wednesday eve

## 1<sup>st</sup> Hour

The gospel of this hour is another awesome parable (Tuesday is parable day if you haven't noticed:

This time Jesus compares the Kingdom of Heaven to wedding feast.. with everyone invited!

Unfortunately there is one guest who doesn't come in the right clothes.

Have a quick think about what this could mean for us.. What are the right clothes? Ask if your not sure!

## 3<sup>rd</sup> Hour

Just in case you haven't got the message this hour is also devoted to reminding us again, about the second coming and how ready we need to be!

## 6<sup>th</sup> Hour

The next parable we meet is the gospel of this short hour, this time it's the parable of the 10 virgins.

5 wise and 5 foolish, are we watching and waiting like the wise? Or are we letting life pass us by and sleeping our way through? Lets be deliberate and honest in everything we do. Lets live life abundantly, as we are commanded to.

Get the picture?

## 11<sup>th</sup> Hour

The final hour of Tuesday (Wednesday Eve), starts with a prophesy about wisdom.

The reading describes Wisdom as the breath of the power of God! It also claims that wisdom is more beautiful than the sun!

*A definition of Wisdom: the quality of having experience, knowledge, and good judgement; the quality of being wise.*



The reading talks about Godly wisdom. But the wisdom of the world is foolishness to God? Have a think about how this works.. Not sure? Ask!

The last gospel of the day hints to tomorrow's events, **the plot to capture Jesus is well underway now.**

## Wednesday and Thursday eve

- *On Holy Wednesday, the Sacrament of Holy Unction is conducted in the Church. After the reading of seven Epistle lessons, seven Gospel lessons and the offering of seven prayers, which are all devoted to healing, Abouna anoints the body with the Holy Oil. This oil is not just for those who are physically ill offered to all who are sick in body, mind, or spirit. This oil is also used in this Sacrament as a sign of God's presence, strength, and forgiveness.*
- *According to church tradition, kisses and greetings are forbidden from Thursday eve (Wednesday night). This is to remember the betrayal of Christ by Judas with a kiss*

Key theme: Day of love and betrayal

### Mary of Bethany

- Mary anointed Jesus with oil for His burial.
- She uses an alabaster flask of perfume to do this.



**1) She uses an expensive flask and oil worth 300 dinari.** A family could have lived on the 300 dinari for a whole year. Mary, however, out of her love and joy with Christ lays out the best she had for him. Those who truly love Christ should also love Him so much better than this world and be willing to lay out all that they have for Him.

**2) She personally anoints Jesus.** Mary, out of her love and humility, does not allow a servant to wash His feet but personally anoints him. She did not, as would be expected, anoint his head with it, but his feet. Likewise, true love, in honouring Christ, does not spare pains.

**3) She does this act out of faith.** When Mary chose to anoint Christ, there was faith working by this love. She anointed Christ in faith, that Jesus was the Messiah, the Anointed, who, being both priest and king, was anointed as Aaron and David were.

Compare Mary's act to Judas...

### **Judas**

- Sought to betray Jesus (The Four gospels talk about this: *Matt 26:14 - 16, Mark 14:10-11 Luke 22:3-6, John 12:4*)
- He criticises Mary for wasting the cost of the perfume by saying it could have been used for the poor

**Judas, a disciple of Christ?** Judas was one of his disciples but not one of his disciples in nature but rather only in number. This is an important lesson for all of us: it is easy for us to call ourselves Christians, but are we truly followers of Christ? Judas was an apostle, a preacher of the gospel, and yet tried to discourage Mary from performing an act of kindness and



questioned her devotion. Let not our love to Christ be cold but let it be genuine and without hypocrisy

**Questions for contemplation:**

- Think about what makes you betray Christ in your life. For Judas it was his love of money. What is it that makes you turn away from Christ? How will you flee from this?
- Mary acted out of loyalty but Judas out of betrayal. Judas sought for money which made him forget about the Lord. Think of three things which distract you from God and three positive things which you can replace these with. *Eg You could spend less time in your day on social networks such as Facebook and use the time you saved to read a chapter from the Bible*



## MATCH UP THESE PROPHECIES AND NEW TESTAMENT PASSAGES

Prophecy	New Testament
<p><b>Joshua 22: 18 :</b> And it shall be, if you rebel today against the Lord, that tomorrow He will be angry with the whole congregation of Israel.</p> <p><b>Isaiah 1:3</b> The ox knows its owner And the donkey its master's crib; <i>But</i> Israel does not know, My people do not consider."</p> <p><b>Zechariah 11: 12</b> Then I said to them, "If it is agreeable to you, give me my wages; and if not, refrain." So they weighed out for my wages thirty pieces of silver.</p>	<p><b>Read Matthew 26: 14-15</b></p> <p><b>Read Mark 14:21</b></p> <p><b>Read John 11:49</b></p>



# Good Friday Eve of the Holy Pascha

## The Readings and Events

**Subject:** Arresting the Lord Jesus

- ❖ **First hour:** His farewell speech to His disciples (Instructing them- the world hates them-Promising them the comforter the Holy Spirit- Their glory in heaven)
  - ❖ **Third hour:** Predicting their doubt
  - ❖ **Sixth hour:** His agony in Gethsemane
  - ❖ **Ninth hour:** Arresting the Lord Jesus
  - ❖ **Eleventh hour:** The trial before the chief priests
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**Take notice:**

**Now that we have begun the eve of Good Friday you'll notice a few changes in the readings and the hymns**

- ❖ Longer! Yes! Now we are getting into the most important day of holy week and so the Pascha prayers are now deeper. But think about it, this is the night before the **Lord, God and Creator** of all the earth gives his life up for **YOU**.
- ❖ Now we will begin to read 4 Gospel for each hour. You may find this quite interesting that in the last hours of Christ, all four of the authors mention the same events and you can pick up on these. The first hour alone has all 4 readings from the Gospel of St. John as he mentions in great details what Jesus said to his disciples before his last night with them.
- ❖ The Pascha praise (Thok Te Ti Gom) now has the ending:

The Lord is my strength, my praise, and has become my salvation  
Ta-gom, nem pa-esmo pi-epshois af-shobi nee, af-sotereia ef-owab  
(ταχομ νειμ παςμοϋ πε Πος: αφωωπι  
νηι ετσωτηρια εφοταβ.)

We add this to praise our Lord and tell him though the people are laughing at you and mocking you we know you are our strength; praise and you have become our salvation through your sacrifice.

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## The First Hour of Good Friday Eve

### **Jeremiah 8:17-9:6**

This reading prefigures what Christ will speak to his disciples in the Gospels of this hour, that the world will be against them. The tone of the opening line is similar to when Jesus tells his disciples “I send you out as sheep amongst wolves” Matthew 10:16.

What do you think the prophet Jeremiah meant when he says, “Why has not the healing of the daughter of my people taken place?”

Thousands of years before Christ came down to earth the prophets could see the need for a Savior, a physician as this passage mentions.

The reading ends saying “**they would not know Me, says the Lord**” compare this to when we read Gospel 3 of this hour as it says “and these things they will do to you (persecutions) because they have not known the Father nor Me”.

### **The Psalm and Gospels**

The psalm is a compilation of two verses in the psalm 101. The theme in the psalm runs through the Gospels. David here prays that God hears his prayer. **Why do you think David prays this?** Does it prefigure that it is as if Jesus is praying this as He prays in His extraordinary prayer in the 4<sup>th</sup> gospel? He then goes on to say how his enemies are against him. We will see in the gospels that this is exactly what Jesus says to the disciples that the world will be against them and He prophesied that they would be persecuted.

We will notice that the Gospels in the first hour are all from St John’s Gospel. There are so many beautiful lessons we learn from Christ as he intimately sits with his disciples (Judas had left them at this point to go and prepare for the betrayal) and gives them his final words before he gives himself to be arrested. **Listen closely to every word and try to envision Jesus Himself teaching you these words you will hear in the Gospel.**

Note the verse: “**By this all will know that you are my disciples, if you have LOVE for one another.**” How is it, that through loving one another that the world will know we are disciples of Christ? Many religions and ways of life teach us to love. However, we are





taught in Christ's example to love ALL, as Christ loved those who were even crucifying him, torturing him and spitting in His face.

Let us notice that Christ willingly gave Himself up for the sacrifice, as he foretells His death in these gospels by saying **"where I am going, you cannot come... but you will come afterward"** and also that He tells Peter **"Most assuredly, I say to you, the rooster shall not crow till you have betrayed me three times"**.

The second Gospel focuses on how the world will hate the disciples as they will hate Jesus, **"If the world hates you, you know that it has hated Me before it hated you...if they persecuted Me they will also persecute you...but this happened that the word might be fulfilled which is written in their law (the Jews) 'They hated me without a cause'"**.

Within the third Gospel Jesus concentrates on the Helper, which is the Holy Spirit. That although Christ may leave them, he leaves them with the Holy Spirit which they will receive at Pentecost. What do you think this verse means **"He (the Holy Spirit) will convict the world of sin and of righteousness, and of judgment of sin?"**. Again, it can be seen that Jesus tells His disciples of his death and resurrection, as he says **"Most assuredly, I say to you that you will weep and lament, but the world will rejoice: and you will be sorrowful, but your sorrow will be turned into joy"**.

Finally, the fourth Gospel, which is one of the most beautiful passages in the bible. This is a prayer that the Son of God prays and he cries for the world and all that are in it. He prays for His mission (the cross), the apostles' ministry, the church and finally He prays for the whole world. [Try find these sections of each prayer in this gospel.](#)





# Good Friday

The icon of the Crucifixion depicts Christ nailed to the Cross-. His right side is pierced and from the wound flows blood and water. At the foot of the Cross is a skull. Golgotha, the Mount on which Christ was crucified, means "the place of the skull". Tradition related that the Cross of Christ stood directly over the grave of our forefather Adam. On the top bar of the Cross is the inscription "I.N.B.I.", the initials for the Greek words meaning "Jesus of Nazareth, King of the Jews."

we are once again reverent witnesses to the undeserved suffering of Christ, to his terrible passion and death. What is remembered in a special way through liturgical commemoration and procession, is the faithfulness and love of Joseph of Arimathea who tenderly removed Christ's body from the cross, wrapped it in clean linen, and carried it to his own unused tomb for burial

The service begins with lamentations sung as we stand before the tomb of Christ commemorating His unjust punishment and the shedding of His innocent blood. But the service ends on a note of joy and hope, with the reading of the Prophet Ezekiel in which he describes his vision of our resurrection yet to come; in the midst of despair, we are told there is hope, for not even death can separate us from the unfailing love and power of God. Death is about to be conquered and faithfulness rewarded.

## 1<sup>st</sup> hour

The Chief priests and elders plotted against Jesus. Judas regretting his decision to betray Jesus...but it was too late  
They brought Jesus before Pilate to be tried, but He did not argue His case, it was prophesied in the Old Testament that He would be as silent as a lamb.



### Zechariah 11

<sup>13</sup> And the LORD said to me, “Throw it to the potter”—the handsome price at which they valued me! So I took the thirty pieces of silver and threw them to the potter at the house of the LORD.

Thirty pieces of silver is the traditional amount used to buy a slave.

What does this remind you of in the New Testament?

What do we sell Jesus for in our lives?

### 1 Corinthians 1:23

but we **preach Christ crucified**: a stumbling block to Jews and foolishness to Gentiles, <sup>24</sup> but to those whom God has called, both Jews and Greeks, Christ the power of God and the wisdom of God. <sup>25</sup> For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.

We need to know Christ as the crucified Christ, not just the victorious one that is walking through the gates of Jerusalem as a King but we need to know Him in His suffering to

### 3<sup>rd</sup> hour

In the third hour, Jesus is being tried against Barabbas. Barabbas was the one who sinned and deserved the crucifixion. In this hour remember that YOU are Barabbas.

### Isaiah 50

“I gave my back to those who struck me and my cheek to those who plucked out the beard; I did not hide my face from shame and spitting, for the Lord God will help me; therefore I will not be disgraced.

‘He has made alive together with Him having forgiven all your trespasses having wiped out the handwriting of requirements that was against us’  
Corinthians 2 13-15



### Luke 23

On His way to the crucifixion they pulled out a man from the crowd who's name was Simon, and they told him to carry the cross with Jesus

- Meditate on how that would feel to carry the cross with Jesus
- We are all called to carry the cross, what is your cross that Christ has asked you to carry

On Good Friday we often see a lot of people crying and weeping over the death of Christ, a similar thing happened on the day of Crucifixion.

But Jesus turned to them and said  
“daughters of Jerusalem do not weep for me, but weep for yourselves and for your Children’

The church fathers talk about the importance of tears of repentance, they call it a second baptism, the tears wash away all our sins, so this good Friday, don't be moved by the emotion of the service but be broken for your sins and the sins of the world that led Him to the cross.

### 6<sup>th</sup> Hour

Candles are lit before the crucifix and the friends uncover their heads and cense three times

Jesus was nailed to the cross on the 6<sup>th</sup> hour

The lights are switched off

Compare psalm 22 with “ then they crucified Him and divided His garments, casting lots that it might be fulfilled which was spoken by the prophet “ they divided my garments among them and for my clothing they cast lots”

- They wrote of the cross

**Jesus of Nazareth the king of the Jews**



But is He really your king, would you serve Him to the end? Will you do whatever He asks of you

### 9<sup>th</sup> Hour

On the 9<sup>th</sup> hour Jesus is on the cross and He says  
“My god My god why have you forsaken me”  
Even Christ himself felt despair

He then cried out and breathed His last and died.

### Luke 23 45-46

The veil of the Temple was torn in two, that means that there is no longer a separation between us and God.

### 11<sup>th</sup> hour

The earthquake and the rocks were split  
Those in the graves were resurrected and many cried out and said “truly this is the son of God”

The events were so striking that even those that crucified him believed The centurion, seeing what had happened, praised God and said, “Surely this was a righteous man.”<sup>48</sup> When all the people who had gathered to witness this sight saw what took place, they beat their breasts and went away. Luke 23: 46/47

### 12<sup>th</sup> hour

since it was the Sabbath the next day they wanted to bury the body as soon as possible.

Joseph of Arimathea took the body of Jesus and wrapped it in linen clothes.

## **THE BURIAL**