

# HOLY WEEK

ACTIVITY GUIDE FOR FAMILIES



*M.*

Dear Families,

In a world that moves fast, Holy Week gives our families a sacred opportunity to pause, remember, and honor Jesus together. These days are not meant to be rushed through but lived in with intention, helping our children see that Jesus is worth our time and affection.

The daily activities in the following pages are designed to be simple, meaningful touchpoints that guide your family through the final week of Jesus' life. You don't need to preach a sermon or have all the answers. Your role is simply to lead with presence. This guide is not built around one single activity, but around weaving small, intentional moments into your day, including mealtime conversations, bedtime prayers, and short daily prompts.

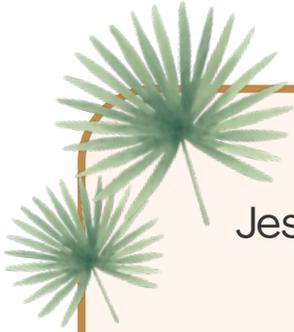
Read the Word together. Enjoy the activities. Ask open questions. Children often absorb more from the atmosphere you create than from the words you say. You can make each day feel special by marking it in small ways. Light a candle. Sit in a different spot. Pray together before starting. Let one child help lead the activity or read the Scripture. These simple rhythms help signal that this week is different and set apart.

Most of all, model what it looks like to slow down for Jesus. This guide will be most impactful when it flows from your own daily encounter with God and works especially well alongside our Holy Week devotional for adults and teens. As your children see you choosing reflection over distraction, they will begin to sense that this week is different. Your example invites their curiosity and quietly teaches them how to honor and celebrate Jesus.

Thank you for leading your family through this Holy Week guide. May you encounter God in powerful ways this week.. **A LOT can happen in seven days!**

**Note: You will find a short supply list on each of the following pages for the daily activities. This guide was designed with ease and affordability in mind, and most of the items can be found right in your home. Taking time to prepare, gather supplies, and review the activity ahead of time will make leading children more enjoyable and engaging for everyone involved.**

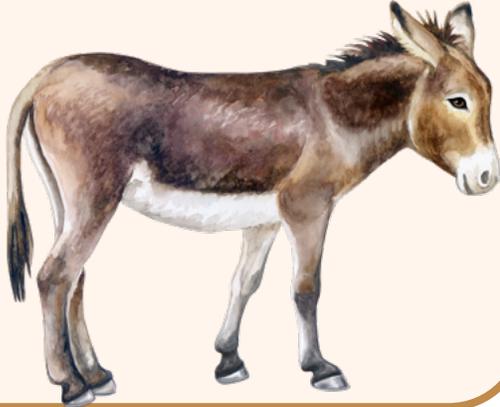
# HOLY WEEK



## Palm Sunday

Jesus Entered Jerusalem

**Matthew 21:1-11**



## Monday

Jesus Cleared the Temple

**John 2:13-22**



## Tuesday

Jesus Taught at the Temple & the Mount of Olives

**Matthew 21:23-25:46**



## Wednesday

Jesus was Anointed with Oil & Betrayed by Judas

**Matthew 26:1-16**



## Thursday

The Last Supper, Gethsemane, Jesus was Arrested

**Matthew 26:17-56**



## Good Friday

Jesus was Crucified

**Matthew 26:57-27:61**



## Saturday

Jesus was in the Tomb

**Matthew 27: 62-66**



## Resurrection Sunday

Jesus is Risen!  
Our King is ALIVE!

**Matthew 28:1-15**

# Day 1 - Palm Sunday

## Jesus Entered Jerusalem



### HANDS ON ACTIVITY FOR KIDS –



- Show your child(ren) how to trace their hands, using either green construction paper or a green crayon/marker to color on regular paper.
- Cut out the hands.
- Write short phrases of praise & adoration on the hands.
- Assemble the Palm Branch by taping the hands onto a stick/straw/or pencil.
- Practice waving them as people did when Jesus entered Jerusalem. Play worship music and wave them in worship. Hang them up as decoration for the rest of the week!

### BEDTIME PRAYER –

Pray together as a family, or lead each child individually in the prayer below as you tuck them in at bedtime.

“Jesus, Thank you for coming to save us. You are such a good King. Come and rule in our hearts. We want to do things Your way because we know it’s the best way. Teach us to be humble, teach us to obey. We are so thankful for you, Jesus!”

### MEAL TIME CONVERSATION –

At some point before/after sharing a meal together, read **Matthew 21:1-11** to your family. Discuss it together.

**Ask the question below and allow each person in the family to answer:**

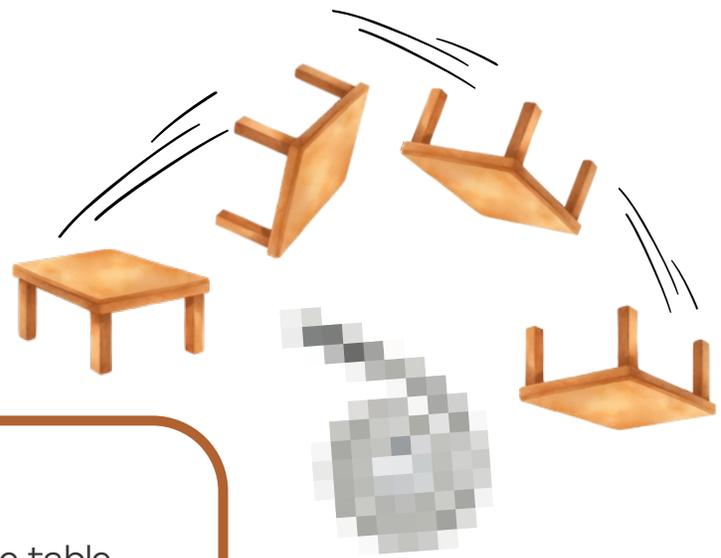
- If you were in the crowd when Jesus rode through on the donkey, what would you have shouted to him?

### Supply List –

- Bible
- Green paper *OR* green crayons and white paper
- dark color marker or crayon
- scissors
- tape or glue
- a stick/straw/or pencil for the branch

# Day 2 - Monday

## Jesus Cleared the Temple



### FAMILY ACTIVITY –

Gather your family together around the table.  
Read **John 2:13-22**.

Explain to children: Jesus cleared out the temple because a place that was meant to be about God's Word and prayer had turned into something it was never supposed to be.

The temple was God's house. It was meant to be a holy place. But some people started using it to make money instead. They were selling things loudly and unfairly, and it made it hard for anyone to focus on God.

Now, because of Jesus, WE are God's temple. The Holy Spirit lives inside of us - we are His "house". We need to ask God often if there is ANYTHING in us that is not pleasing to Him.

Let's each pray and ask God if there is anything He would like to clear out of our hearts.  
*Sit and pray quietly or together.*

*You may need to prompt kids with ideas/examples: anger, lying, video games, TV, phone, money, busy calendar, not having a daily encounter with God, etc.*

When each person knows what Jesus would like to clear out, place the physical item in the center of the table. If it's a nonphysical thing, like anger, simply write it on a slip of paper and place it in the center of the table.

Pray together as a family in repentance and surrender to God! Thank Him for reprioritizing these things within your heart and your family. Then as a symbol of making GOD the center of your life, and not those other things, remove those things from the center of the table.

(No need to flip any actual tables, but absolutely let Jesus flip the tables of your heart!)

### WORSHIP SONG –

**"House of Prayer"**  
-Mitch Wong

Listen to the song and worship together as a family.

### Supply List –

- Bible
- A paper and pen (optional)
- TV/Phone/or other Device to play the song from

# Day 3 - Tuesday

## Jesus Taught at the Temple & the Mount of Olives



### SCRIPTURE MEDITATION –

On Tuesday of Holy Week, Jesus was in the temple in Jerusalem. Religious leaders came to Him and asked which commandment was the most important. Jesus answered them by saying we must love God with all our heart, soul, and mind.

Write the verse below on a small sheet of paper or index card and place it around your house. (Optional: each individual can write their own and place it in their area of the home. Meditate on Jesus' words throughout the day and make it your goal to memorize this scripture as a family.

For young children, putting hand motions to the verse can be helpful!

**Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.”  
Matthew 22:37 NLT**



### Supply List –

- Bible
- small sheet of paper or index cards
- something to write with



### MEAL TIME CONVERSATION –

Ask these exact questions, one at a time. Let each family member answer.

**Heart** - “What do I love or care about the most right now?”

**Soul** - “What is shaping me the most right now - parents, friends, sports, school, God’s word, church, etc.?”

**Mind** - “What do I think about the most during the day?”

Let each person answer honestly with no immediate correction.

**Read Matthew 22:37 again.**

Then ask:

- “Does what I love match loving God?”
- “Does how I spend my time and what I allow to shape me show love for God?”
- “Do my thoughts include God?”

Lead your family in a prayer, expressing a desire to love God with all your heart, all your soul, and all your mind.

# Day 4 - Wednesday

## Jesus was Anointed with Oil & Betrayed by Judas



### FAMILY GAME -

To set up the game, put a small amount of perfume or scented oil on a cotton ball or tissue. Have one adult hide it somewhere in the room/house while everyone else waits. Release the family to search for it, using their nose to lead them to the scent. When someone finds it, everyone gathers together. (Play a few rounds if you want!)

Short teaching to wrap it up:

**Read Mark 14:1-9** together as a family.

The woman poured all of her perfume on Jesus. She broke her alabaster box and did not hold anything back. Once it was poured out, it could not be taken back. Jesus said this was a beautiful thing. Jesus wants ALL of our hearts, not just a part.

Is there any part of our hearts or lives that we don't fully give to Jesus?

Pray together and give Him all of your heart.

### WORSHIP SONG -

"Pour My Love On You"  
-UPPERROOM

Listen to the song and worship together as a family.

### Supply List -

- Bible
- cotton ball or tissue
- perfume, cologne, or an essential oil with a pleasant smell
- TV/Phone/or other Device to play the song from

### BEDTIME PRAYER -

Pray together as a family, or lead each child individually in the prayer below as you tuck them in at bedtime.

"Jesus, thank You for loving us.  
We want to give You all of our hearts.  
Help us not hold anything back.  
We give You our hearts, our minds, our choices, our time, our home.. *(insert anything else here that you want to give to Jesus)*. You are so worthy. We love you, Lord. Amen."

# Day 5 - Thursday

The Last Supper, Gethsemane,  
Jesus is Arrested



## FAMILY COMMUNION –

Read Mark 14:22-24

Jesus shared a special meal with His disciples the night before He died. He told them to eat and drink to remember what He did for us.

### ***Hold up the bread and say:***

“Jesus said the bread is His body, given for us. His body was broken so we could be made whole.”

### ***Hold up the juice and say:***

“Jesus said the cup is His blood, poured out for us. His blood washes away our sin.”

Pray together:

“Jesus, thank You for Your body. You took our pain, our sickness, and our brokenness. We receive Your healing and Your life.”

### ***Eat the bread together.***

“Jesus, thank You for Your blood poured out for us. You forgive us and make us clean. We’re so thankful for your blood. Amen.”

### ***Drink the juice together.***

## FEET WASHING –

**Explain:** Before His last dinner with the disciples, Jesus did something shocking. He stood up, took off His outer robe, and knelt down like a servant. The disciples’ feet were likely very dirty from walking dusty roads in sandals. Even though He is Lord, Jesus washed their dirty feet. He showed them that real love means serving others. Jesus told them to love one another by serving the same way. (John 13:1-17)

Take a moment today (before bed is a great opportunity!) to wash your children’s/family’s feet. This is a great opportunity for the leader of the home to show servant leadership and the love and care of Jesus. You can make this a drawn out moment by filling a bowl/tub with water and washing the feet, or keep it simple by using a warm washcloth or even a wet wipe to wipe the feet.

Don’t let an aversion to dirty feet keep Jesus from loving your family through you with this precious act of love.

### Supply List –

- Bible
- Cups
- Grape juice
- Bread or crackers
- tub/bowl of water OR a warm washcloth (or even a baby wipe)



# Day 6 - Good Friday

Jesus was Crucified



## REMEMBRANCE ACTIVITY -

Invite your kids to build a cross using whatever you have.. Legos, Play-Doh, sticks from outside, or other craft items you have around the house. As they build, play worship music in the background and encourage them to think about what Jesus did on the cross and why He chose to do it. When they finish, pause together and thank Him for His love and sacrifice.

### Supply List -

- Bible
- Candle or small light
- Legos, Play-Doh, or other crafting items

## MEAL TIME SCRIPTURE & DISCUSSION -

Turn off all the lights in the house. Light one candle and sit together around the table.

Say: "Tonight we remember the moment Jesus died. It was the darkest day in history, but shows us how deeply God loves us."

### Read Matthew 27:45-56.

Allow everyone to answer these questions:

- What do you notice happening in this story that shows this was not an ordinary death? (Darkness, the curtain tearing, the earthquake, the centurion's words.)
- How does it make you feel to know Jesus chose to go through this for us?
- Because of what Jesus did for me, I now \_\_\_\_\_. (Let each person fill in the blank with their own words.)

# Day 7 - Saturday

Jesus was in the Tomb

## FAMILY NATURE WALK

During this Holy Week, you have walked through Jesus' last week - from the triumphal entry to the Last supper, cross, and empty tomb. Take a walk with your family today and use all your senses to find the things listed below. Take a photo or check it off, then look up the verse.

<b>A CROSS</b>  <b>MARK 15:21</b>	<b>A LEAFY BRANCH</b>  <b>MARK 11:8</b>	<b>SOMETHING BROKEN</b>  <b>MARK 14:3</b>	<b>THE SOUND OF A BIRD</b>  <b>MARK 14:72</b>
<b>WATER</b>  <b>JOHN 13:5</b>	<b>A HEART</b>  <b>JOHN 13:34</b>	<b>A TABLE</b>  <b>LUKE 22:14</b>	<b>12 OF SOMETHING</b>  <b>MARK 14:17</b>
<b>SOMETHING SHARP OR THORNY</b>  <b>MARK 15:17</b>	<b>SOMETHING PURPLE</b>  <b>JOHN 19:5</b>	<b>SOMETHING HIDING</b>  <b>JOHN 20:19</b>	<b>A STONE</b>  <b>MARK 15:46</b>
<b>SOMETHING EMPTY</b>  <b>MARK 16:6</b>	<b>SOMETHING SPRINGING TO LIFE</b>  <b>LUKE 24:5</b>	<b>A SWEET OR SPICED SCENT</b>  <b>JOHN 19:40</b>	<b>EACH LETTER OF "JESUS"</b>  <b>HE IS RISEN!</b>

# Resurrection Sunday

He is Risen!



## CHURCH AS A FAMILY –

Go to church together as a family and celebrate our Risen Savior, Jesus!

## BEDTIME PRAYER –

Pray together as a family, or lead each child individually in the prayer below as you tuck them in at bedtime.

“Jesus, thank You that the tomb is empty and You are alive. Thank You for defeating sin and death so we can have new life with You.

Help us remember that because You live, we have hope no matter what happens. Fill our hearts with joy, peace, and hope as we sleep tonight. We love You. Amen.”

## Supply List –

- Bible

## MEAL TIME –

### Read Matthew 28:1-20

You might let different family members read a few verses each. Invite everyone to imagine being there that morning, seeing the stone rolled away and hearing the angel’s words.

Ask and let each person answer:

- What does Jesus rising from the dead show us about who He is?
- What has been your favorite/most impactful part of honoring Jesus during Holy Week?

## HOLY WEEK MAY END TODAY, BUT WE CAN ENCOUNTER GOD EVERY DAY!

Ideas for families:

- Read/discuss Scripture together at the dinner table
- Pray together as a family at bedtime
- Take walks together and connect with God in nature
- Take communion together as a family
- Memorize the same verse together as a family
- Worship together in the living room