

Holy Week Prayer Activities

**5 creative prayer
activities for
Holy Week from
24-7 Prayer**

INCLUDING:

- The Triumphant Entry
- The Last Supper
- The Denial
- The Crucifixion
- The Resurrection



Go to **page 9** for printable versions of prayer station instructions to use in your prayer room

Holy Week Prayer Activities

It's a significant week. We're walking through the last days of Jesus' life; a period that looked like the end of all the hopes and dreams of Jesus's followers. But, it was actually just the beginning....

Let's not rush into Easter Sunday. Instead, let's give the Holy Spirit space to meet us in every part of this Holy Week. These prayer activities, inspired by different points in Jesus's last few days before the Crucifixion and Resurrection, help us focus our hearts and minds during this season.

Note: These creative prayer activities are designed to be adaptable, so you can engage with them in your home, either by yourself or with your family; or they can be adapted to form part of a community prayer room.

What you'll need for each activity

The Triumphant Entry

- Pieces of card, scissors, pen
- *Optional: markers, tape*

The Last Supper

- Bread or crackers, wine or juice
- A Bible

The Denial

- Post-it notes, pen

The Crucifixion

- Smooth stones, chalk or water-soluble marker
- A bowl of water or a tap

The Resurrection

- Seeds
- A tray or pot filled with soil,
- Lollypop sticks
- Marker or pen

Running a Holy Week prayer room? Fancy even more inspiration?

Head to our Prayer section to register your prayer room and receive even more tips: www.24-7prayer.com/prayerrooms

PRAYER ACTIVITY GUIDE

The Triumphant Entry

For this prayer activity, you will need:

- Pieces of card, scissors, pen
- *Optional: markers, tape*

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! – Mark 11:9-10

The entry of Jesus, riding into town on a donkey accompanied by waving palm leaves and joyful cheers, marks the beginning of Holy Week. Imagine it; the sun shining as Jesus and his disciples come through the gates, the crowds cheering as they catch sight of him - a triumphant, glorious time of praise.

Focus on praise

- 1.** Draw some palm leaves onto pieces of card.
- 2.** Cut out your palm leaves.
- 3.** Think about what you're thankful for or what you'd like to praise God for, and write your praise prayers on the leaves.
- 4.** You can glue your palm leaves onto a drawing of a palm tree, stick them in your journal, or use pieces of twine or tape to tie them up in a prayer room.

PRAYER ACTIVITY GUIDE

The Last Supper

For this prayer activity, you will need:

- Bread or crackers, wine or juice
- A Bible

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." Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it. "This is my blood of the covenant, which is poured out for many," he said to them. – Mark 14:22-24

Sometimes intimate times with Jesus are the most memorable. The last supper was a deeply personal feast where Jesus sat with his closest friends. Today, we're invited to do the same to remember Jesus.

Focus on bread & wine

1. Set up a simple table with bread and wine.
2. Take communion as an individual or with your family.
3. You may want to spend some time reading Mark 14 and allowing your gratitude and wonder to rise up.

PRAYER ACTIVITY GUIDE

The Denial

For this prayer activity, you will need:

- Post-it notes
- Pen

When she saw Peter warming himself, she looked closely at him. 'You also were with that Nazarene, Jesus,' she said. But he denied it. 'I don't know or understand what you're talking about,' he said, and went out into the entrance. – Mark 14:67-68

Peter felt ashamed that he knew Jesus because he was afraid of how people would react. For us, it's also tempting to deny Jesus when our faith is challenged or when people ask difficult questions.

Focus on boldness

- 1.** Take a post-it note and write down 3 places where talking about your faith is hard.
- 2.** Put this post-it note somewhere where you can see it, and regularly pray that God will help you to be bold in these situations; to stand up for your faith in Jesus.

PRAYER ACTIVITY GUIDE

The Crucifixion

For this prayer activity, you will need:

- Smooth stones, chalk or water-soluble marker
- A bowl of water or a tap

And they crucified him. Dividing up his clothes, they cast lots to see what each would get. – Mark 16:6

One of the most crucial moments in all of history: the moment Jesus took away all our sin. This is a hugely personal experience as we think about the massive sacrifice Jesus made for us.

Focus on forgiveness

- 1.** What things have you said or done that you want to say sorry for?
- 2.** Write or draw a word, a symbol, or the word 'sorry' on the stone with the chalk. Hold the stone as you say sorry to God.
- 3.** Now hold the stone under a running tap and watch what you wrote as it washes away.
- 4.** Thank Jesus that his sacrifice wipes out everything you've ever done wrong.

PRAYER ACTIVITY GUIDE

The Resurrection

For this prayer activity, you will need:

- Seeds
- A tray or pot filled with soil
- Lollypop sticks
- Marker or pen

'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. – Mark 11:9-10

The resurrection! The day Jesus rose again, and a time of celebration, joy and hope! Because of this miracle, we can focus on the future; on building God's kingdom in relationship with Him.

Focus on God's Kingdom

1. Think about what you want to harvest within God's kingdom.
2. Take a large seed tray with soil, and plant a seed for friends or family who do not know God.
3. Next to the seed place a lollypop stick with their name on.
4. Continue to pray for them daily, and as the week goes on the seed will begin to grow.

You can also use this activity to pray for your hopes and dreams; that God will use you in His kingdom.

As you journey towards Easter, reflect and dwell on God's presence and the reality of what Jesus has done for us.

Holy Week Prayer Activities

Printable instructions

The following pages have been optimised to print out, so that can be printed and placed in your prayer room by each prayer station as instructions.

When printing this PDF, select just pages 9 – 13 and print in black & white at 100%, single sided.

The Triumphant Entry

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