

# Encountering THE SEASON

Lent for the Family

Palm Sunday (C)

Luke 19:28–40

Isaiah 50:4–7

Philippians 2:6–11

Luke 22:14–23:56 or 23:1–49

## Dear Family:

Read the reflection about the anticipation of Holy Week and discuss the “Ponder and Pray” questions and prompts, thinking about how Our Lord is calling you to act. Then consider the challenges of the “Live It” section, have fun with the family activities, and dive into the *visio divina* prayer exercise.

## The Agony and the Ecstasy of These Days

Holy Week is a journey suspended between sorrow and hope, when the weight of the Cross looms heavy, yet the promise of Resurrection whispers just beyond sight. We walk with Jesus as he enters Jerusalem to cries of “Hosanna,” knowing these voices will soon shout, “Crucify him.” We follow him into the Temple, where zeal consumes him and the tension with religious leaders escalates. We witness the intimacy of the Last Supper, where Judas slips into darkness, leaving an unsettling void. These days draw us into the reality of sacrifice, obedience, and redemption.

“ And he took 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.’ ”

—Luke 22:19



Witness Among the Palms by Mike Moyers

Imagine walking with Mary through these events. Picture the joy in her eyes as the crowd celebrates Jesus, but also the silent anguish she carries, knowing what lies ahead. Sit with her at the Cross on Good Friday. Her sorrow is tangible, yet her faith remains steadfast. “He will rise,” she whispers with certainty. Now, on Holy Saturday, be with her as she waits in stillness by the sealed tomb. Feel the weight of absence and see the flicker of hope she guards deep within her heart.

This week asks us to hold grief and joy together, to trust that in the deepest darkness, light already is breaking through. Like Mary, affix your gaze on Christ. Let his Passion teach you about God’s boundless love, and let the anticipation of Easter stir a renewed faith in you. The tomb is not the end—his Resurrection is coming.

To read more about the anticipation of Holy Week, see *The Ascension Lenten Companion: Walking with Mary to Jerusalem*.

## Ponder and Pray

- As you enter Holy Week, what emotions rise within you—joy, sorrow, or perhaps both?
- What would it look like for you to walk intentionally with Jesus each day of this sacred week?
- In what ways can Mary's quiet strength and presence guide you through the tension of this week? Reflect on her emotions and experiences during this week.

## Live It

This Holy Week, find a way to reflect intentionally on the duality of sorrow and joy. Each evening, light a candle as a reminder of Christ's light that shines in the darkness. Pray with Scripture or attend the services of the Triduum—Holy Thursday, Good Friday, and the Easter Vigil. Consider journaling your thoughts, emotions, and prayers each day, asking Mary to guide you through the heaviness of the week toward the joy of the Resurrection.

## Visio Divina

Take a moment to imagine Mary following behind Jesus as he enters the gates of Jerusalem. As she moves through the bustling crowd, she remains prayerful, observing everything with the quiet attentiveness of a mother's heart. What might it have felt like to walk in her sandals, witnessing the joyful praise for her son, knowing the difficult path that still lay ahead? As you enter into this meditation, ask the Holy Spirit to stir your heart and help you see through Mary's eyes.

### Question 1:

What stands out to you about Mary's posture and expression as she walks behind Jesus? What might her gaze reveal about what she's feeling or thinking?

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### Question 2:

Focus on the people following behind Mary. What do you imagine they think and feel as they walk this path?

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### Question 3:

What emotions do you think Mary experienced as she watched the crowd praise Jesus, knowing full well of his suffering to come?

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For free videos and downloadable resources featuring *Lenten Companion: Walking with Mary to Jerusalem* with Fr. Mark Toups, scan this code with your camera. This bulletin's reflection by Fr. Toups and "Family Fun" were adapted from *Lenten Companion*.



## Fun for the Family

Create a walk-through experience of the Triduum. On Holy Thursday, set a table with bread and juice, sharing a reflection on the Last Supper and service. On Good Friday, gather in a quiet space, reflect on the Cross, and pray together. On Holy Saturday, prepare by decorating with flowers or setting out Easter candles, anticipating the joy of the Resurrection. On Easter Sunday, celebrate with a family breakfast, recognizing the hope brought by the risen Christ.