

GREAT AND HOLY WEEK

How to become more like Christ during Holy Week

Let us also go, that we may die with Him. (John 11:16)

Services

- **Invite** friends and family to the most solemn services
- Greet all, especially **visitors**, with warmth and kindness
- **Attend** as many services as possible
- Keep **silence** after services



Prayer

- Ask God for **repentance, prayer, and joy**
- If you haven't come to confession yet...before Holy Unction!
- Be ready to resist temptations and flee to God
- Beg God for tears to wash the away the stains on your soul

Practices

- **Read** the Scriptures and other spiritual reading
- Practice **silence**
- Sing and study the texts and hymns of the services
- **Give** generously
- Reconcile and live peacefully with all
- Help with decorating, cleaning and cooking
- **Support** your Clergy & Choir with prayer, help, and kindness

Abstain/Fast

- **Turn off media** and logout of social media
- Fast more strictly
- **Postpone** decisions and purchases
- Take off at least Holy Friday and Bright Monday
- Don't entertain negative thoughts

Rejoice in the Resurrection of our Lord Jesus Christ!

*"For if we died with Him, we shall also live with Him."
2 Timothy 2:11*

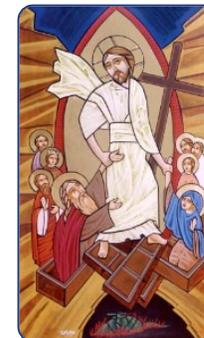
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