



## **A Journey through Holy Week for Families**

**What can our family do to celebrate Holy Week in our home?**

This resource is intended to help you and your family journey through Holy Week. A first step in preparing for Holy Week is to prepare a prominent prayer space, if you have none, to create a more somber or “Lenten” atmosphere as we do in our churches.

**[Holy Week from Home: A Guide for Catholic Families \(click here\)](#)**

## **The Stations of the Cross**

The Stations of the Cross began as the practice of pious pilgrims to Jerusalem who would retrace the final journey of Jesus Christ to Calvary.

Later, for the many who wanted to pass along the same route, but could not make the trip to Jerusalem, a practice developed that eventually took the form of the fourteen stations currently found in almost every church.

## Stations of the Cross for Children

Praying the Stations of the Cross—alone or with a group—is a Lenten tradition. Read and pray these stations very slowly. Imagine the scene in Jerusalem as Jesus walked his Way of the Cross.

English: <https://s3.us-east-1.amazonaws.com/lpress-craft-hypedocs/Lent/stations-eng/stations-eng.html>

Download the pdf of the Stations of the Cross for Children to help you pray during Lent.

<https://s3.us-east-1.amazonaws.com/lpress-craft/files/ocf-files/lent-intergen-files/stations-of-the-cross-for-children.pdf>

## Via Crucis para Niños

Spanish: <https://s3.us-east-1.amazonaws.com/lpress-craft-hypedocs/Lent/stations-span/stations-span.html>

Descarga el archivo en PDF

<https://s3.us-east-1.amazonaws.com/lpress-craft/files/ocf-files/Lent-files/stations-of-the-cross-for-children-span.pdf>

## Stations of the Cross: Overcoming Racism

This new Stations of the Cross resource on overcoming racism can help you, your family, or faith community reflect on the pastoral letter against racism, *Open Wide Our Hearts: The Enduring Call to Love*. A rich Lenten reflection, this prayer resource can help open our hearts to the persistent sin of racism and the call to help overcome it.

English: <https://www.usccb.org/resources/stations-of-the-cross-overcoming-racism.pdf>

# Estaciones de la Cruz: Superación del Racismo

Este nuevo recurso de las Estaciones de la Cruz para superar el racismo puede ayudarle a usted, a su familia o a la comunidad de fe a reflexionar sobre la carta pastoral contra el racismo, Open Wide Our Hearts: The Enduring Call to Love. Una rica reflexión cuaresmal, este recurso de oración puede ayudar a abrir nuestro corazón al persistente pecado del racismo y al llamado a ayudar a superarlo.<sup>33</sup>

## Spanish

<https://www.usccb.org/resources/Stations%20of%20the%20Cross%20-%20Overcoming%20Racism%20Spanish.pdf>

## Scriptural Way to the Cross

English: <https://www.usccb.org/about/justice-peace-and-human-development/upload/cchd-scriptural-way-of-the-cross.pdf>

<https://s3.us-east-1.amazonaws.com/lpress-craft-hypedocs/Lent/stations-eng/stations-eng.html>

Spanish: <http://www.usccb.org/about/justice-peace-and-human-development/upload/cchd-scriptural-way-of-the-cross-spanish.pdf>

## The Stations of the Cross

Walk alongside Christ on the journey of his Passion and remember our brothers and sisters both around the world and in our own cities who experience suffering and poverty each day

<https://www.crsricebowl.org/wp-content/uploads/2017/10/17US676-Stations-of-the-Cross-ENG.pdf>



## Prayer in Honor of the Five Wounds of Christ

<https://catholiccurrent.org/wp-content/uploads/2018/05/TWIM-4-13-Prayer-Resource-Five-Wounds.pdf>

## Good Friday Reflection

English:

<https://catholiccurrent.org/wp-content/uploads/2018/03/twim-4-17-catechetical-corner-english.pdf>

Spanish:

<https://catholiccurrent.org/wp-content/uploads/2018/03/twim-4-17-catechetical-corner-spanish.pdf>

## The Seven Last Words



As Jesus hung on the Cross, he uttered seven last words of great meaning to those who contemplate his Passion and Death. This online prayer commemorates each of the Seven Last Words in a separate meditation.

For centuries the Seven Last Words have been built into various forms of devotion for the consideration and consolation of the Christian people. English Catholics of the late Middle Ages were especially devoted to this pious exercise and passed it on in latter-day prayer books.

This devotion may be spread over a week, commemorating one of the Seven Last Words each day, or it may be prayed as a whole devotion in a single day. The text is from A Catholic Book of Hours and Other Devotions by William G. Storey.

- [The Seven Last Words: The First Word](#)
- [The Seven Last Words: The Second Word](#)
- [The Seven Last Words: The Third Word](#)
- [The Seven Last Words: The Fourth Word](#)
- [The Seven Last Words: The Fifth Word](#)
- [The Seven Last Words: The Sixth Word](#)
- [The Seven Last Words: The Seventh Word](#)

**Popular Devotional Practices:  
Basic questions & answers, [click here.](#)**