

## Holy Week for Teens

Dear Parents and Teens,

Holy Week invites us to slow down, pay attention, and walk with Jesus through some of the most powerful moments of his life. It's a week of stories about love, loss, waiting, and hope.

Even if your teen doesn't yet "get it" all, participating in small practices like quiet reflection, shared meals, or short activities can help your family experience Holy Week together. This guide gives ideas for reflective journaling, simple practices, and dinner table conversation starters.

### **Maundy Thursday: What Happens When Everything Is Stripped Away?**

**Practice:** Clear a space in your room; remove meaningful or comforting items. Sit quietly for a few minutes.

**Reflect:** How does emptiness feel? What do you rely on for comfort or identity?

**Journal Prompt:** What matters most in my life and faith? Who am I without it?

**Dinner Question:** How can we serve someone in our family or community this week?

### **Good Friday: Darkness & Silence**

**Practice:** Digital fast—turn off devices for a few hours or longer. Sit quietly, read Scripture, or reflect.

**Reflect:** What do I reach for to feel in control or connected? What does silence reveal?

**Journal Prompt:** Where do I rely on things instead of God? How does discomfort deepen my understanding of Jesus' suffering?

**Dinner Question:** What part of Jesus' death surprises or challenges me? How do we usually avoid uncomfortable feelings, and what might it look like to face them?

### **Holy Saturday: The In-Between**

**Practice:** Read Luke 23:55–24:3 together. Sit in silence and reflect on waiting.

**Reflect:** Where am I waiting right now? How can I practice patience and hope?

**Journal Prompt:** Where might God be at work in ways I can't see yet?

**Dinner Question:** What are we waiting for in our lives right now? How does waiting teach us about hope?

## **Easter Vigil & Easter Morning**

**Practice:** Attend the Vigil or reflect at home; notice movement from darkness to light.

Come help with the Easter Egg Hunt

**Reflect:** Where do I feel the light in the darkness? When have I been a light for others?

**Journal Prompt:** What does new life in Christ mean for me? How can I live it out?

**Dinner Question:** Where do I experience joy in my life? How can I cultivate more of that?

Holy Week is a journey, moving from emptiness to hope, silence to light, waiting to new life. Small practices, quiet moments, or family conversations can help you live this story. May this week draw you closer to Jesus' love and prepare your heart for the joy of Easter.