

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
- Greet all, especially visitors, with warmth and kindness
- Attend as many services as possible & arrive early!
- Keep silence after services
- Take off at least Holy Friday and Bright Monday



Prayer

- Ask God for repentance, prayer, and joy
- If you haven't come to confession yet...Hurry! (before Holy Unction, please)
- 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
- 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

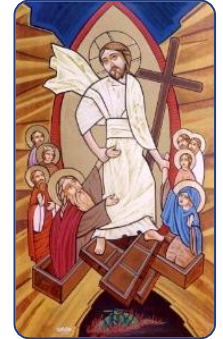
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