

Physical Ideas for Holy Week

Palm Sunday

Go for a walk and reflect upon Jesus' Entrance into Jerusalem

Pick a branch from a pine tree or flower bush or other live branch and have that in hand for the Liturgy. The Gospels cite both branches and palms that were used to welcome Jesus into Jerusalem. Take the branch and put it on your door or behind a holy picture or crucifix in your home.

Holy Thursday

Have a foot washing ceremony as outlined below (obtained from the blog: reallifeathome.com)

Discuss the Foot Washing First

- Talk about the significance of Jesus washing the feet of his disciples. [Discuss when and why Jesus did this.](#)
- Talk about the importance of not only serving others, but of also allowing others to serve us sometimes.
- Talk about how sometimes, when someone feels called to serve us, if we won't allow them to do it, then it takes away that experience for them. Sometimes it's time to serve others and sometimes we are in the situation where we need others to serve us.

Logistics of Doing a Family Foot Washing

- Next, do your family foot washing.
- Figure out the logistics ahead of time, in order to keep the foot washing time as a quiet and prayerful time.
- If you have children, consider having each of them wash one foot of each of their siblings. For example, one of "Tyler's" feet will be washed by "Sam" and one by "Jonathan," and so on. Then, the kids can wash one of your feet and your spouse might wash the other. Then the children and your spouse might do the same for you. G

Good Friday

Remain barefoot today

[SoulCore Stations of the Cross via this YouTube video](#)

[Fitness Stations of the Cross via this YouTube video with Fr. Chase](#)

Station 1: 25 push ups Pray for trust	Station 2: 50 Seated Twists Abandonment	Station 3: 2min Wall Sit Commitment	Station 4: 30 Toe Touches Motivation	Station 5: 30 Squat Jumps Love	Station 6: 50 SitUps Courage	Station 7: 30 Burpees Perseverance
Station 8: 15 Pike Pushups Self-Less	Station 9: 30 Up-Downs Persistence	Station 10: 100 Crunches Tough	Station 11: 3min Wall Sit Sacrifice	Station 12: 1min Superman Hold Passion	Station 13: 40 Lunges Loyalty	Station 14: 50 Push-Ups Confidence

Holy Saturday

Have a bonfire:

The Easter Fire is a symbol of light in the darkness. It can be as simple as lighting a candle, or as big as a bonfire at Easter. Because fire is a symbol of light, of renewal, it signifies the end of Winter, and the coming of spring. It also symbolizes Jesus Christ, as the Light of the world.

In Christian tradition, the Easter fire starts with the lighting of a Paschal candle, usually by a Priest or Pastor, to symbolize the Resurrection of Jesus Christ. The candle is generally lit on Holy Saturday to start the Easter Vigil. Parishioners can then light their own candles from this candle. The large Paschal candle is kept lit through the Easter Season. In our churches, it is used throughout the year for Baptisms.

Easter Sunday

Go for a nice walk with Jesus