

You may like to use this prayer during Holy Week:

*Soul of Christ, sanctify me,  
Body of Christ, save me,  
Blood of Christ, inebriate me,  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me,  
O good Jesus, hear me,  
Hide me within your wounds  
And never let me be separated from you.  
From the wicked enemy, defend me,  
In the hour of my death, call me,  
And bid me come to you,  
So that with your saints I may praise you  
For ever and ever.  
Amen*

*Anima Christi (14<sup>th</sup> century)*



## BEING WITH JESUS

*“He himself bore our sins in his body on the cross,  
So that we might die to sins and live for righteousness”  
(1 Peter 2:24)*

Week 7 (Holy Week)

## Daily Prayer

For the last six weeks, you have tried different ways of praying. You will know by now what is working well for you. Follow the same pattern of praying daily:

- Being still in God's presence
- Reviewing the last day
- Meditating on the bible
- Ending by praying the Lord's Prayer

There are no set bible passages for you to use. Instead, read through the gospel accounts of that first Holy Week and Easter.

You might like to stick with one of the gospels, or read from all four.

Each day, ask the Lord to highlight a particular verse to you, and take time to meditate on that.

Make a note of what you sense the Lord saying to you.

## Reviewing the Lent Prayer Times

During the Easter holidays, look back over your notebook at what the Lord has taught you over the last 6 or 7 weeks.

Meet with your triplet or 4-mation, and pray for each other. Decide if you want to keep on meeting, and – if so – how often.

## 2 Prayer Resources for Holy Week & Easter

Lissy Clarke has done a daily meditation for each day of Holy week. You can find these on her blog (Contemplative at Home), together with other resources for prayer.

Visit <http://contemplativeathome.com/holy-week/>

After Easter, you might like to meditate on the different accounts of the resurrection from the gospels. If you want to read some reflections on these stories, try “40 days with Jesus” by Dave Smith.