



Holy Week 2024
Devotion, Prayer Guide and Journal
Based on the Book of Psalms



CENTRAL
UNITED METHODIST CHURCH
Since 1866 · ATLANTA, GA

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Praying the Path of Christ Devotional book requires your participation. Each day, during Holy Week, you have a scripture from the Book of Psalms to read, a devotion and a prayer to meditate on. You are encouraged in the journal section to write your response on how God is speaking to you.

Be Blessed



Read Psalm 150

“Praise the Lord”

How is God Speaking To You?

PALM SUNDAY

Jesus began his trip to Jerusalem. Nearing the village of Bethphage, he sent two of his disciples ahead, telling them to look for a donkey and its unbroken colt. The disciples were instructed to untie the animals and bring them to him. Jesus sat on the young donkey and made His triumphant entry into Jerusalem. The community of people exalted and praised the Lord. They welcomed him by waving palm branches.

Hosana, In the Highest!!

Prayer: Heavenly Father God, we praise Your Holy Name!! We praise you for the triumphant entry of Your Son, our Lord and Savior Jesus Christ, into Jerusalem and bringing new hope to your people. Jesus came humbly, riding on a donkey, proclaiming peace. We pray for peace in our spirit, our home, our family, our community of faith, and in our world. Make us vessels of your peace and guide us in our ministry. Thank you for blessing us with a body of believers who **Exalt the Lord** and are continuously striving to be a blessing and **Embrace** our surrounding community and beyond. Prince of Peace, Mighty God, Holy King, there is none like You. In Jesus Name we pray, **Amen.**



Read Psalm 51: 10-13

“Create in me a pure heart”

How is God Speaking To You?

HOLY MONDAY

Jesus arrived at the Temple and found the courts full of corrupt money changers. He began overturning their tables and clearing the Temple. On Monday evening Jesus stayed in Bethany

Prayer: Gracious and Merciful God, thank you for demonstrating your purity through the mission of Christ. Help us to remember that Jesus declared that your house would be a House of Prayer. Equip us with the strength and courage to give corrections where it is needed with confidence, power and love. Make us people whose word can be trusted and who are faithful, in love, to you, to our families, and to our neighbors. In Jesus Name, we pray, **Amen.**

HOLY TUESDAY

On Tuesday morning, Jesus and his disciples returned to Jerusalem. They passed the withered fig tree on their way, and Jesus spoke to his companions about the importance of faith.

Back at the Temple, religious leaders were upset at Jesus for establishing himself as a spiritual authority. They organized an ambush with the intent to place him under arrest. Jesus evaded their traps and pronounced harsh judgment on them.

Later that afternoon, Jesus left the city and went with his disciples to the Mount of Olives east of the Temple overlooking Jerusalem. Jesus and the disciples returned to Bethany to stay the night.

Prayer: Dear Jesus you have always been so good to us. You have been better to us than we have been to ourselves. As we travel through this Holy Week, we want you to know that we are forever grateful for your commitment to us. The road was rough for you but, you stood steadfast and immovable. You knew what had to be done and you did it. You did it for us. You did not put yourself first. Our Father wanted you to make the ultimate sacrifice, and you did it for “US” with glowing colors.

The sacrifice you made helps me to have faith in you: the Son, the Father, and the Holy Ghost. I do not need everything there in front of me to see. My faith helps me to grow stronger. I believe that you are able, and I know that as I continue to look to you, life will be alright.

I honor you Lord, I praise you Lord, because you are worthy to be praised. Bless your name! **Amen.**



Read Psalm 46: 10-11; Psalm 91: 1-4

“My Refuge and Fortress”

How is God Speaking To You?

HOLY WEDNESDAY

The Bible does not say what Jesus did on this day. He probably remained in Bethany with His disciples. Maybe He used this day as His Sabbath day because He knew what was soon to come.

Prayer: Almighty God, thank you for blessing us with quiet moments to pray and listen for your response. Thank you for enabling us to hear the still small voice. Bless us in our meditation as we remember that your promised Messiah has come just as you said He would. We trust in His promised return when we will join Him forever. In the stillness, may we sense Your presence and know You are near. We praise You and honor You in silence and in peace. In Jesus' name, **Amen.**



Read Psalm 23

"The Lord Is My Shepherd"

How is God Speaking To You?

HOLY THURSDAY

MAUNDY THURSDAY

From Bethany, Jesus sent Peter and John ahead to the Upper Room in Jerusalem to make the preparations for the Passover Feast. Jesus washed the feet of his disciples as they prepared to share in the Passover. Jesus shared the feast of Passover with his disciples. During this Last Supper, Jesus established the Lord's Supper, or Communion, instructing his followers to continually remember his sacrifice by sharing in the elements of bread and wine. Later, Jesus and the disciples went to the Garden of Gethsemane, where Jesus prayed in agony to God the Father.

Late that evening in Gethsemane, Jesus was betrayed and arrested.

Prayer: Heavenly Father God, thank you for showing us that to lead we must first serve. Jesus demonstrated humble service in washing the feet of His disciples and humble obedience in submitting to your will. May we be like Him today as we care for those in our church family and embrace and serve those in our unique surrounding community. Jesus came to serve the least, the last, and the lost. Show us how to live sacrificially and extend ourselves to the poor, the outcast, and those who suffer around the world.

As Christ's mission on earth comes to an end, let us remember the agony of Jesus as He wept and prayed in Gethsemane. How He suffered all, to bring us eternal life. We are humbled and full of gratitude. We are awed and full of love. We surrender all to you, in Jesus' name. **Amen.**



Read Psalm 130:1-8; Psalm 42: 9-10

Psalm 43: 3-5

“God is My Rock”

How is God Speaking To You?

GOOD FRIDAY

Jesus endured horrendous physical and verbal abuse, the shame of multiple unlawful trials and was sentenced to excruciating death by crucifixion. Jesus carried his own wooden cross to Mount Golgotha where he was crucified on Calvary. After Jesus breathed his last breath and died, Nicodemus and Joseph of Arimathea took Jesus' body down from the cross and lay it in a tomb.

Prayer: Dear God, Our God, Our Father, Our Shelter, **THEY HAVE CAPTURED YOUR SON!!!** They have taken Him like a thief in the night! They have held illegal trials and hurled false accusations against Him! They have accused Him of blasphemy against You! They have overlooked His miracles, His healings, His comforting of the grieving, His feeding those who hungered, His soul nourishment, His encouraging, His Good teachings, His releasing of captives, His cancellation of Transgressions, His giving hope to the downtrodden, His blessing those who have sinned. Oh My God – they have mocked Him, beat him mercilessly, tormented Him, even put a crown of thorns on His head, then spat on Him. His close disciples have all abandoned Him and denied Him! Then God, then God, **they have sentenced him to DEATH!!!!**

O God, we are terrified, bewildered, confused. We believed in Him. We are weeping, crying, and wavering ourselves. They made him trod up that death hill carrying his own heavy, wooden cross, as He faltered and fell, bleeding, sweating, and being jeered at. Oh, what shame, what a shame.

They drove nails in His hands and feet! And hung a sign on the top of the cross saying, “Jesus, the King of the Jews.” Lord, Lord, Lord...

He breathed His last, then, **HE DIED!!!!!!!** His mother and beloved disciple wept bitterly. The skies turned dark in the middle of the day. The lightening began flashing. The thunder began rolling repeatedly and demonstratively. And then, God, the earth **QUAKED!!**

What, oh what are we going to do? Where shall we go? Where can we hide? What can we believe in now? O God of the ages, be our help now! Amen.



Read Psalm 7: 14-16

"I Sing Praises..."

How is God Speaking To You?

HOLY SATURDAY

Jesus' body lay in its tomb, where it was guarded by Roman soldiers throughout the day on Saturday, which was the Sabbath. When the Sabbath ended, Christ's body was ceremonially treated for burial with spices purchased by Nicodemus. While his physical body lay in the tomb, Jesus Christ paid the penalty for sin by offering the perfect, spotless sacrifice. He conquered death, both spiritually and physically, securing our eternal salvation.

Prayer: Lord God, who sees into the depths of every heart, we come before you with contrite spirits, recognizing our failings. For those who are pregnant with evil intentions, we pray for transformation and redemption. Grant them, O Merciful One, the wisdom to recognize the darkness within, and the strength to turn away from destructive paths. May they find the light of your truth and be guided by the beacon of your love. For those who dig holes of deceit and malice, we pray for awareness and accountability. May they realize the harm they inflict upon others, and may they seek to repair the damage they have caused. May the consequences of all of our actions awaken us to the error of our ways. We ask you Lord God to transform us all into instruments of peace and healing. May we learn the lessons of empathy and compassion. In the cycle of cause and effect, may we find the grace to break free from the cycle of disillusionment. Lead us God on a path of redemption and renewal, and may they be transformed by your boundless grace. **Amen.**

EASTER SUNDAY

The Resurrection of Jesus Christ is the most important event of the Christian faith. The very foundation of all Christian doctrine.

Early Sunday morning, several women (Mary Magdalene, Joanna, Salome, and Mary the mother of James) went to the tomb and discovered that the large stone covering the entrance had been rolled away. On the day of his Resurrection, Jesus Christ made at least five appearances. Mark's Gospel says the first person to see him was Mary Magdalene. Jesus also appeared to Peter, to the two disciples on the road to Emmaus, and later that day to all of the disciples except Thomas, while they were gathered in a house for prayer.

He Is Risen!!! He is Risen, Indeed!

Prayer: “Lord, Lord, Open unto Me”
by Howard Thurman

Open unto me, light for my darkness
Open unto me, courage for my fear
Open unto me, hope for my despair
Open unto me, peace for my turmoil
Open unto me, joy for my sorrow
Open unto me, strength for my weakness
Open unto me, wisdom for my confusion
Open unto me, forgiveness for my sins
Open unto me, tenderness for my toughness
Open unto me, love for my hates
Open unto me, Thy Self for myself
Lord, Lord, open unto me! **Amen.**

**This book was composed by members of
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**"Holy Week Timeline: From Palm Sunday to the
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**[learnreligions.com/holyweek-timeline-
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