

*My
Holy
Pascha
Booklet*

WHY IS THE “HOLY WEEK” CALLED “PASCHA WEEK”?



Jesus entered Jerusalem to celebrate the feast of the “Passover” and to offer Himself as the feast for the whole world.

At night Jesus ate the Jewish Passover dinner with His disciples, which is in remembrance for what happened to their ancestors 1400 years ago when God released them from Pharaoh’s slavery, under the leadership of Moses, out of Egypt to the “Promised Land”.

The Lord ordered them to slaughter a good lamb and to anoint the post and the upper doorstep of their houses, so that whenever the angel of death passes by and sees the blood, he would **PASS OVER** them and they would not be destroyed by the 10th plague (the death of the firstborn).

It was a night that the Jews would never forget, and neither would the Christians because it is a sign of our Lord’s Crucifix.

This is why the “Holy Week” is called the “Pascha Week”, because “Pascha” means “Passover”. This is when Jesus was crucified and through His blood, we passed over death to gain eternal life.

And that’s why **Jesus** is called the “**Lamb of God**” who carries the sins of the world.

HOW ARE THE PRAYERS DONE DURING THE HOLY WEEK?

(The Church Setting)



The prayers of the Holy Week are done in the middle section of the church.

No one enters the altar because the Lord Christ's suffering and crucifixion took place outside of Jerusalem.

We do not go near the sanctuary, for we remember how the doors to heaven were closed before the crucifixion.

We enter the altar with Him on Holy Thursday, as we commemorate the Eucharist.

Additionally, black veils are placed on the pulpit, draped along the walls, and wrapped around the columns of the church.

THE PASCHA PRAYERS



Each day during Pascha has a morning and evening service, and each service contains five separate hours:

1st hour, 3rd hour, 6th hour, 9th hour, and 11th hour

Excluding Friday, an extra hour is added:

12th hour **(to commemorate the burial of our Lord Jesus Christ)**

Each hour contains:

1) Prophecies: selected readings from the Old Testament.

2) Homilies: sermons from the early church fathers.

3) Doxology of the Pascha: (Paschal Praise)

“Thine is the power, the glory, the blessing and the majesty forever. Amen”

The Church repeats this hymn 12 times in each hour to replace the 12 psalms for each Agpeya prayer.

4) Psalm and Gospel: The Church selects verses from the Psalms that relate to the Gospel reading of the hour to be read in a sadden tune, followed by the Gospel.

5) Exposition: the explanation of the readings of the hour.

6) Litanies: (prayers and supplications)

Litanies conclude the morning and evening services.

Prostrations are only made during the litanies of the morning service since we are abstaining from food.

Paschal Praise:

During the Holy Week, all the believers stand down the Cross to glorify our Lord and Savior Jesus Christ, Who came down and was crucified so that all who believed in Him shall not die but have everlasting life.



**Thine is the power, the glory, the blessing, the majesty forever.
Amen.**

Immanuel our God and King.

**Thine is the power, the glory, the blessing, the majesty forever.
Amen.**

My Lord Jesus Christ.

**Thine is the power, the glory, the blessing, the majesty forever.
Amen.**

At the Eleventh Hour of Tuesday morning, we add **“my Good Savior”** to the praise, because the Lord Christ revealed the time of His crucifixion in the Gospel of this hour.

At the first hour of Friday eve, we add, **“The Lord is my strength and my praise. He became to me a sacred salvation”**, emphasizing that salvation is fulfilled through the Cross.

WHAT DOES EACH DAY OF THE “HOLY WEEK” TALK ABOUT?



Monday	Tuesday	Wednesday	Covenant Thursday	Great Friday	Apocalypse
<p>Our LORD cursed a <u>fig tree</u> for not having fruit.</p> <p>God doesn't want us to be like the fig tree that looked good but had no fruit. Therefore, he is reminding us not to think of the Holy Week as simply going to Church without having the true love of God and others in our hearts.</p>	<p>Our Lord Jesus talked to His disciples about His <u>Second Coming</u> and how glorious it will be.</p> <p>He told them that they should always be prepared for that day, as should we.</p>	<p>The Jewish leaders who hated our Lord Jesus plotted to kill Him.</p> <p>They gave Judas thirty pieces of silver to help them arrest Jesus <u>in the garden of Gethsemane</u></p>	<p>Jesus ate the Passover with His disciples, and washed their feet.</p> <p>On this day also the Lord instituted the <u>Sacrament of the Eucharist</u>.</p> <p>Then Jesus went with His disciples to Gethsemane, where he was arrested and betrayed by Judas Iscariot.</p>	<p>On this great day, we meditate on the <u>Holy Cross</u>, our salvation, and our weapon against pain sorrow, and death.</p>	<p>From Friday night through the early hours of Saturday morning is a vigil referred to as "<u>Bright Saturday</u>" or "<u>Apocalypse</u>".</p>

Palm Sunday

Our Lord Jesus goes to Jerusalem (Matthew 21)

Our Lord Jesus decided to go to Jerusalem to celebrate the Passover feast and His disciples went along with Him. On the road, He told them that He would die soon, but they did not understand.

When they came close to Jerusalem near Bethphage Bethany, Jesus told two of them “Go to the village ahead of you, and at once you will find a donkey tied there, with her colt by her. Untie them and bring them to me. If anyone says anything to you, say that the Lord needs them,” Those two men went to the village and saw a donkey tied at the gate on the road. When they untied the donkey some of the villagers asked us “Why are you untying the donkey?” and they replied, “The Lord needs it,” so they let us go with it.

They brought it to Jesus and threw their cloaks on it. Jesus sat on it and they all went into Jerusalem.

When the people saw our Lord coming, they came with their children to receive him rejoicing. The children sang joyful praises to our Lord and the people spread tree branches and their cloaks on the road. They praised:

“Hosanna, blessed is he who comes in the name of the Lord!”

“Hosanna in the highest heaven! Our Lord Jesus is our King”

The people wanted Jesus to become their king. When Jesus entered Jerusalem, the whole city was stirred and asked, “Who is this?” Everybody wanted to know who received all this great glory. Then the disciples remembered the prophecy of the prophet Zechariah about this event many years ago when he said, **“Rejoice Jerusalem, your king comes to you, riding on a donkey, and on a colt.” (Zechariah 9:9)**





Prayer: My Lord and Savior Jesus Christ, as you entered Jerusalem and Your people rejoiced, I ask You Lord to come into my heart and stay there that I may rejoice in you and sin can never come near me.



Meditation:

When Jesus entered Jerusalem, the multitude spread their clothes on the road, others did the same with branches cut from the trees. What about you? How would you receive Jesus in your heart?



Biblical Reflection:

Choose the right answer:

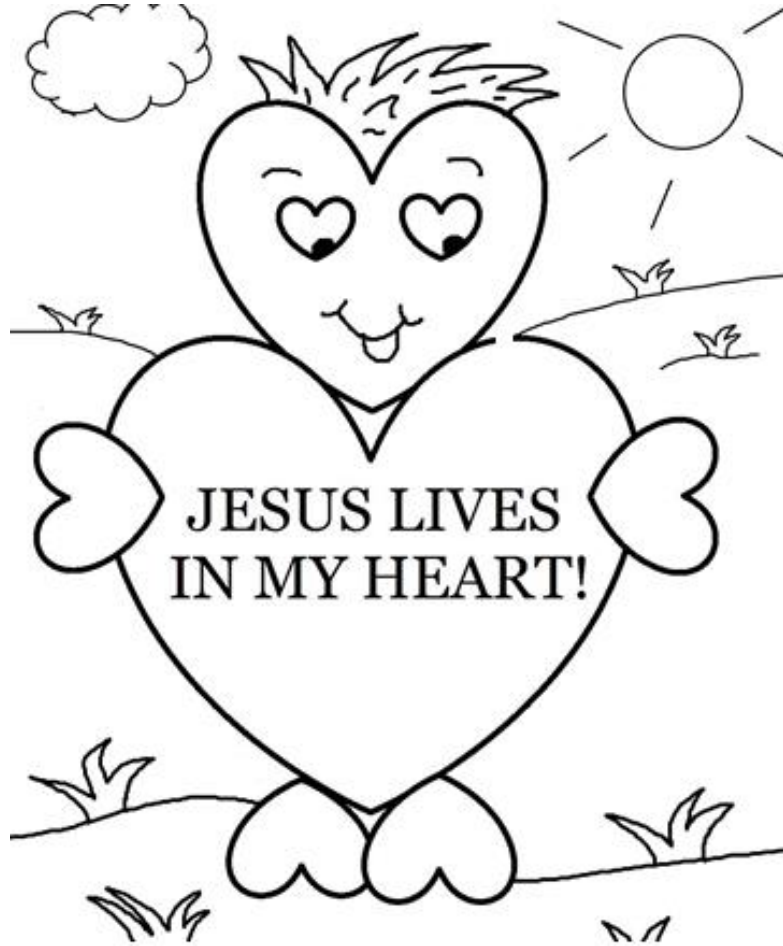
The People of God celebrated the first “Passover” under the leadership of:

(Isaiah – Jeremiah – Moses)

Jesus entered Jerusalem riding on a donkey; can you recall a story in the Old Testament about a donkey that spoke?



Craft: While coloring the picture, remember that for Jesus, Jerusalem is your heart and that is where He wants to dwell forever.



Memorization:

By our Lord Jesus Christ entering Jerusalem, what was spoken by Zechariah 500 years earlier was fulfilled: (Memorize the prophecy of Zechariah.)

“Rejoice greatly, O daughter of Zion! Shout, O daughter of Jerusalem! Behold, your King is coming to you; He is just and having salvation, Lowly and riding on a donkey, A colt, the foal of a donkey.” (Zechariah 9:9)

Jesus Clears the Temple (Matthew 21)

Our Lord Jesus taught us to respect the House of God.

During Passover, He went with His disciples to Jerusalem.

In the temple, He found people selling cows, sheep, and doves. The money-changers were also sitting there as if it was a marketplace.

Our Lord made a whip of cord, threw out all of the traders from the temple, turned the tables of the money-changers upside down, and scattered their coins.

He said, "Stop turning my Father's house into a market!"

Our Lord Jesus was upset because the traders were using his Holy House to exchange money and trade.

Our Lord said that the house of God is a house of prayer.





Prayer: My Lord and Savior Jesus Christ, help me to respect the Church and always remember that Your holy house is a house of prayer.



Meditation:

Our Lord Jesus was upset because the traders were using his house to exchange money and trade. He said that His house is a house of prayer. The church is the House Of God, and your heart is also His house because He dwells in it. How can you take care of your heart as a house of God?



Biblical Reflection:

Mention a character in the Bible (from the Old Testament) that lived in the house of the Lord and respected it since he was a little Child. His mother was barren, and she asked God to give her a son and promised that if He fulfilled her wish, she would take him to serve the house of the Lord all the days of his life.

_____ respected the house of the Lord and the Lord spoke to him. Each time he would hear the voice of God, he would say:

“_____”(1Samuel 3:10)



Craft: While coloring the Church, think of these colors as the beautiful gifts of the Holy Spirit, the Greatest Gift of God to His holy house and to all those who believe in Him.



Memorization:

The Church is the house of God and the house of the angels; that is why we should always respect it and each time we enter, we should say:

(memorize the verse) **“But as for me, I will come into Your house in the multitude of Your mercy” (Psalm 5:7)**

Monday of the Holy Pascha

The Fig Tree (Matthew 21)

“Now in the morning, as He returned to the city, He was hungry.

And seeing a fig tree by the road, He came to it and found nothing on it but leaves, and said to it:

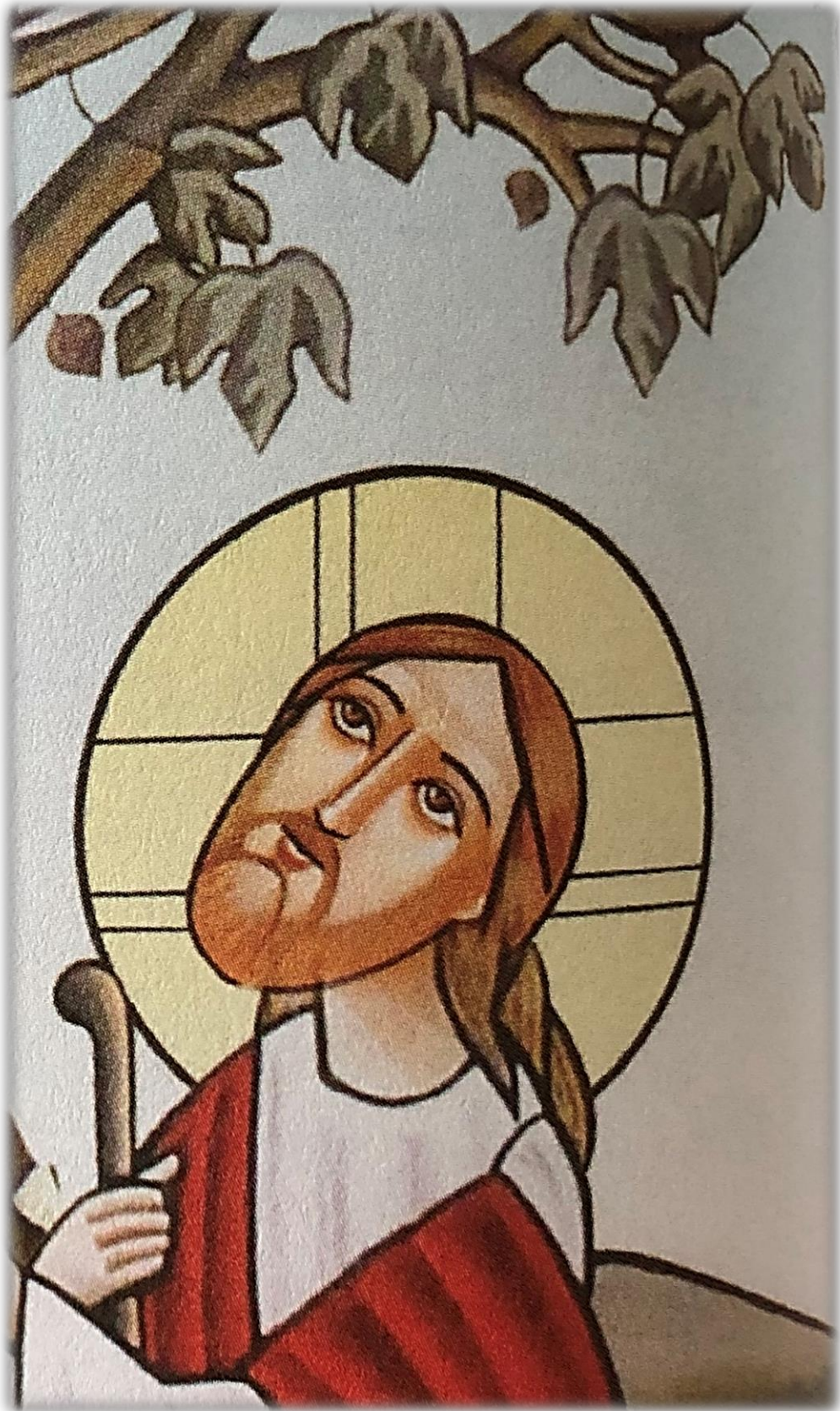
‘Let no fruit grow on you ever again.’ Immediately the fig tree withered away.

And when the disciples saw *it*, they marveled, saying, ‘How did the fig tree wither away so soon?’

So, Jesus answered and said to them:

‘Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, ‘Be removed and be cast into the sea,’ it will be done. And whatever things you ask in prayer, believing, you will receive.’”

God doesn't want us to be like the fig tree that looked good from the outside but had no fruit. Therefore, he is reminding us not to go to Church without having the true love of God and others in our hearts.





Prayer: My Lord and Savior Jesus Christ, I don't want to be like the 'fig tree that had only leaves but no fruit. Help me O Lord to bear the good fruits of Your Holy Spirit within me, and fill my heart with Your Love.



Meditation:

God doesn't want us to be like the fig tree that looked good from the outside but had no fruit. He is therefore reminding us not to go to Church without having the true love of God and others in our heart. Take the time to think about the fruits (the good works) that you can offer to the Lord.



Biblical Reflection:

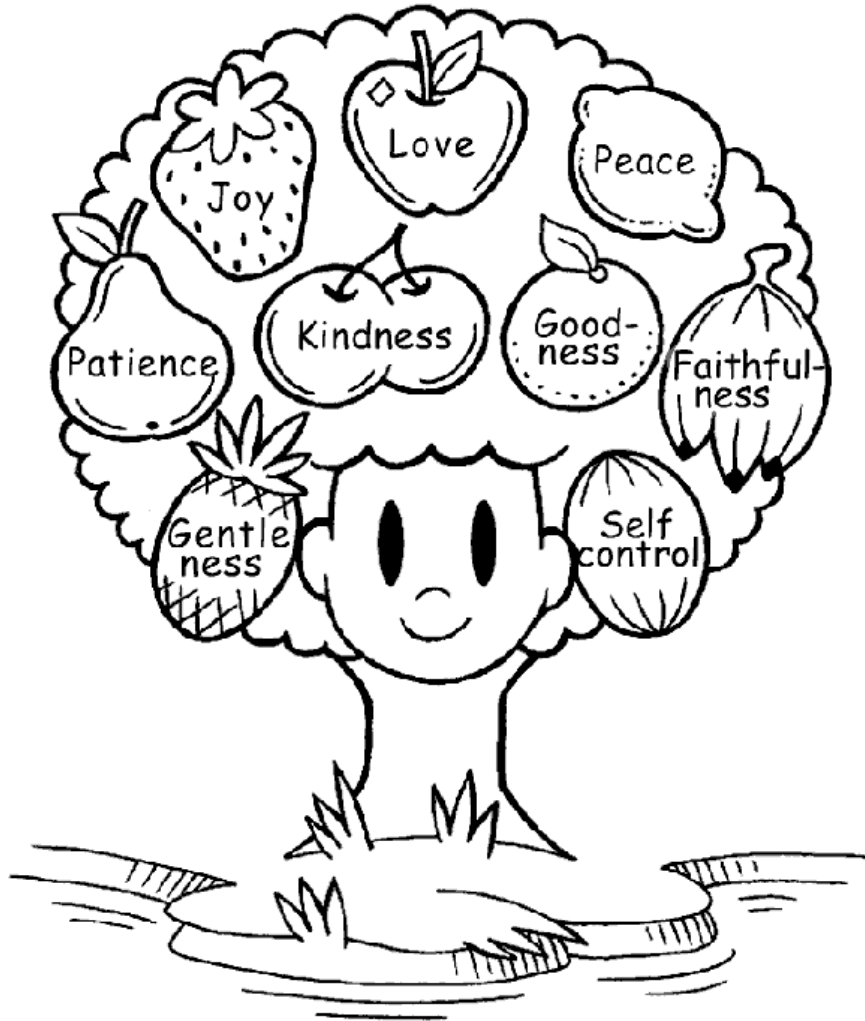
No one can bear good fruits without the work of the Holy Spirit within him.

The Bible says that "you are the temple of God and that the Spirit of God dwells in you" (1 Corinthians 3:16). When exactly did you become the temple of God and receive the Holy Spirit?

In the book of Galatians, St. Paul talks to us about the fruits of the Spirit. Use your Bible reference to copy the verse. (Galatians 5: 22-23)



Craft: While coloring the tree, remember that you are a good tree in the field of God, and the good tree should always bear good fruit.



Memorization:

God showed us the greatest fruit of love by dying for us on the Cross. If we truly love God, we should also bear fruits of love, which means that **our works should reflect His love to everyone, not only by sweet words, but also with works: "I will show you my faith by my works."** (James 2:18)

Tuesday of the Holy Pascha

The Sign of the Second Coming of Jesus (Matthew 24)

When Jesus went to Jerusalem, He taught in the Temple every day.

After a few days, He took His disciples to the Mount of Olives and sat with them in a quiet place.

One disciple asked Him:

“Tell us, what will be the sign of Your coming?”

The Teacher began telling them about His second coming.

He will not return in a manger, as He did when He was born, but **He will come on the clouds surrounded by His angels to judge the entire world.**

Nobody knows when that day will be, not even the angels.

Only God knows it and He will not reveal it to anyone.

People of all nations will gather, and those who love Him will be at His right side. He will welcome them saying:

“Come you blessed of My Father, inherit the Kingdom prepared for you from the foundation of the world”.

Our Lord Jesus Christ promised us that He will come again in great glory and take us with Him to Heaven.

He wants us to always be prepared to meet Him on that day.



Prayer: My Lord and Savior Jesus Christ, how Glorious will the day of Your Second Coming be. I can't wait to see You coming on the clouds, surrounded by Your angels. Help Me, O Lord to be always prepared for that day when You take me to live with You forever.



Meditation:

Take the time to think about the things that you can do to be always prepared for the glorious day of the Lord.



Biblical Reflection:

Our Lord Jesus Christ promised us that He will come again in great glory and take us with Him to Heaven. How beautiful can Heaven be?

St. John the beloved, one of the 12 disciples, was exiled to an Island called Patmos. The Holy Spirit took him on a journey to see the “Heavenly Jerusalem”, so that he could describe it to us. St. John wrote everything he saw in his vision in the book of Revelation.

Use your Bible reference to find part of what St. John has seen.

(Revelation 4:2-4)



Craft: The Lord told us: “I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.” (John 14:2-3)

Think of how beautiful the place God has prepared for you is. Draw a picture of what that place would look like.



Memorization:

Our savior Jesus Christ promised us that He will come again to take us all with Him. On that day we will hear Him saying:

“Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world”. (Matthew 25:34)

Wednesday of the Holy Pascha

Plotting Against Our Lord Jesus (Matthew 26)

Some of the leaders of Jerusalem hated our Lord Jesus so they plotted to kill Him.

They schemed to arrest Him, but our Lord Jesus was humble. He dressed like His disciples and never tried to stand out among them. That's why the leaders of Jerusalem were afraid that they would mistakenly arrest one of His disciples and He would run away.

Therefore, they talked with Judas, originally one of the twelve disciples who was in charge of keeping the money box of all the disciples. These leaders gave Judas 30 pieces of silver to help them arrest Jesus in the garden of Gethsemane while He was with His disciples.

Our Lord wants us to always remember to pray that we do not fall into temptation.





Prayer: My Lord and Savior Jesus Christ, Judas betrayed You for the love of money. Help me O Lord to love You more than anything in the world.



Meditation:

Although Judas Iscariot was one of the 12 disciples, he still fell into temptation. Do you pray that you do not fall into temptation that would lead you away from your Savior?

Can you remember the part that mentions that in the Lord's Prayer?



Biblical Reflection:

Our Lord Jesus Christ was betrayed and sold by one of His disciples. Mention the story of a character in the Bible (from the Old Testament) that was betrayed and sold by his own brothers. (Genesis 37)



Craft: Judas betrayed our Lord Jesus Christ because the love of money had a bigger place in his heart than God. If the heart below was your heart, how big would be the place of God be in it?



Memorization:

Judas betrayed Jesus for 30 pieces of silver. The Bible warns us from the love of money: (memorize the verse)

“For the love of money is a root of all kinds of evil” (1 Timothy 6:10)

Covenant Thursday

The First Divine Liturgy (Luke 22)

At night Jesus ate the Jewish Passover dinner with His disciples and told them again, "I will soon die," but again they didn't understand.

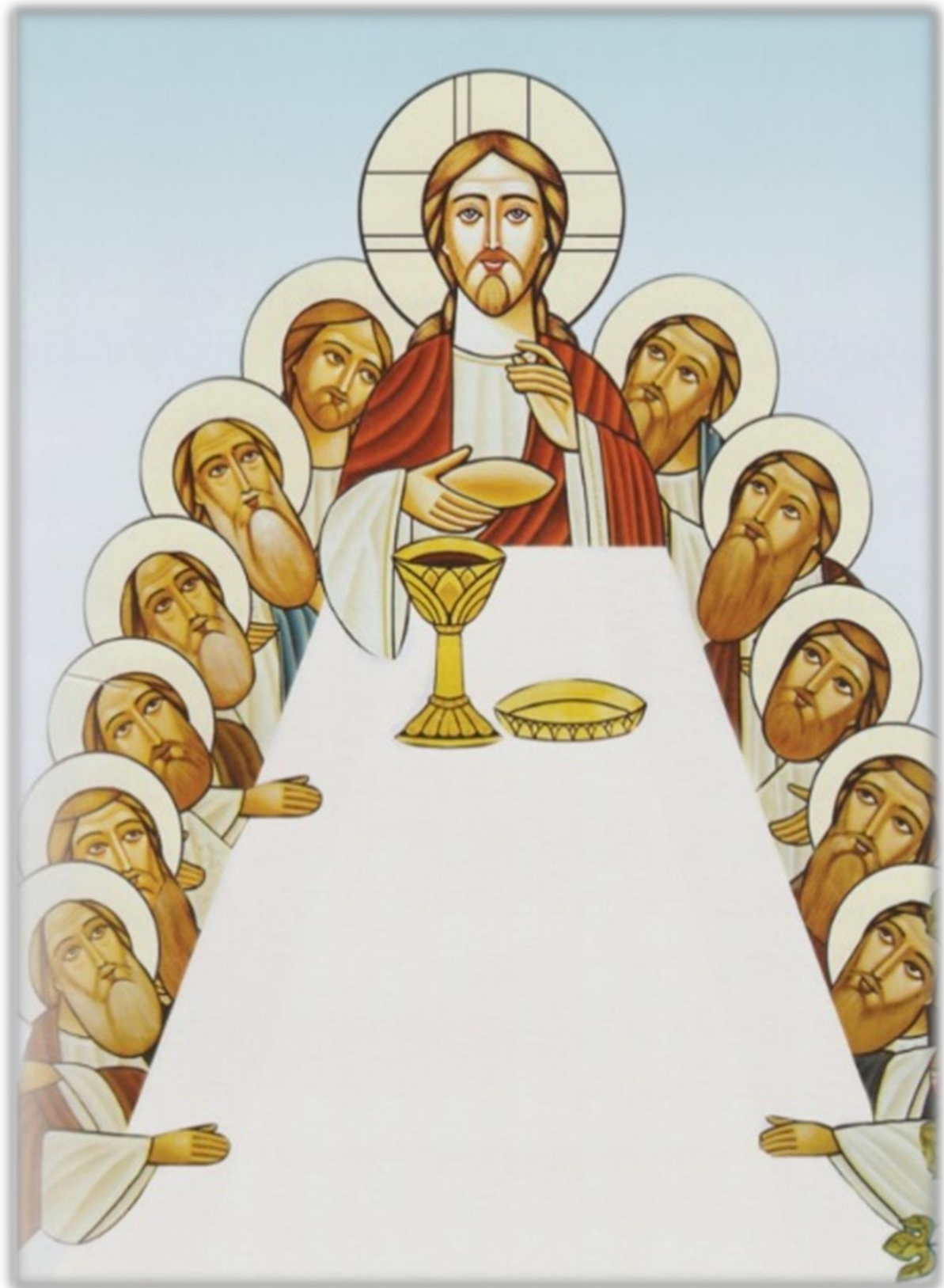
Our Lord took a big towel and started to wash and wipe the feet of His disciples. Slaves usually washed the feet of their masters, but great men didn't accept to wash the feet of others.

While they were eating Judas sneaked out to go meet the men who were plotting against our Lord Jesus, our Lord Jesus took the bread and wine and blessed them and divided them and gave to his disciples. He told them confirming, **"this is My body that has been broken for you and for many and this is My blood that has been poured out for you and for many. Do this in remembrance of me."**

Our Lord Jesus told his disciples that soon the Jews will bring the soldiers to arrest Him and then kill Him.

Our Lord Jesus died on the cross to save us.

He truly loves us and He became man to be crucified for us.





Prayer: My Lord and Savior Jesus Christ, thank you for offering me Your body and blood for the forgiveness of my sins. I will be eternally grateful for what You have done for me. You are my true and only Savior!



Meditation:

How do you return Christ's love since He allows you to partake of the Holy Communion?



Biblical Reflection:

In the New Testament, God supplied the spiritual food for our souls. He gave us His body and His blood as spiritual food that offers eternal life.

In the Old Testament, what kind of food did God supply His people in the wilderness? (Exodus 16)



Craft: Draw the picture of the “Last Supper” when Jesus ate the “Passover” with His disciples.



Memorization:

“And He took bread, gave thanks and broke *it*, and gave *it* to them, saying, “This is My body which is given for you; do this in remembrance of Me.”

“Likewise He also took the cup after supper, saying, “This cup is the new covenant in My blood, which is shed for you.” (Luke 22:19-20)

(memorize the verse)

In the Garden (Luke 22)

After establishing the Holy Liturgy, our Lord Jesus took his disciples to the garden of Gethsemane and said, "Let's pray." But they all slept; so our Lord Jesus prayed to His Father. Night fell and it became pitch dark. **Jesus knew that He would soon die for our sins. He was ready to die because this was the will of the Father. He specifically came to the world to die for us.** He told us this, that we may follow His example. We must do the will of God in our life.

Suddenly lots of voices were heard. It was Judas who came with those who opposed our Lord Jesus.

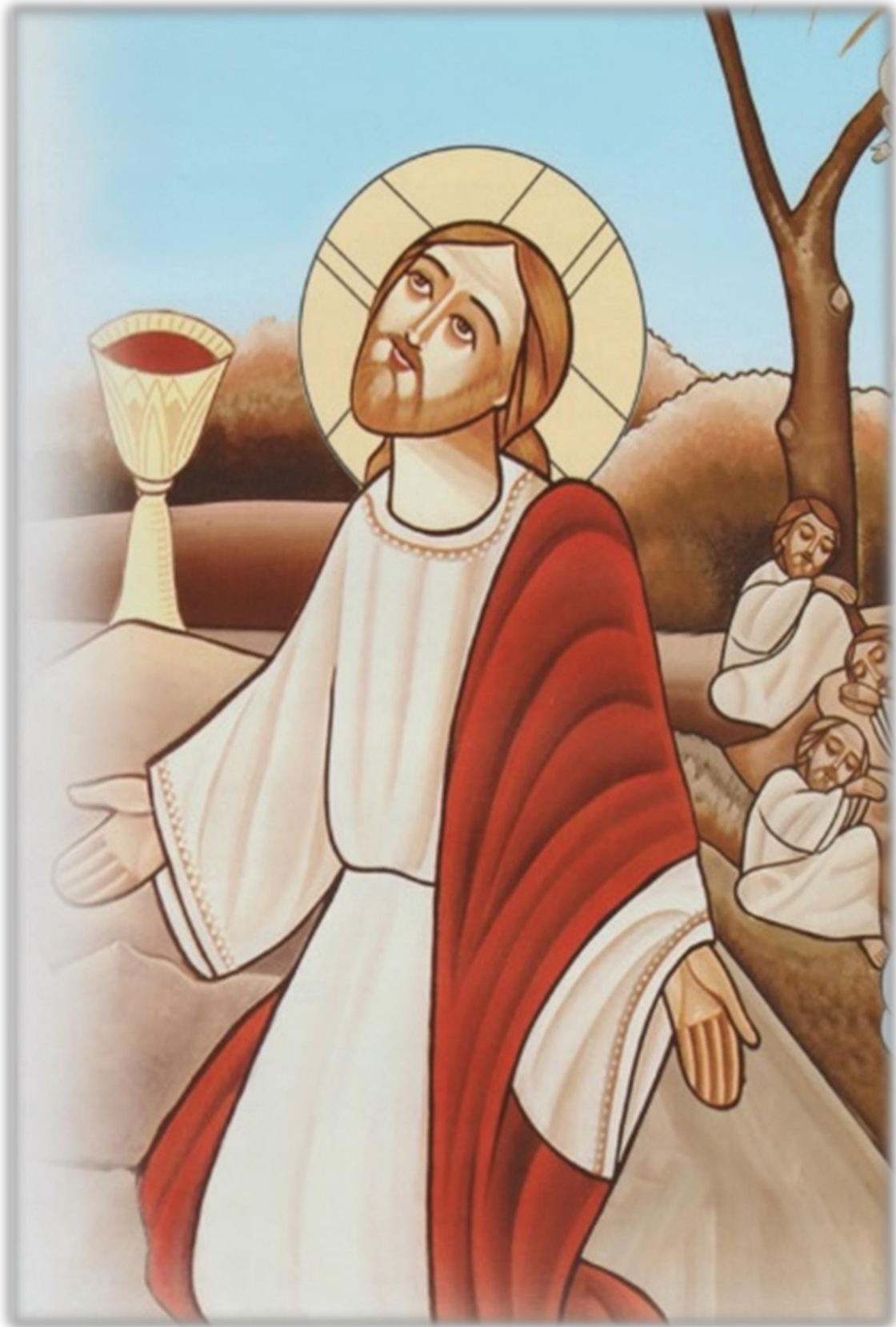
The disciples woke up from their sleep and were very afraid, so they fled. **Jesus asked the soldiers, "who do you seek?" and they said, "Jesus".**

When the Lord responded, "I am He", they immediately fell to the ground.

Jesus gave Himself up to the soldiers who violently bound Him with ropes that blood almost burst from His hands, thinking that He would not run away. They led Him at night to the house of the High Priest in order to sentence him to death.

What's happening now is very sad. The Jews and the soldiers came to take Jesus, but His disciples fled because they were afraid. No one tried to help Him.

It would have been impossible for the Jews, Judas or the devil to harm our Lord, unless He allowed them to do so. He is truly the most Powerful, Almighty God, and the Most Holy One who is without sin.





Prayer: My Lord and Savior Jesus Christ, when the Jews and the soldiers came to take You, Your disciples fled because they were afraid and no one tried to help You. O God, cast away all fear from my heart so that I would never flee. Give me the courage to face hardships and abide in You forever.



Meditation:

Our Lord Jesus took His disciples to the garden of Gethsemane and said, “Let’s pray.” He wanted to teach us the importance and the power of prayer at all times, especially the time of tribulations. In the next few lines, talk about a time when you prayed to God asking for His help and He answered your prayer.



Biblical Reflection:

Jesus asked the soldiers, “who do you seek” and they said, “Jesus”. When the Lord responded, “I am He”, they immediately fell to the ground. Why?

Why didn’t our Lord Jesus flee from the soldiers and the Jews when they came to arrest Him?



Craft: Color the picture, and take the time of coloring to think about the power of prayer in your life.



Memorization:

In His prayer in Gethsemane, our Lord Jesus taught us that we should always accept His will in our life just as He accepted His Father's will.

“Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.” (Luke 22:42) (memorize Jesus's prayer in Gethsemane)

Good Friday

Our Lord Jesus on the Cross (Luke 23)

The soldiers crucified our Lord Jesus on the wood of the cross. They nailed His hands and His feet, and they crucified Him beside two thieves, one on His right and one on His left. **The thief on the right repented for his sins and asked our Lord to forgive him and to remember him once he is in His kingdom; our Lord Jesus told him, “Today you will be with Me in paradise.”**

Our Lord Jesus forgives those who repent, regret their sins, and seek forgiveness.

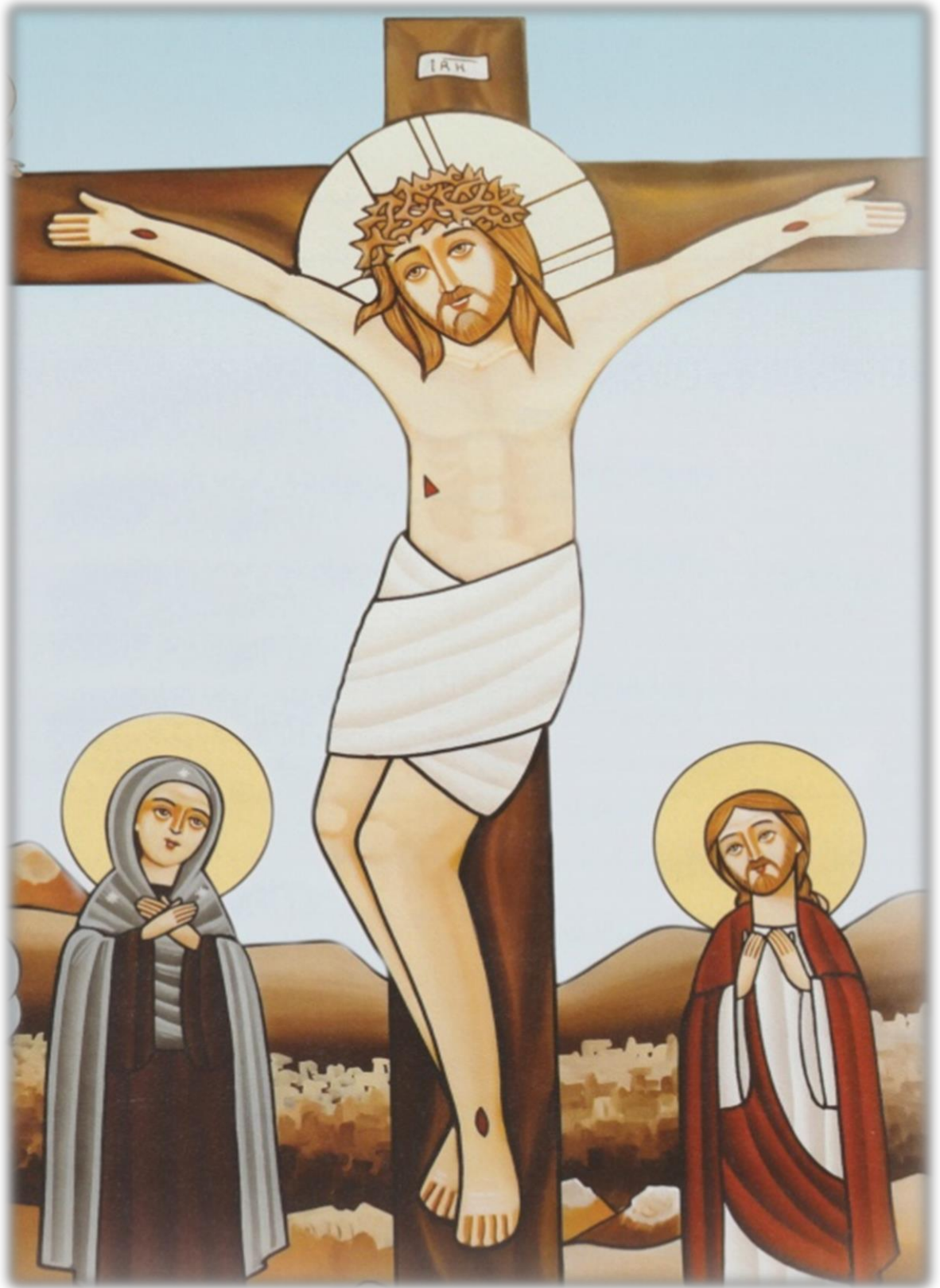
The thief on the right did not see our Lord Jesus while He was performing countless miracles, nor did he see His transfiguration on Mount Tabor, nor did he hear the words of the angel to the shepherds.

He only saw Christ crucified, and how Christ looked lovingly to those who crucified Him. Having seen that, the right hand thief believed that Jesus was the Messiah and the King, who loves mankind. Therefore, he loved Him back and he wished to be with Jesus in His eternal kingdom.

Jesus gave up His Spirit on the Cross, and this was at the ninth hour (3:00 PM) of Good Friday.

The Jews asked that Jesus be crucified and die. Why did they kill Him? Did He do anything bad?

He died because of the sins that you and I commit.





Prayer: My Lord and Savior Jesus Christ, though You didn't do anything bad, and not out of weakness but with Your own will, You died for me, I the sinner. And on the Cross, You looked lovingly to those who crucified You. Your Cross is the Greatest Sign of love and Glory! Fill my heart O Lord with Your love and help me to forgive those who hurt me.



Meditation:

The Cross of our Lord Jesus Christ is our only way to Heaven. Explain.

Since our Lord Jesus Christ is the Lord of Lords and the King of Kings, then the Cross would be His:

(Kingdom - Throne - Palace)

The thorns on His head would be His:

(Treasure – Robe – Crown)



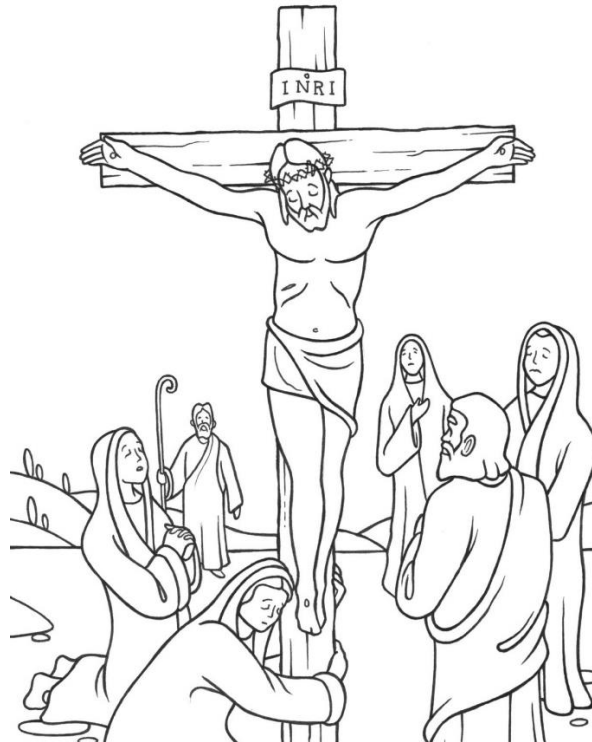
Biblical Reflection:

Jesus came down on earth for you and was crucified on the Cross so that through the wood of the Cross, your soul would not sink in the waters of sin.

Do you remember a story in the Old Testament about an iron head that through a wooden stick did not sink in the waters of the river? (2 King 6)



Craft: By dying for us on the Cross, Jesus taught us the true meaning of love, and that there is no better way to return His Love than to love one another as He loved us. Color the picture and imagine that you are standing below the Cross of Jesus. What would be your prayer? Write it down in the space below.





Memorization:

The thief on the right repented for his sins and asked our Lord saying:

“Lord, remember me when You come into Your kingdom.” (Luke 23:42)

And Jesus said to him, **“Assuredly, I say to you, today you will be with Me in Paradise.”** (Luke 23:43) (memorize the colored verses)

Resurrection Sunday

Our Lord Jesus Is Alive! (Luke 24)

When Jesus died, His disciples buried Him in a new tomb and they rolled a big rock in front of the entrance of the tomb. The Jews asked Pilate to seal the tomb so that no one would dare to come and roll the rock away from the entrance.

Early Sunday morning, some women went to the tomb with the spices they prepared. They found the rock rolled away and two angels sitting inside the tomb. The Angels told them, "Do not be afraid. Our Lord Jesus is alive. He has risen from death."

Very early Sunday morning, our Lord Jesus rose from the dead, while the rock was still in its place and the guards were terrified.

Our Lord came out of the tomb alive and sent an angel to roll the rock away so that the women and the disciples would be sure that He had risen from the dead.

Believers later started to greet one another saying:

"Christ is risen" and they would answer each other back saying, **"Truly he is risen."**





Prayer: My Lord and Savior Jesus Christ, when You died on the Cross, the rocks split and when you rose from the dead, the stone did not hinder You. By Your death, You overcame death and gave me eternal Life! Help me O Lord to always keep the joy of Your Resurrection in my heart, especially in the time of tribulations.



Meditation:

Early Sunday morning, our Lord Jesus rose from the dead, while the rock was still in its place. Why did He then send His angel to roll away the stone from the tomb?



Biblical Reflection:

The first 4 books of the New Testament are called the 4 Gospels:
(Matthew, Mark, Luke and John)

What does the word “Gospel” mean?

What does the word “Gospel” have to do with the Resurrection of our Lord?



Craft: Early Sunday morning, the women went to the tomb with the spices they had prepared. They found the rock rolled away and two angels sitting inside the tomb. Using your colors, imagine that you went to the tomb with the women and draw what you would have seen.



Memorization:

Early Sunday morning, the women went to the tomb with the spices they prepared. They found the rock rolled away and two angels sitting inside the tomb. The Angels told them: (memorize what the angels said to the women)

“Why do you seek the living among the dead? He is not here, but is risen! Remember how He spoke to you when He was still in Galilee, saying, ‘The Son of Man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.’ ” (Luke 24:5-7)

Memorization Completion Chart



Palm Sunday	Monday	Tuesday	Wednesday	Covenant Thursday	Great Friday	Resurrection Sunday



“Yes, I have loved you with an everlasting love”

(Jeremiah 31:3)

