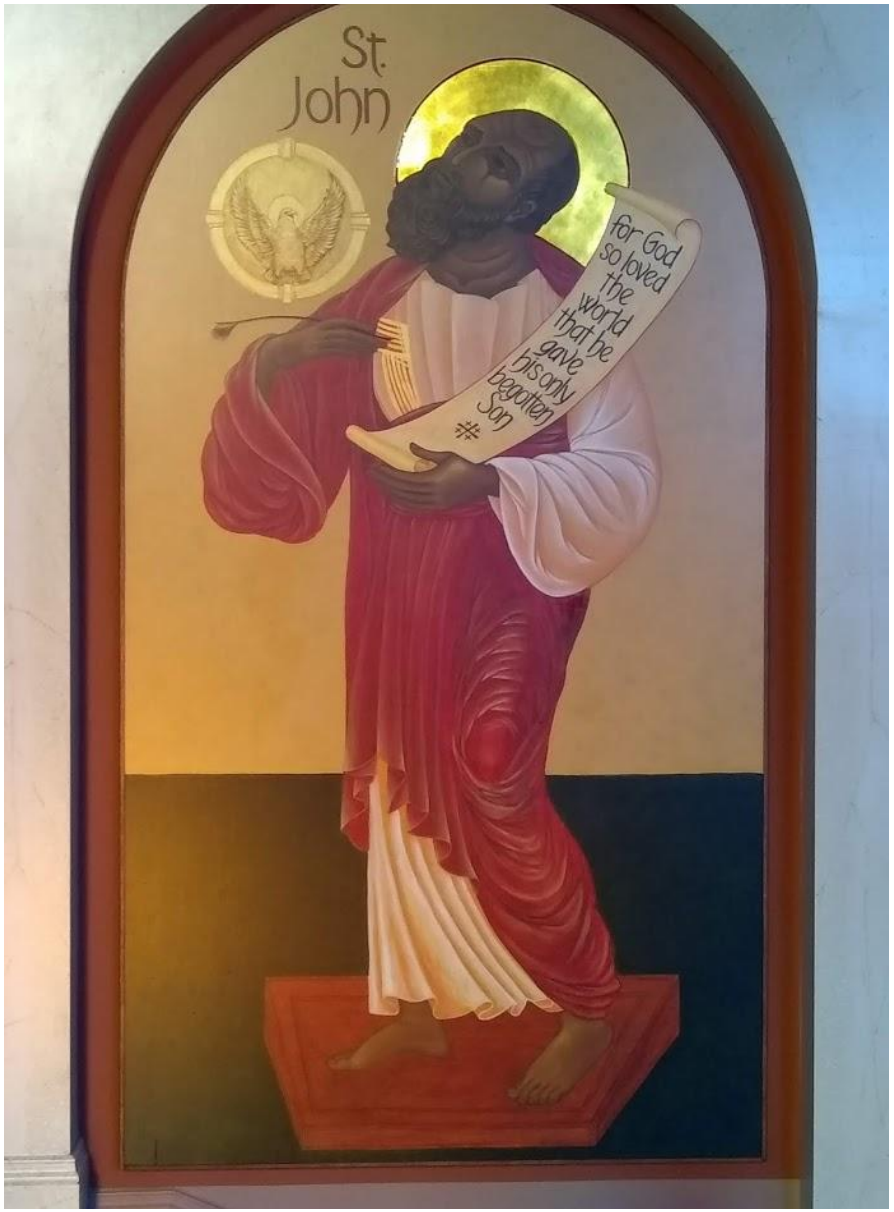
Day 1 – Let's Prepare our Hearts

Proclamation: The Apostle John saw Jesus with his own eyes. He heard Jesus with his own ears. He touched Jesus with his own hands. John shares that great gift with me so I can be a close friend of Jesus too, and a child of God the Father!

Scripture: 1 John 1:1-3
That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon and touched with our hands, concerning the word of life—the life was made manifest, and we saw it, and testify to it, and proclaim to you the eternal life which was with the Father and was made manifest to us— that which we have seen and heard we proclaim also to you, so that you may have fellowship with us; and our fellowship is with the Father and with his Son Jesus Christ.

Prayer: **Jesus, thank you for inviting me to be your very close friend. I want to follow you through this Holy Week and be an eye-witness like the Apostle John. Give me the eyes to see you, the ears to hear you and the hands to touch you. Amen.**

Art: St. John the Apostle



How to use these Holy Week Meditations:

Each day you will be drawn into prayer and praise with a Proclamation, Scripture Reading, Prayer, links to Worship Songs, and Suggested Activities. Some of those activities will be Lectio and/or Visio Divina – *prayerful reading of God's holy Word and viewing of sacred art.* Other days include ideas for craft projects or other short activities to help engage with the message of that day's proclamation. The whole family can join in together, each at their own level. The elements can be done in any order as the Holy Spirit leads. The Proclamation is intended to guide the meditation, *always at the service of the Scripture reading,* and tie it all together. A proclamation is a message of TRUTH with an INVITATION to follow Jesus. So let's go out and be disciples!

A note on Praise and Worship: It's good to take a few minutes every day to worship the Lord. It pleases God so much! When we worship, our minds are taken off of our troubles and lifted up to the God who can do the impossible! When we worship, we enter into the presence of our good Father who loves us more than we can imagine. Each day there will be a few songs of sacred music or contemporary praise and worship. Parents: click on the song title to follow the link and get your whole family to join in!

Suggested songs for today: **OPEN THE EYES OF MY HEART** performed by Maranatha! Music

GOOD GOOD FATHER by Chris Tomlin **TASTE AND SEE** Bethel Kids

Check out the great ideas on CATHOLIC ICING for Holy Week crafts, recipes and celebrations!

See today's activity on the next page. ↓

Draw a picture of something you have seen Jesus do.

Write a word (or words) that you have heard Jesus say _____

Use your hands to do something Jesus would do.