

## Day 4: Tuesday of Holy Week – Jesus announces who will betray him

**Proclamation:** Sin is a choice to say no to God. Jesus is always ready to forgive us when we sin. We only need to tell Him we are sorry and choose to begin following Him again. If we stay close to Jesus, like the Apostle John, we will be more aware of his love and less inclined to sin.

**Scripture: John 13:21-30** (excerpt from daily Mass Gospel reading, Tuesday of Holy Week)

The scene is in the Upper Room, at the Last Supper:

**Reclining at table with his disciples, Jesus was deeply troubled and testified, "Amen, amen, I say to you, one of you will betray me." The disciples looked at one another, at a loss as to whom he meant. One of his disciples, the one whom Jesus loved, was reclining at Jesus' side. So Simon Peter nodded to him to find out whom he meant. He leaned back against Jesus' chest and said to him, "Master, who is it?" Jesus answered, "It is the one to whom I hand the morsel after I have dipped it." So he dipped the morsel and took it and handed it to Judas, son of Simon the Iscariot. After Judas took the morsel, Satan entered him. So Jesus said to him, "What you are going to do, do quickly." Now none of those reclining at table realized why he said this to him. Some thought that since Judas kept the money bag, Jesus had told him, "Buy what we need for the feast," or to give something to the poor. So Judas took the morsel and left at once. And it was night.**

**Prayer: Jesus, I know that I am a sinner. My sins are what sent you to the cross. I am sorry for all of the times I said no to you. Please forgive me. Help me to stay close to your Sacred Heart, just like the Apostle John did. Help me to always know your love and have the courage to turn away from sin.**

### **ACTIVITY: STAYING CLOSE TO JESUS**

You've heard of a "BFF" or a "bestie", right? That's a very close friend who you love to spend time with. You share all your hopes and dreams and help each other when you are sad and lonely. Jesus is the BEST "bestie" of all! He loves when we spend time with Him and He cares deeply about us in every way! He is always a faithful friend!

Jesus suffered in so many ways during holy week. He was counting on His friends, the Apostles, to stay faithful to Him and to be with Him during His suffering. But in the story today we hear that one of his friends betrayed Him. Yes, Judas left the supper that night and told the Jewish leaders where they could find Jesus to arrest Him. And some of the other Apostles fell asleep while Jesus was counting on them to pray and watch with Him. All of them ended up running away in fear when He was arrested. Fear sometimes keeps us from following God. But Jesus will help us if we ask Him. He will forgive our sin and give us the strength to stay close to Him.

## Can you be a friend to Jesus during Holy Week? Here is an activity to help you:

**Step 1: Visio Divina** (praying with sacred art) The famous artist, Leonardo da Vinci, captured the moment when Jesus announced that someone would betray him. People from all over the world have seen this “Last Supper” painting. But how many people have taken the time to pray with it? You can! Look at the painting on the next page.

Here is the scene: Jesus is at supper with His friends on the night when His great suffering would begin. He has just announced that someone will betray Him. Look at the Apostle John. He is the one near the center, with the blue tunic and white cloak. He was a very close friend to Jesus and had his head on Jesus’ shoulder just before this scene. But now he moved away from Jesus’ chest because Peter was asking him a question. **“The disciples looked at one another, at a loss as to whom he meant. One of his disciples, the one whom Jesus loved, was reclining at Jesus’ side. So Simon Peter nodded to him to find out whom he meant.”** The artist is showing Jesus all alone in the center, while the apostles are arguing about who the betrayer could be. Spend some time looking at the painting. How can you tell that they are arguing? Are they more concerned about themselves or about Jesus? Try to imagine that you are there. What would you be thinking? What would you be doing? How could you be a friend to Jesus in this moment?

## Step 2: Music Meditation

Singing worship songs can help us pray and stay close to Jesus. Would you like to sing a song to Jesus to comfort Him during His suffering? Here is a good song for staying close to Jesus. Can you guess what it is called? It is called [CLOSER](#) by Lifepoint Worship. Click on the song name to listen, while you think again about the Last Supper. Imagine now that you are the Apostle John, just *before* Jesus announced that someone would betray Him. You are sitting right next to Jesus, with your head on His shoulder. **“One of his disciples, the one whom Jesus loved, (John) was reclining at Jesus’ side.”** John was so close that he could probably hear Jesus’ heart beating! Listen until you can hear Jesus’ heart beating with love for you. Now have a “heart to heart” conversation with your best “bestie”. What do you want to tell Jesus? Maybe you are sorry for a sin. Maybe you need more grace to stay close to Him. You can tell Him anything! Imagine that He is giving you a big hug!

Here are some more songs you may like: [STRONGER](#) Hillsong      [KYRIE ELEISON](#) Chris Tomlin

[WHO YOU SAY I AM](#) Hillsong      [WILDFLOWERS](#) Brandon Lake

