

Travelling Through Holy Week at Home 1

Palm Sunday

We remember Jesus' entry into Jerusalem with the acclaim of the crowd. A palm cross is a symbol of the praise of Jesus and the death of Jesus that frame this week. We often tell the story of the week to come as a way of preparing to follow Jesus through the events of the week to the cross.

Palm Cross

This year we can't receive blessed palm crosses but you might like to fold a paper cross as an act of prayer, saying these phrases as you fold:

Hosanna to the King of David, Hosanna to the King of Kings

Blessed is he who comes in the name of the Lord

Hosanna in the Highest

We adore you O Christ and we bless you

Who by your cross and passion has redeemed the world

Written instructions to make a cross are below or see the diagram attached

1. Cut a long strip of cardstock/craft paper, approximately 0.5-1" in width and close to 12" or more in length.
2. Take the strip and fold it in the middle to form an inverted right angle/ an upside down L.
3. Now take the vertical strip and fold that up.
4. Turn that reverse L over to form a 7 and then fold the vertical end over again.
5. Then take the horizontal end and fold it over.
6. Now when you look in the back you will notice you have made a small square pocket of sorts.
7. Take the horizontal arm and slide it through the pocket from the back, all the way to the end and gently tug at it to ensure it's firm.
8. Now slide half the horizontal end to form one arm of the cross.
9. Take the other end and fold it in to form the second arm of the cross. *(Make sure both arms are of equal length)*
10. Now turn the cross over and take the vertical end of the cross and gently slip it through the pocket slit from the back. Leave as much of it on top as you would like and adjust the remaining through the slit to form the foot of the cross.
11. And there you have it, your paper Palm Cross is ready!

Prayer used over the Palm Crosses

God our Saviour,

whose Son Jesus Christ entered Jerusalem as Messiah to suffer and to die;

let these palms be for us signs of his victory and grant that we who bear them in his name may ever hail him as our King, and follow him in the way that leads to eternal life;

who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All Amen.

Gospel of the Palms: Matthew 21: 1-11 Psalm 118:1-2. 19-29

The Collect for the Day:

**Almighty and Everlasting God,
Who in your tender love towards the human race sent your Son our Saviour
Jesus Christ to take upon him our flesh and to suffer death upon the cross:
grant that we may follow the example of his patience and humility and also
be made partakers of the resurrection; through Jesus Christ our Lord, who is
alive and reigns with you, in the unity of the Holy Spirit, one God now and
forever. Amen.**

The Passion Narrative

Readings Isaiah 50:4-9a Psalm 31:9-16 Philippians 2:5-11

The Passion of our Lord Jesus Christ according to Matthew 26:14-27:66

Read through the Gospel passage slowly, and reflectively, noticing what particularly strikes you this year as you read. You might like to read it out loud to help you concentrate on it. Talk to God as you would a friend about anything you notice, anything that holds your attention.

You might like to conclude your time of prayer, reflection and worship by using the Spiritual Communion prayers, or simply by saying the Lord's Prayer or the Grace.

My sermon is on both gospel passages for today

Additional Resources:

Links to websites:

<https://exeter.anglican.org/resources/coronavirus-guidance/holy-week-worship-ideas/>

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BBC

Sunday 5th April

BBC 1 10.45 Sunday Worship and 1.15 Songs of Praise

Radio 4 8.10 Sunday Worship