

Passion
Week



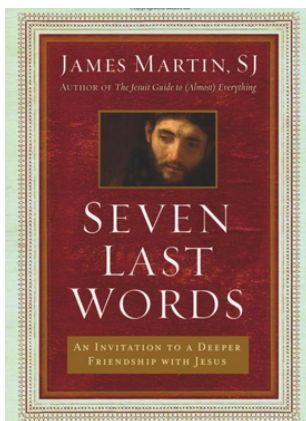
Edition

this week's creations to help you live a life of love
chris altrock: creator/ curator

Passion Week Edition (4/2/23)

sent about once a week, love lab aims to equip you to live a life of love--for God and for neighbor.

This special edition of "Love Lab" focuses on practices tied to Passion Week which allow us to experience/ express the unfathomable love we find in this season through Christ. Passion Week or Holy Week includes Jesus' "Triumphal Entry" into Jerusalem on *Palm Sunday* (4/2/23), the betrayal of Jesus on *Spy Wednesday* (Holy Wednesday) (4/5/23), the commemoration of the "Last Supper" on *Maundy Thursday* (4/6/23) the Passion of Jesus on *Good Friday* (6/7/23), and Jesus' rest in death on *Holy Saturday* (4/8/23). *Easter Sunday* (4/9/23) marks the beginning of the season of Eastertide, with its first week being known as Easter Week (Bright Week).



Jesuit author James Martin is a favorite of mine. [His book](#) on the seven words/ sayings of Christ on the cross is a thoughtful and transformative work. You may enjoy reading through it during Passion Week.



In [Entering the Passion of Jesus](#), Amy Jill Levine, a Jewish scholar of Christianity, provides a helpful overview of the days of Holy Week along with practical ways Holy Week impacts our day to day lives.

ENTERING
THE PASSION
of JESUS

A BEGINNER'S GUIDE TO HOLY WEEK





Try the ancient practice of praying the five holy wounds of Christ. While there are several variations to this, the general idea is to meditate on each wound of Jesus and to pray in response. Consider [this version by Beth Davis](#) or [this version by St Clare of Assisi](#). I've also written my own version [HERE](#), tying each wound to one aspect of Jesus' Great Commands to love God and love neighbor.

Prayer Coloring is a helpful, grounding, practice. Take it up this Passion Week with these simple and meaningful [coloring sheets](#) created by Adam Walker Cleaveland that lead you through 15 Stations of the Cross. \$10 gets you instant access to downloadable PDF's of two kinds: Detailed Coloring Pages and Simplified Coloring Pages (for those who prefer fewer details to color).



This series of [brief videos](#) gives you an overview of each day during Holy Week, what Scripture tells us about it, and the historical and cultural background to it.

This [Holy Week prayer by Henri Nouwen](#) may resonate with you:

Dear Lord, your disciple Peter wanted to know who would betray you. You pointed to Judas but a little later also to him. Judas betrayed, Peter denied you. Judas hanged himself, Peter became the apostle whom you made the first among equals. Lord, give me faith, faith in your endless mercy, your boundless forgiveness, your unfathomable goodness. Let me not be tempted to think that my sins are too great to be forgiven, too abominable to be touched by your mercy. Let me never run away from you but return to you again and again, asking you to be my Lord, my Shepherd, my Stronghold, and my Refuge. Take me under your wing, O Lord, and let me know that you do not reject me as long as I keep asking you to forgive me. Perhaps my doubt in your forgiveness is a greater sin than the sins I consider too great to be forgiven. Perhaps I make myself too important, too great when I think that I cannot be embraced by you anymore. Lord, look at me, accept my prayer as you accepted Peter's prayer, and let me not run away from you in the night as Judas did. Bless me, Lord, in this Holy Week, and give me the grace to know your loving presence more intimately. Amen.



This [four minute video](#) uses 100 paintings to walk through Holy Week. You'll want to pause frequently to contemplate several of the paintings.

My sermon on Palm Sunday, 4/2/23, meditates on a [painting by Haitian artist Jaques-Richard Chery](#) and three meanings the crucifixion has for us today. You can read the manuscript [HERE](#).

