

# Holy Week

## KEEPING IT REAL

Transforming our Lives in Lent

# Love



### Heart of Love

Loving Jesus, you are truly amazing. You have transformed our lives and continue to work in us. As we enter Holy Week, let us never forget the great act of love you gave us - dying for us on a Cross. You humbled yourself in love, stretched out your hands, lifted your head in prayer, and gave up your soul to save us all. May I never forget this gift of love nor the importance you play in my life. Amen.

### Act of Love

Sit with Jesus at the foot of the Cross. Reread the *Passion Story* in Luke (Lk 22:14-23:56). Reflect on the love Jesus showed and consider the love that Jesus has for you - now and always.

### Word of Love

Imagine for a minute - you have lost almost everything. You stand alone, with barely any clothes on your back, in front of a crowd who jeer and scream words of hatred at you. Then you hear them shout "Crucify him." These words send shivers down your spine and then with the shake of a man's finger you are sentenced to death. No voice; no opportunity to provide proof. You are swiftly grabbed by soldiers with great force who place a 50 pound wooden cross on your back. Then the soldiers tell you to walk - uphill - the road feels endless - it's hot - and the weight of the cross is unbearable. The cross you carry is not the weight of wood but the heavy weight of evil that exists in the world. With every step, the cross gets heavier and the road more difficult.

Jesus took the weight of the world on himself. He stretched out his hands in love and gave his life for us in order to give us the greatest gift - SALVATION! Why? Because he loved us unconditionally!

Reflection:

Why do you think Jesus gave his life for us out of love? Why is it important to remember this every year?