

A PRAYER WALK THROUGH HOLY WEEK



This prayer walk is one lap around the quarter-mile prayer path. You will have many opportunities to talk with God and reflect on the Holy Week story. Move at a pace that works for you. You can do this walk solo, as a couple, as a family, or with a friend. It will take about 45 minutes.

During this prayer walk, there will be an opportunity to take communion. If you plan on doing this part, bring bread and juice or other substitutes with you.

Praying in The Garden

As you start along the rock-paved path, sit on the first bench on the right-hand side of the trail and look up at the Prayer Path.

Jesus knew what would happen this week. He retreated to the garden to pray and prepare Himself.

Jesus went out as usual to the Mount of Olives, and His disciples followed Him. On reaching the place, He said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down, and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to Him and strengthened Him. And being in anguish, He prayed more earnestly, and His sweat was like drops of blood falling to the ground.
-Luke 22:39-46

Reflect: What is an area of your life where you need to pray, "Father, not my will, but Yours be done"?

Pray: *God, give me the strength to submit to Your will, especially when it is difficult.*

Washing Feet

Continue on the trail to the stone patio.

Sit in one of the blue chairs and look at the globe firepit. Before His arrest, Jesus sat around a table with His closest friends.

Jesus knew that the Father had given Him authority over everything and that He had come from God and would return to God. So He got up from the table, took off His robe, wrapped a towel around His waist, and poured water into a basin. Then He began to wash the disciples' feet, drying them with the towel He had around him. -John 13:3-5

The disciples walked long distances barefoot or in sandals.
Today, shoes keep our feet much cleaner.

Look at the bottom of your shoes. Imagine what it would be like to have Jesus kneeling there washing your feet.

Jesus said, *“Even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”* -Mark 10:45

Pray: *Thank Jesus for the ways He has served you.*

Jesus said, *“Since I, your Lord and Teacher, have washed your feet, you ought to wash each other’s feet. I have given you an example to follow. Do as I have done to you.”* -John 13:14-15

Reflect on the globe. What is a specific way you will follow Jesus’ example of service?

Betrayed with a Kiss

Head uphill. Along this section of the path, you will have a great view of the volleyball courts, playground, and cornhole pits to your left. These are places for people to play, laugh, and make friends.

Jesus spent a lot of time with people. He prioritized relationships and loved people well. However, being in relationships with imperfect people meant sometimes getting hurt.

While Jesus was still speaking, a crowd came up, and the man who was called Judas, one of the Twelve, was leading them. He approached Jesus to kiss Him, but Jesus asked Him, “Judas, are you betraying the Son of Man with a kiss?” -Luke 22:47-48

If you’ve felt betrayed or hurt by people, especially those close to you, Jesus understands your pain.

As you walk to the far west end of the path, **pray** for a relationship in your life that needs forgiveness and healing.

Pray: *Jesus, help me to respond like You,
with grace and compassion when people hurt me.*

Three Denials

Continue along the path towards the cross. As you weave back and forth, you’ll walk past three evergreen trees.

Before His arrest, Jesus predicted that Peter would deny knowing Him three times. As Jesus walked towards the cross, He witnessed Peter’s three denials:

About an hour later, a third person insisted, "This must be one of them because he is a Galilean, too." But Peter said, "Man, I don't know what you are talking about." And immediately, while he was still speaking, the rooster crowed. At that moment, the Lord turned and looked at Peter. Suddenly, the Lord's words flashed through Peter's mind: "Before the rooster crows tomorrow morning, you will deny three times that you even know me." And Peter left the courtyard, weeping bitterly.
-Luke 22:59-62

Reflect: In what ways have you denied Jesus?

**Pray: Jesus, I'm sorry for the times I've denied You.
Give me the boldness to tell others about You.**

Cut Down

Continue walking until you reach the two tree stumps. The stumps are all that remain from two trees that were cut down.

After His trial by popular opinion, Jesus was repeatedly mocked and beaten. He was verbally and physically cut down by others.

The guards in charge of Jesus began mocking and beating Him. They blindfolded Him and said, "Prophecy to us! Who hit you that time?" And they hurled all sorts of terrible insults at Him. -Luke 22:63-65

Jesus never retaliated. He refused to react to their taunting. He didn't lash out in anger.

**Pray: Jesus, teach me how to react to hostility like You.
Remind me who I am when others mock and insult me.**

The Last Supper

Continue to the picnic table and take a seat.
Take out your bread, juice, or other communion elements.

When the time came, Jesus and the apostles sat down together at the table. Jesus said, "I have been very eager to eat this Passover meal with you before my suffering begins." Jesus took some bread and gave thanks to God for it. Then He broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this in remembrance of me."
-Luke 22:14-15, 19

Take your bread, give thanks to God, and break it.

As you eat the bread, what specific story, teaching, or aspect of Jesus' life do you need to remember today?

After supper, He took another cup of wine and said, “This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you.”

-Luke 22:20

Take your juice, give thanks to God, and drink it. Reflect on what your life could look like if you were forgiven and free.

Pray: *Thank Jesus for His sacrifice and the new covenant, which restores our relationship with God through forgiveness and offers us new life through the resurrection.*

End by Praying the Lord’s Prayer

Walking to the Cross

Continue through the tunnel of tall trees and walk towards the cross. This part of the path is always shaded and darker than the rest of the prayer path. As you enter the tunnel, imagine Jesus carrying his own cross to the place where He would die.

Jesus was weak and tired. He struggled to carry the heavy cross to the top of the hill.

A man named Simon, who was from Cyrene, happened to be coming in from the countryside. The soldiers seized him and put the cross on him and made him carry it behind Jesus.

-Luke 23:26

Jesus was willing to accept help.

Pause at the bench in the middle of the tree tunnel.

Reflect: Are you willing to accept help when you’re struggling?

Reflect: Who has helped you carry your cross during life’s most difficult circumstances?

Pray: *Jesus, teach me to accept help when I need it.
Make me aware of the people around me who could help me carry my burdens.*

At the Foot at the Cross

You’ll exit the tunnel of trees and arrive at the cross.

Stop and sit on the bench in front of the cross.

When they came to a place called The Skull, they nailed Him to the cross. And the criminals were also crucified—one on His right and one on His left. Jesus said, “Father, forgive them, for they don’t know what they are doing.”

-Luke 23:33-34

One of the criminals hanging beside Him scoffed, “So you’re the Messiah, are you? Prove it by saving yourself—and us, too, while you’re at it! But the other criminal protested, “Don’t you fear God even when you have been sentenced to die? We deserve to die for our crimes, but this man hasn’t done anything wrong.” Then he said, “Jesus, remember me when You come into Your Kingdom.”
-Luke 23:39-42

We need forgiveness for two types of sins – omission and commission. A sin of omission is failing to do something good or right that one should do. A sin of commission is actively doing something wrong or hurtful.

Pray: Jesus, forgive me for these sins of omission...

Pray: Jesus, forgive me for these sins of commission...

Reflect on Jesus’ reply to the repentant criminal on the cross.

Jesus replied, “I assure you, today you will be with me in paradise.”
-Luke 23:43

Resurrection Hope

Make your way back down the trail. You will pass two orange chairs. Orange is a symbol of hope.

Sit in the orange chairs.

After Jesus’ death, the disciples and His followers felt discouraged and hopeless.

But very early on Sunday morning the women went to the tomb, taking the spices they had prepared. They found that the stone had been rolled away from the entrance. So they went in, but they didn’t find the body of the Lord Jesus. As they stood there puzzled, two men suddenly appeared to them, clothed in dazzling robes.

The women were terrified and bowed with their faces to the ground. Then the men asked, “Why are you looking among the dead for someone who is alive? He isn’t here! He is risen from the dead! Remember what He told you back in Galilee, that the Son of Man must be betrayed into the hands of sinful men and be crucified, and that He would rise again on the third day.”

Then they remembered that He had said this. So they rushed back from the tomb to tell His eleven disciples—and everyone else—what had happened.
-Luke 24:1-9

The resurrection is a story of hope for all of us. Sin is defeated, giving us new life today. Death is defeated, giving us eternal life in the future. Forgiveness and grace restore our relationship with God.

Reflect: Where do you need to experience hope? How does the resurrection story give you hope today?

Pray: *Jesus, thank You for Your sacrifice on the cross.
Help me live with the hope of resurrection.*

The Final Blessing

Continue down the hill and back to the patio.
Sit in the blue chairs and reflect on the globe firepit.

Jesus was back in the world for a short time. He appeared to His disciples. They stood there in disbelief, filled with joy and wonder.

*Then Jesus led the disciples to Bethany, and lifting His hands to heaven, He blessed them. While He was blessing them, He left them and was taken up to heaven. So they worshiped Him and then returned to Jerusalem filled with great joy. And they spent all of their time in the Temple, praising God.
-Luke 24:50-53*

Jesus gathered His disciples together.
He blessed them for their upcoming work and ministry in the world.

Reflect: What blessings do you need from Jesus as you head back into the world?

The disciples responded to this blessing with worship and praise.

Pray a prayer of praise to Jesus.

NEXT STEPS

Walk on the concrete trail to complete the prayer path.
As you walk out or on the drive home, reflect or share about your experience.

Reflect: What was something you experienced during the Holy Week prayer walk?
What was the most meaningful part of the prayer walk?

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