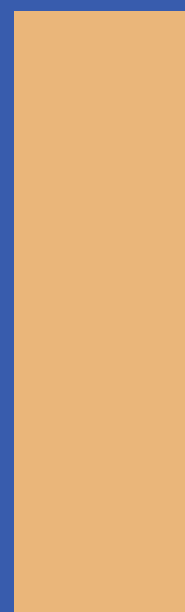


YOUNG CATHOLIC  
PROFESSIONALS



YOUR YCP GUIDE TO  
**Holy Week**





Holy Week stands as the pinnacle of the liturgical year, inviting us into the deep mysteries of our faith. As Catholic professionals navigating demanding careers, it's easy for Holy Week to get away from us not giving it the importance it deserves. This Holy Week guide is meant to offer easy and impactful ways to integrate your faith into your work life so you can deepen your spiritual life while meeting your professional obligations.

# UNDERSTANDING HOLY WEEK

## **Palm Sunday**

Jesus enters Jerusalem. The crowds greet him waving palm branches. Palms are the emblem of martyrdom, and also a heavenly reward. This day presents two very opposite feelings: joy and gladness at our Master's triumphal entry into Jerusalem and bitter sorrow at His approaching death.

## **Holy Monday - Wednesday**

Days of preparation, Jesus clears the Temple and goes to the Mount of Olives, and Judas plots to betray Him.

## **Maundy Thursday**

The Last Supper and Institution of the most holy Sacrament, the Eucharist. We lay aside our mourning for one day to honor this Mystery of the Church.

## **Good Friday**

Christ's Passion and Crucifixion, this is a day of desolation and mourning. The priest doesn't offer sacrifice, the Altar is stripped of its ornaments, and the priest's vestments are often black to commemorate our mourning.

## **Holy Saturday**

This day is reserved for waiting, fasting, and praying at the Sepulchre. The Easter Vigil service was ordained for the baptism of converts and catechumens.

## **Easter Sunday**

The Resurrection, Our Lord's body is gloried, and with His Resurrection, our bodies can be glorified through Him.

## PALM SUNDAY

# Begin with Intention

“The tragedy of the passion brings to fulfillment our own life and the whole of human history. We can't let Holy Week be just a kind of commemoration. It means contemplating the mystery of Jesus Christ as something which continues to work in our souls.”

—Saint Josemaría Escrivá

Palm Sunday kicks off our Holy Week with the reading of the Passion narrative. The palms are blessed and are offered up in honor of our Lord's entrance into Jerusalem. He attracted the attention of the entire town and many wondered who He was. Jesus' entry into Jerusalem was prophesized in Zechariah symbolizing Jesus entering in as the sacrificial lamb coming as atonement for our sins and to seek the lost.

**Exult greatly, O daughter Zion!**

**Shout for joy, O daughter Jerusalem!**

**Behold: your king is coming to you,**

**a just savior is he,**

**Humble, and riding on a donkey,**

**on a colt, the foal of a donkey.**

— Zechariah 9:9



## Integration at Work:

- Place your blessed palms at your desk as a reminder of Holy Week
- If you've fallen short on some of your Lenten commitments, this is a time to recommit and re-set those intentions of prayer, fasting, and almsgiving to finish strong.

## Prayer:

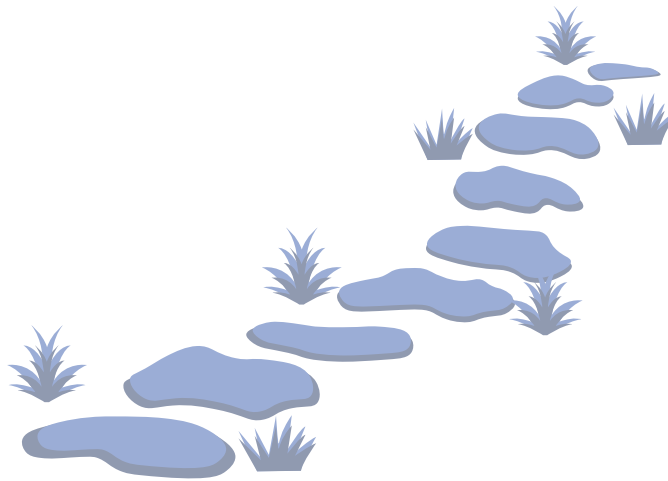
*Most glorious King, blessed are You Who continuously comes to us, leading the way to Heaven. Hosanna in the highest! As I begin this most Holy Week, commemorating Your gift of salvation, I pray that this commemoration will also be a real and transforming participation in Your life, death, and resurrection. Thank You for redeeming us, dear Lord. Please open my heart to receive Your grace fully. Jesus, I trust in You.*

# Deepen Your Preparation

“As Lent is the time for greater love, listen to Jesus’ thirst...He knows your weakness. He wants only your love, wants only the chance to love you.”—Saint Teresa of Calcutta

These days before the Triduum can be used as days of final Lenten preparation with increased prayer, reflection, and meditation on Scripture. We’re invited to slow down and reflect on the humanity of Jesus. On Holy Monday, Jesus entered the temple, flipped the tables of money changers, and drove them out. We’re invited to reflect on the real and raw human emotion of anger that Jesus expresses.

On Tuesday, Jesus calls out to the Pharisees, teaches by the fig tree, and preaches on the Mount of Olives, and a woman named Mary anoints Jesus with oil. Jesus responds with gratitude and appreciation for her reverence and faith. Who are you most grateful for in your life right now? On Wednesday of Holy Week, Judas visits the chief priests and accepts 30 pieces of silver to turn Jesus in. This is a great time to reflect on any pain or resentment you might be holding on to from past wounds or betrayal.



## Integration at Work:

- Commit to daily Mass or daily holy hour.
- Consider fasting from workplace complaints and gossip.
- Work on your charitable response when someone criticizes and wounds you.
- Deep clean your home and workplace, a tradition dating back to the Jewish custom of preparing the home for Passover.

## Prayer:

*Have mercy on me, God, in your kindness. In your compassion blot out my offense.  
O wash me more and more from my guilt and cleanse me from my sin.*

*My offenses truly I know them; my sin is always before me.  
Against you, you alone, have I sinned; what is evil in your sight I have done.*

*That you may be justified when you give sentence and be without reproach when you judge.  
O see, in guilt was I born, a sinner was I conceived.*

*Indeed you love truth in the heart; then in the secret of my heart teach me wisdom.  
O purify me, then I shall be clean; O wash me, I shall be whiter than snow.*

*Make me hear rejoicing and gladness, that the bones you have crushed may revive.  
From my sins turn away your face and blot out all my guilt.*

***A pure heart create for me, O God, put a steadfast spirit within me.  
Do not cast me away from your presence, nor deprive me of your holy spirit.***

*Give me again the joy of your help; with a spirit of fervor sustain me,  
that I may teach transgressors your ways and sinners may return to you.*

*O rescue me, God, my helper, and my tongue shall ring out your goodness.  
O Lord, open my lips and my mouth shall declare your praise.*

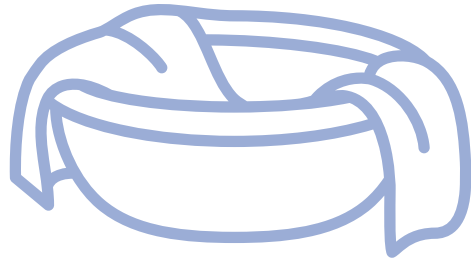
*For in sacrifice you take no delight, burnt offering from me you would refuse;  
my sacrifice, a contrite spirit. A humbled, contrite heart you will not spurn.*

*In your goodness, show favor to Zion: rebuild the walls of Jerusalem.  
Then you will be pleased with lawful sacrifice, holocausts offered on your altar.  
Amen.*

*- Psalm 51: Miserere (Repentance)*

MAUNDY THURSDAY

# Service and Communion



“The washing of the feet and the sacrament of the Eucharist: two expressions of one and the same mystery of love entrusted to the disciples, so that, Jesus says, “as I have done... so also must you do” (Jn 13: 15).” - Pope John Paul II

Maundy Thursday commemorates The Last Supper, the Institution of the Eucharist, and Christ washing the disciples’ feet as an act of humility and service and as an example for His disciples to follow His example. Jesus Himself wept with love for Jerusalem this night, even as the town plotted His execution. On Mount Zion, Jesus washed His disciple's feet in preparation for their meal, His last Passover, and instituted the Eucharist where Christians would find strength through continued persecution.

## Integration at Work:

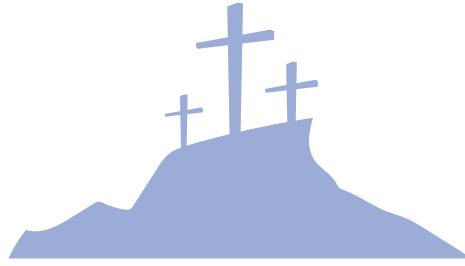
- Attend the evening Mass of the Lord’s supper.
- Take 15 minutes to read the Gospel of John 13: 1-15.
- Fast from digital distractions to create more space for prayer.

## Prayer:

*O my Divine Savior, transform me into Yourself. May my hands be the hands of Jesus. May my tongue be the tongue of Jesus. Grant that every faculty of my body may serve only to glorify You. Above all, transform my soul and all its powers so that my memory, will and affections may be the memory, will, and affections of Jesus. I pray You to destroy in me all that is not of You. Grant that I may live but in You, by You and for You, so that I may truly say, with St. Paul, “I live— now not I— but Christ lives in me. Amen. - St. John Gabriel Perboyre*

GOOD FRIDAY

# The Sacrifice



“Why did you suffer for me, dear Jesus? For love! The nails...the crown...the cross...all for the love of me!” –St. Gemma Galgani

On this solemn day, we commemorate Christ’s ultimate sacrifice on the Cross showing us that this form of love transforms suffering into sacrifice. We call this day Good Friday because although Our Lord was mocked, criticized, beaten, and crucified, His suffering and sacrifice saved us from our sins and conquered evil. How many times at work or in our daily lives do we feel lonely, mocked, offended, and criticized for being someone of faith and working in witness for Christ? This is the day set aside to lay down our burdens, pains, and sorrows at the foot of our Lord’s cross for Him to take over as we acknowledge our sins and brokenness as the nails in His flesh.

## Integration at Work:

- Maintain silence on this day especially between 12 pm- 3 pm (the traditional time when Jesus was on the Cross).
- Fast from something meaningful during your work day (social media, snacks, coffee).
- Leave early from work to attend a Good Friday service.
- Practice forgiveness toward someone who has wronged you.

## Prayer:

*O Jesus, Who by reason of Thy burning love for us hast willed to be crucified and to shed Thy Most Precious Blood for the redemption and salvation of our souls, look down upon us here gathered together in remembrance of Thy most sorrowful Passion and Death, fully trusting in Thy mercy; cleanse us from sin by Thy grace, sanctify our toil, give unto us and unto all those who are dear to us our daily bread, sweeten our sufferings, bless our families, and to the nations so sorely afflicted, grant Thy peace, which is the only true peace, so that by obeying Thy commandments we may come at last to the glory of heaven. Amen.*

## HOLY SATURDAY

# Contemplative Writing

“O souls! Seek a refuge, like pure doves, in the shadow of the crucifix. There, mourn the Passion of your divine Spouse, and drawing from your hearts flames of love and rivers of tears, make of them a precious balm with which to anoint the wounds of your Saviour.”

— St. Paul of the Cross

This day of quiet anticipation invites us to experience and practice the feeling of waiting for hope. From the earliest ages, no Mass was said on Holy Saturday. Now an Easter Vigil is offered for those newly baptized into the Church. It's custom to spend this day in prayer and fasting in spirit with the Holy Women at the Sepulchre until the morning of the Resurrection. The disciples were filled with fear on this day. Fear that they would be persecuted, that God had led them astray, or that He had abandoned them. They were uncertain about their future and what lay ahead. We can all relate to these feelings of fear – rejection, what people might think of you if you stood up for Christ, of change, or fear of speaking the truth. Practice the spirit of hopeful waiting and trust in God's divine plan.

### Integration at Work:

- Prepare ahead and take care of all work-related items before Holy Saturday so you can disconnect and spend the day in prayer.
- Set aside time for an examination of conscience and confession.
- Reflect on the fears that paralyze you from going after your dreams.

### Prayer:

*O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever.*



## EASTER SUNDAY

# The Resurrection

“Easter reminds us that God's love is stronger than any suffering or darkness we may encounter. - Saint Padre Pio

And on the third day, He rose again. A celebration over 2,000 years old, Easter is the most important day in history and the foundation of our faith. Jesus resurrected and changed the course of history forever. His empty tomb is a fulfillment of the promises of Scripture. He paid the price for our sins, conquered death, and opened the path to heaven.

From the most modest of means, Son of a carpenter, who owned nothing but whose radical teachings and philosophies inspired even His elders. He challenged religious and political authority and in His barely 30 years of life developed a following that would become the largest religion in the world impacting and influencing every human for centuries to come. His Resurrection was the impetus for the rise of His Church. He died, descended into hell to liberate us from our sins, and rose again. Before He ascended, He had unfinished business to tend to—convincing the doubting disciples of His continued existence and purpose. Without their belief, there would be no evangelical movement to come. What does Christ's Resurrection mean to you and your mission in life today?

*“One has a picture of a strong man trying to lift a very big, complicated burden. He stoops down and gets himself right under it so that he himself disappears; and then he straightens his back and moves off with the whole thing swaying on his shoulders. Or else one has a picture of a diver, stripping off garment after garment, making himself naked, then flashing for a moment in the air, and then down through the green, and warm, and sunlit water into the pitch black, cold, freezing water, down into the mud and slime, then up again, his lungs almost bursting, back again to the green and warm and sunlit water, and then at last out into the sunshine, holding in his hand the dripping thing he went down to get. This thing is human nature; but, associated with it, all nature, the new universe.*

- From the essay collection, *Miracles* by C.S. Lewis



## Integration at Work:

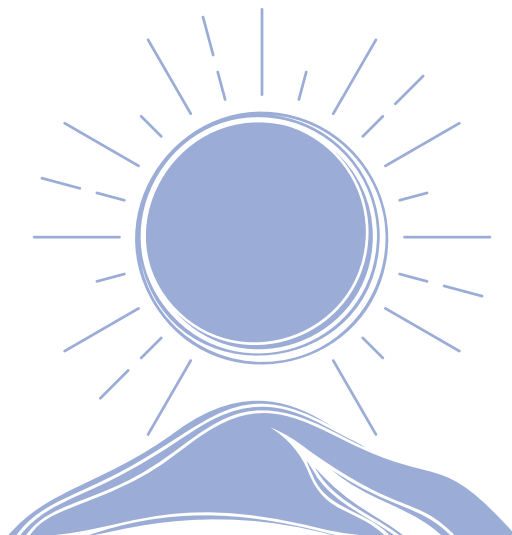
- Commit to one new spiritual practice to maintain during the Easter season.
- Read the accounts of the Resurrection in the Gospels and spend time meditating on them.
- Reflect on how God invites you to build new relationships during this season at work or in your personal life.

## Prayer:

*It is only right, with all the powers of our heart and mind, to praise You Father and Your Only-Begotten Son, Our Lord Jesus Christ. Dear Father, by Your wondrous condescension of Loving-Kindness toward us, Your servants, You gave up Your Son.*

*Dear Jesus You paid the debt of Adam for us to the Eternal Father by Your Blood poured forth in Loving-Kindness. You cleared away the darkness of sin by Your magnificent and radiant Resurrection. You broke the bonds of death and rose from the grave as a Conqueror. You reconciled Heaven and earth. Our life had no hope of Eternal Happiness before You redeemed us. Your Resurrection has washed away our sins, restored our innocence and brought us joy. How inestimable is the tenderness of Your Love!*

*We pray You, Lord, to preserve Your servants in the peaceful enjoyment of this Easter happiness. We ask this through Jesus Christ Our Lord, Who lives and reigns with God The Father, in the unity of the Holy Spirit, forever and ever. Amen. - Pope St. Gregory the Great*

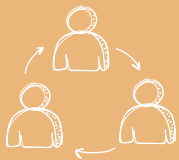


# Carrying it Forward

The transformative power and celebration of Easter shouldn't end after Easter day, the Easter season continues through Pentecost. How can you keep the spirit of Easter alive in your workplaces throughout this season? By living with the rhythms of liturgical living, you can shape your professional journey with greater purpose and peace.



**Establish a prayer routine that fits your schedule.**



**Consider joining a group of like-minded professionals with whom you can share your challenges and successes.**



**Create accountability groups with friends to keep your spiritual goals in progress.**

Visit our website [YoungCatholicProfessionals.org](http://YoungCatholicProfessionals.org) to connect with other Catholic professionals working in witness for Christ and committed to living their faith authentically in their workplaces.



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