

A photograph of a sandy beach with several footprints leading from the top towards the bottom. The text is overlaid on this image.

The Journey through Holy Week

From cheers to jeers,
Fears, tears and cheers
again

For Christians, Easter is the most important time of the year.

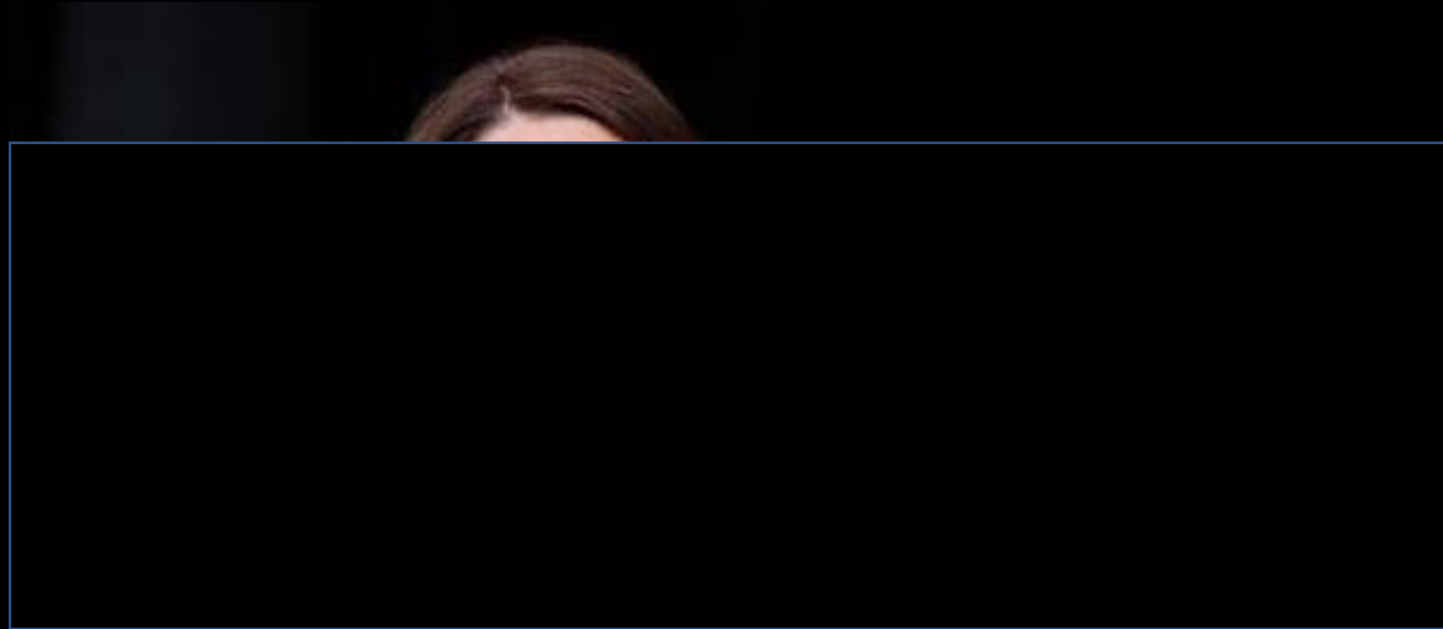
During this time of reflection, and reflect upon the the unfolding story of Holy Week.

Ask yourself how you would you have felt if you were there

What happened on Palm Sunday, and why Jesus' entrance on a donkey was important

How are we in response. How are we to respond ?

Who is this ?







Riddle me this ?

Bob and Carol and Ted and Alice all live in the same house. Bob and Carol go out to a movie, and when they return, Alice is lying dead on the floor in a puddle of water and glass. It is obvious that Ted killed her but Ted is not arrested or severely punished.

- Alice is a goldfish; Ted is a cat



PALM SUNDAY



Enjoy yourself, it's later than you think ?

Enjoy yourself, it's later than you think

Enjoy yourself, while you're still in the pink

The years go by, as quickly as you wink

Enjoy yourself, enjoy yourself , It's later than you think

It's good to be wise when you're young

'Cause you can only be young but the once

so enjoy yourself and have lots of fun

So glad and live life longer than you've ever done

Get wisdom, knowledge and understanding

These three, were given free by the maker

Go to school, learn the rules, don't be no faker

It's not wise for you to be a foot stool

Enjoy yourself, it's later than you thinkThe years go by, as quickly as you wink

Enjoy yourself enjoy yourself Enjoy yourself enjoy



What would you do in the last week of your life?



- A) Visit Family?
- B) Make peace with God?
- C) Eat your favourite food?
- D) Listen to music?
- E) Go On holiday?
- F) Be with Friends?
- G) _____

Use the empty slot to add your own thoughts.
Nothing illegal please!

What's in the story?

- *Let's read the short Biblical account.*
- *What Can you find out?*
- *Who Are the characters?*
- *Do all of the characters view Jesus in the same way?*
- *What kind of place do you think Jerusalem was at the time of Jesus?*
- *Are there any words in the biblical text that you don't understand?*

The Bible – John 12:12-19

- ¹²The next day the great **crowd** that had come for the **Feast** heard that Jesus was on his way to Jerusalem. ¹³They took palm branches and went out to meet him, shouting,
 "**Hosanna!**"
 "Blessed is he who comes in the name of the Lord!"
 "Blessed is the **King of Israel!**" ¹⁴Jesus found a young donkey and sat upon it, as it is written,
 ¹⁵"Do not be afraid, O **Daughter of Zion**; see, your king is coming, seated on a donkey's colt." ¹⁶At first his disciples did not understand all this. Only after Jesus was glorified did they realize that **these things had been written about him** and that they had done these things to him.
- ¹⁷Now the crowd that was with him when he called **Lazarus** from the tomb and raised him from the dead continued to spread the word. ¹⁸Many people, because they had heard that he had given this miraculous sign, went out to meet him. ¹⁹So the **Pharisees** said to one another, "See, this is getting us nowhere. Look how the whole world has gone after him!"

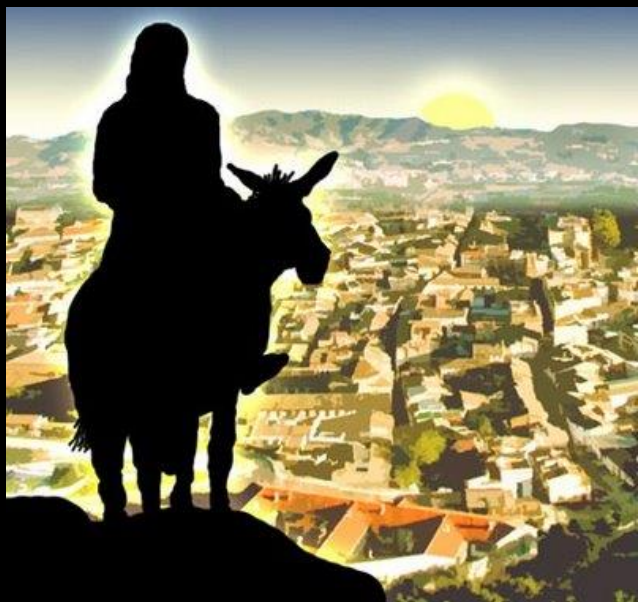
What is the terrain?



Jerusalem



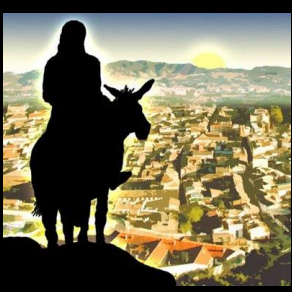
Who Are the characters?



Jesus



Who Are the characters?



Jesus travelled around Israel and taught people about God for around three years. When Jesus came into a town, hundreds or even thousands of people would come to listen to what he had to say.

However, there were some people, including a group of Jewish teachers known as the Pharisees, who hated Jesus.

They hated Jesus so much, they plotted to kill him!

The Romans Who Are the characters?



- The ruling empire
- Tolerated the Jewish people, for the sake of peace.
- Listened to the religious leaders of the time, the Pharisees
- Were slightly concerned that Jesus may cause a rebellion



Who Are the characters?



The Pharisees

**Religious
leaders of
the day**

**They saw Jesus
as a threat to
their existence
and saw him as
trouble.**



Who Are the characters?

The Disciples



- 1. How do you think /feel ?**
- 2. What do you think the crowd thought when they saw them turning up?**

Who Are the characters?



The People

Who Are the characters?

The People



Jesus went with his disciples to Jerusalem to celebrate the Passover.

As Jesus entered Jerusalem, he rode on a donkey. People took off their coats and put them on the ground.

They also broke palm branches off the trees and began to wave them.

<https://www.youtube.com/watch?v=F7r2jaciG0g>

Who Are the characters?

The Donkey



What if...

- Jesus had arrived on a white horse and a chariot?



What if...

- Jesus had decided to go to Bethlehem instead?



What if...

- The crowd had gone to the sea of Galilee for the day?





Palm Sunday

The crowds cheer for a king as Jesus rides into Jerusalem on the back of a donkey. The people wave palm leaves and lay down their cloaks for Jesus to walk over. **But Jesus isn't the kind of king many people are expecting.....**



But our King

Let's summarise

1. The events of Palm Sunday
2. Quote eye witnesses and some background information on the witness
3. Let's end the with your own personal view on the events.
4. Who do you think Jesus was?
5. Son of God, Lunatic or great leader?



For the majority of Christians around the world, this is the holiest of weeks, in fact it is called Holy Week. Today we observe Palm Sunday.

On Palm Sunday we reflect about the time Jesus rode into Jerusalem on a donkey and the people were jubilant that he had arrived.

He was in Jerusalem for the Passover.

Wednesday of this week was traditionally known, in days of old as Spy Wednesday. So called as this was the day Jesus' close friend Judas made his pact with the Romans to show them where he was so they could arrest him.

Thursday is Maundy Thursday, a common misconception about its name is that it refers to mourning the death Jesus would undergo but it comes from the Latin word Mandatum, meaning commandment, referring to Jesus' new commandment to love one another.

Good Friday is believed to be so called as 'good' in ancient English means 'holy'. Most Latin based languages also call it Good Friday, such as Bon Vendredi or Buon Venerdì, Germans call it 'sorrow Friday' and the Scandinavians call it Long Friday, but for Christians it is the most solemn of days. Christ dying on the cross was an act of service to everyone who has ever lived.

But on Easter Sunday we celebrate Christ rising from the dead. In doing so he proved he really is the son of God and he drew people to himself, which is why there are now, over two billion Christians throughout the world. For those who are not Christian, we invite you to celebrate with us in this most holy of weeks.

PALM SUNDAY



The Easter Story

What do Christians believe happened at Easter?



Palm Sunday

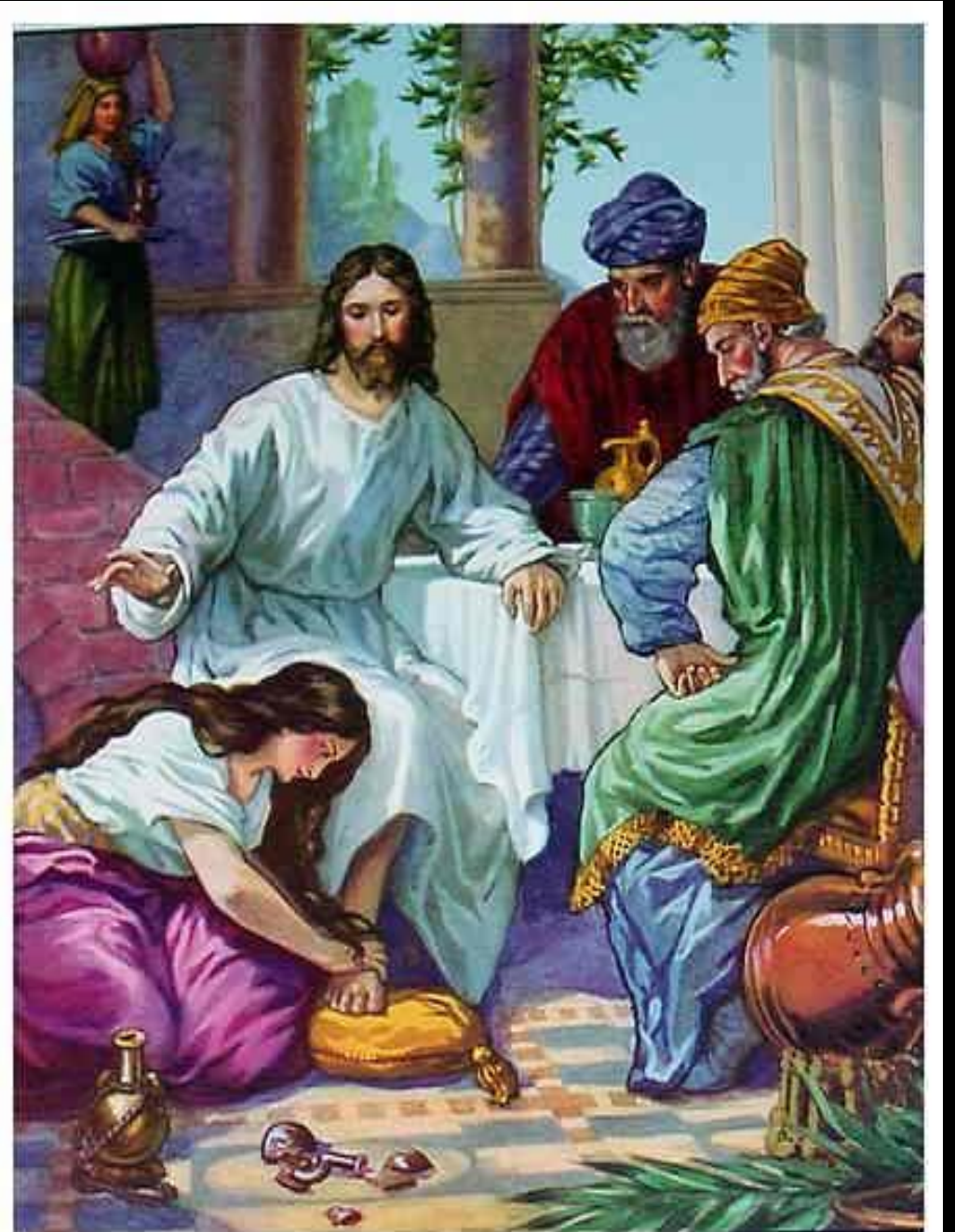


The people think Jesus is going to overthrow the Romans, but instead, Jesus seems to turn on his own people. He orders the money lenders and traders out of the temple, saying that the temple is God's place not a market.

Jesus has a meal at a friend's house in Bethany and a woman washes his dusty feet with expensive perfume.

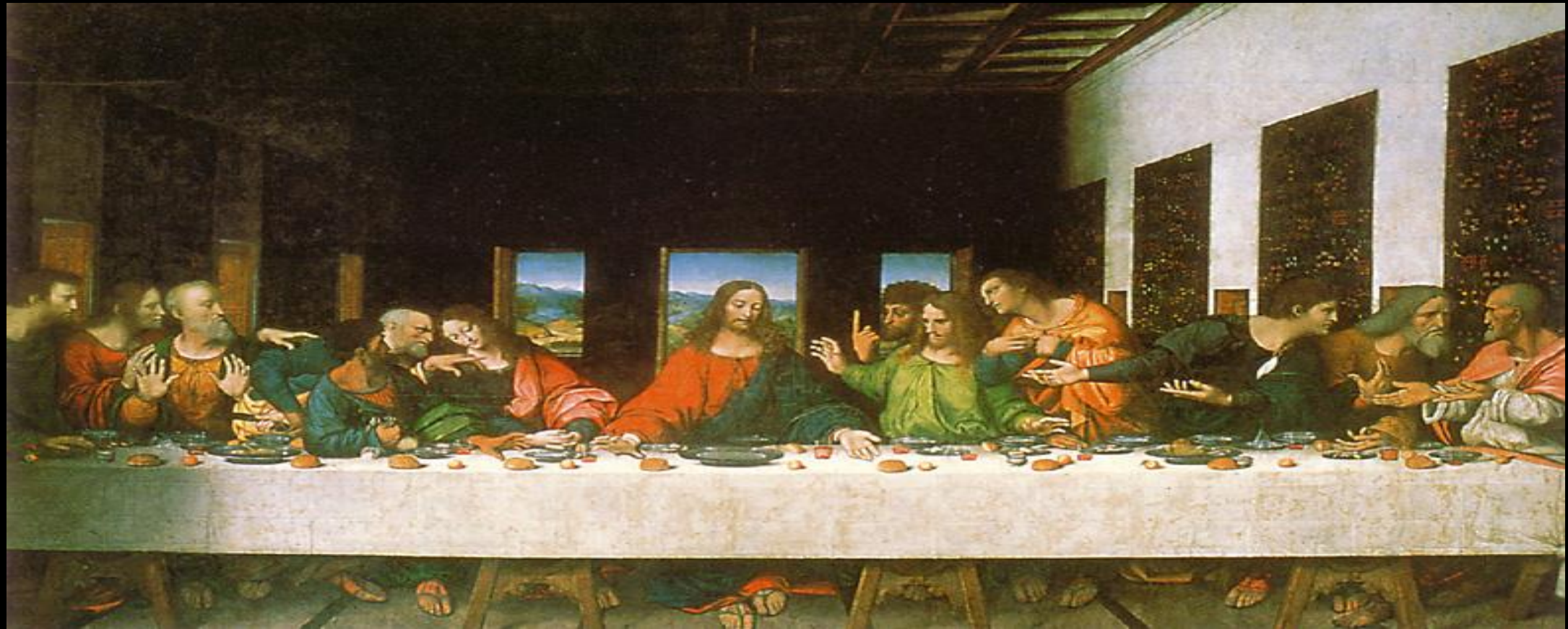
The disciples think this is a waste of money but Jesus tells them that she has prepared him for burial.

The disciples don't understand.



The image features a collection of religious symbols associated with Maundy Thursday. At the top, a golden chalice stands next to a golden plate containing a loaf of bread. Below these, the text 'Maundy Thursday' is written in a black serif font. At the bottom, a golden pitcher sits next to a golden bowl filled with blue liquid, with a white cloth and a golden knife resting beside it. The entire scene is set against a white background with a thin black border.

Maundy
Thursday





From the Gospel of Matthew

Maundy Thursday 2

When evening came, Jesus was reclining at the table with the Twelve. And while they were eating, he said, "Truly I tell you, one of you will betray me."

They were very sad and began to say to him one after the other, "Surely you don't mean me, Lord?"

Jesus replied, "The one who has dipped his hand into the bowl with me will betray me. The Son of Man will go just as it is written about him. But woe to that man who betrays the Son of Man! It would be better for him if he had not been born."

Then Judas, the one who would betray him, said, "Surely you don't mean me, Rabbi?"

Jesus answered, "You have said so."

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

After they had sung psalms, they made their way to the Mount of Olives.



Jesus takes a bowl and towel and washes the feet of his disciples as if he is a servant. The disciples are troubled by this but Jesus reminds them that he is on earth to serve even if he is God's son.

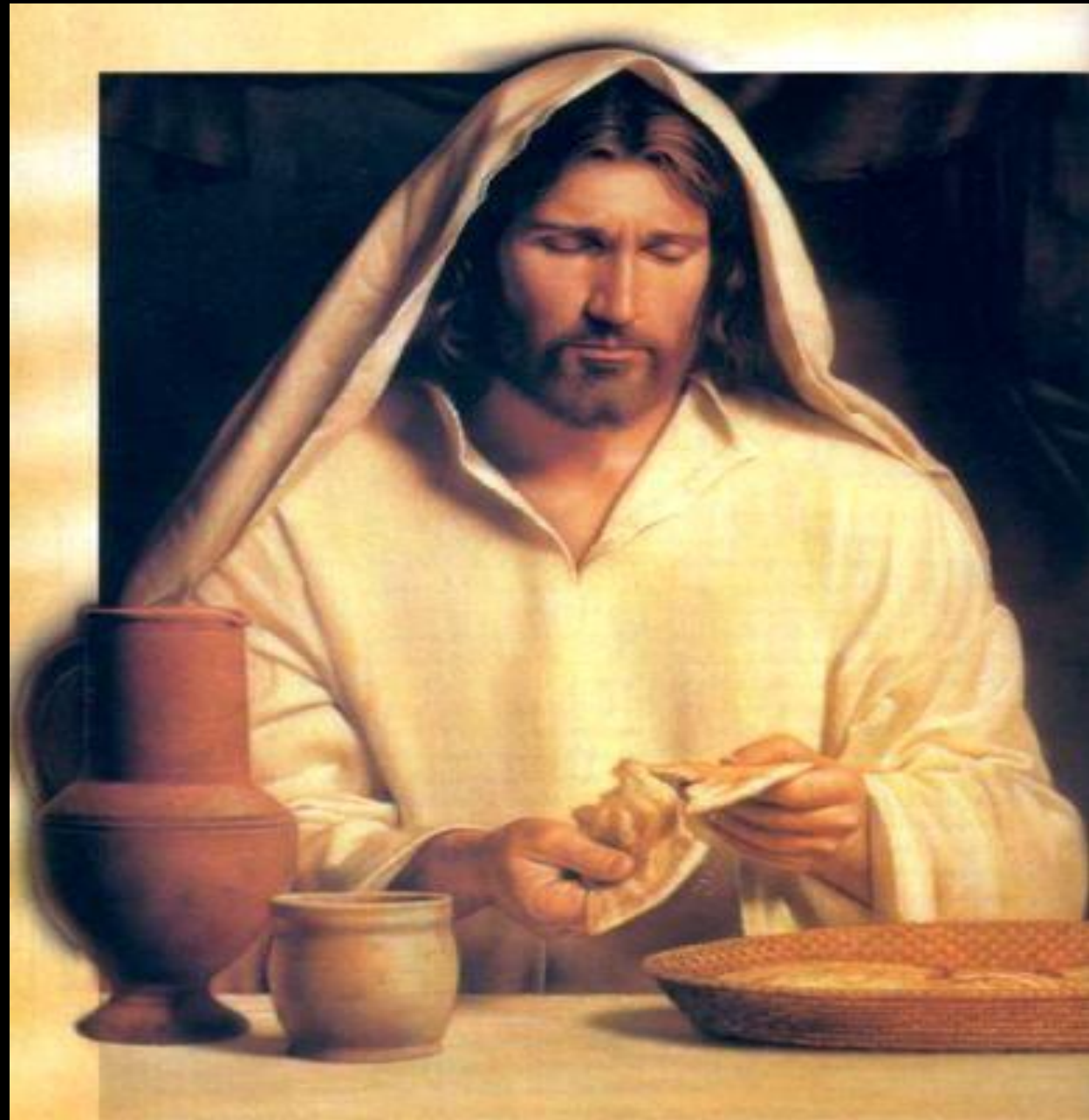


Then he tells them that they should do the same – love and serve others first,

“Now that you know these things,
you will be blessed if you do them.”



Jesus - John 13:17
www.heartlight.org





AFTER HE SAID THIS, JESUS WAS TROUBLED IN SPIRIT AND TESTIFIED:

“I TELL YOU THE TRUTH, ONE OF YOU IS GOING TO BETRAY ME!”



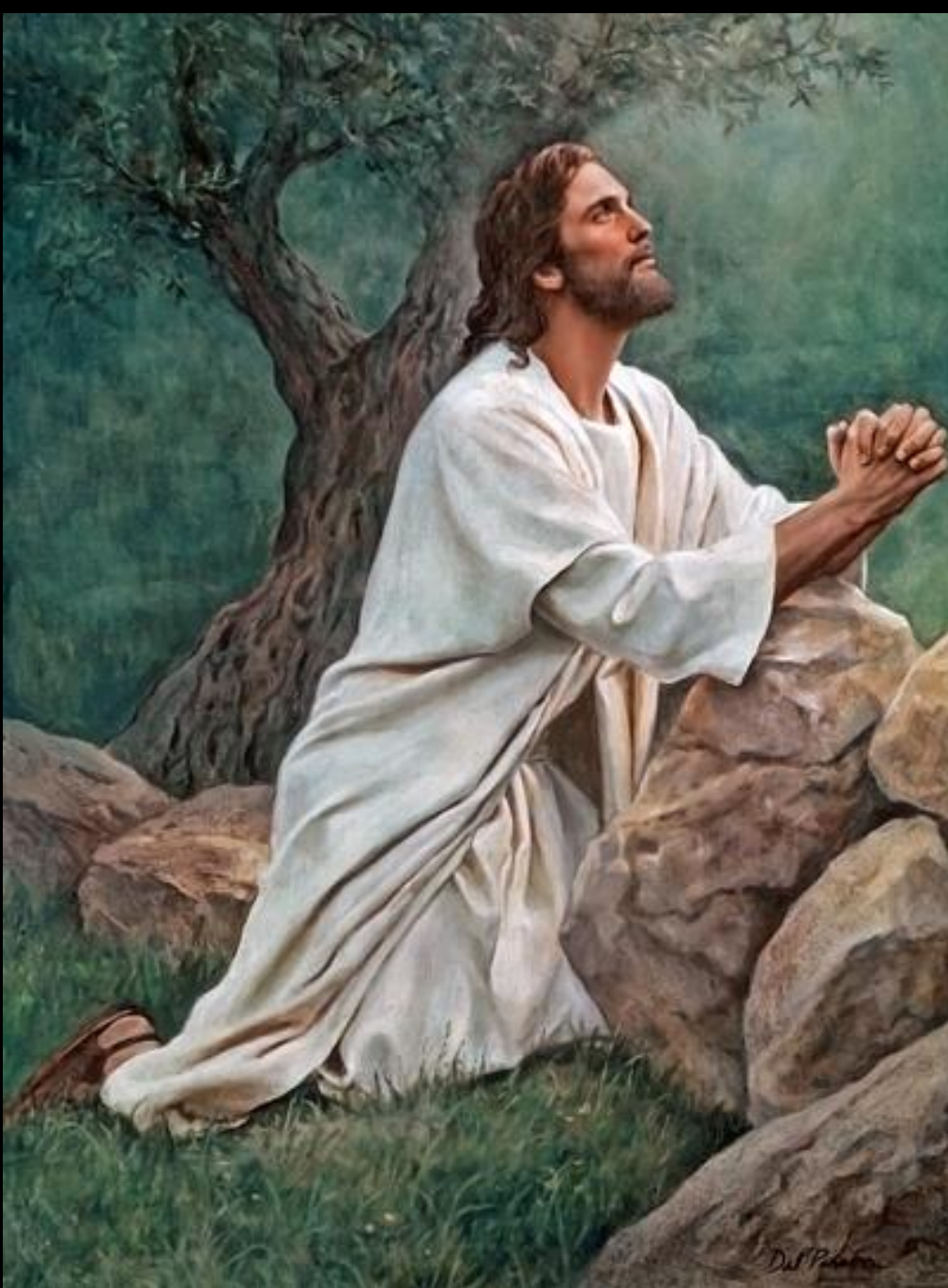
JOHN 13:21
WWW.HEARTLIGHT.ORG

Judas slips away....

It is nearly time.....

Judas, one of Jesus' disciples, knows that Jesus' enemies are plotting against him so he goes to make a deal with them. He will lead them to Jesus in return for thirty pieces of silver. The deal is done.





Knowing that his time of suffering will soon be here, Jesus prays in the garden of Gethsemene.

He doesn't run. He doesn't hide.

Jesus knows the suffering will be unbearable but he understands that it is part of God's plan.



The Garden of Gethsemane

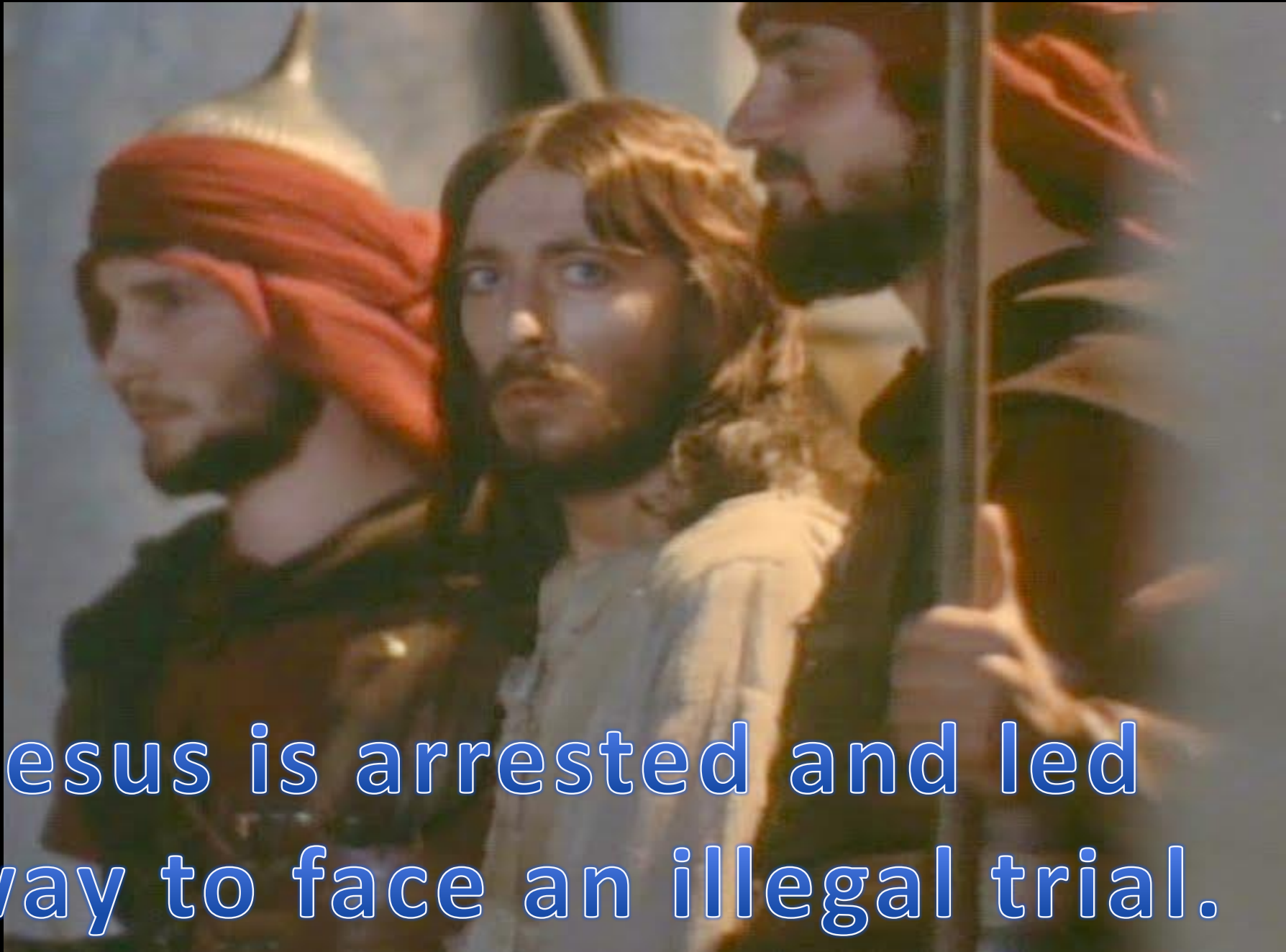
- Jesus and his followers left the meal and went to a garden to pray.
- However, the disciples fell asleep and Jesus was left to pray alone.
- Suddenly, Judas, one of Jesus' followers, and arrived with some soldiers.
- Judas gave Jesus a kiss on the cheek so the soldiers would know who Jesus was.
- All Jesus' friends ran away and left him alone.

The waiting is over...

Judas leads the
guards into the
garden.

Jesus is betrayed by a kiss





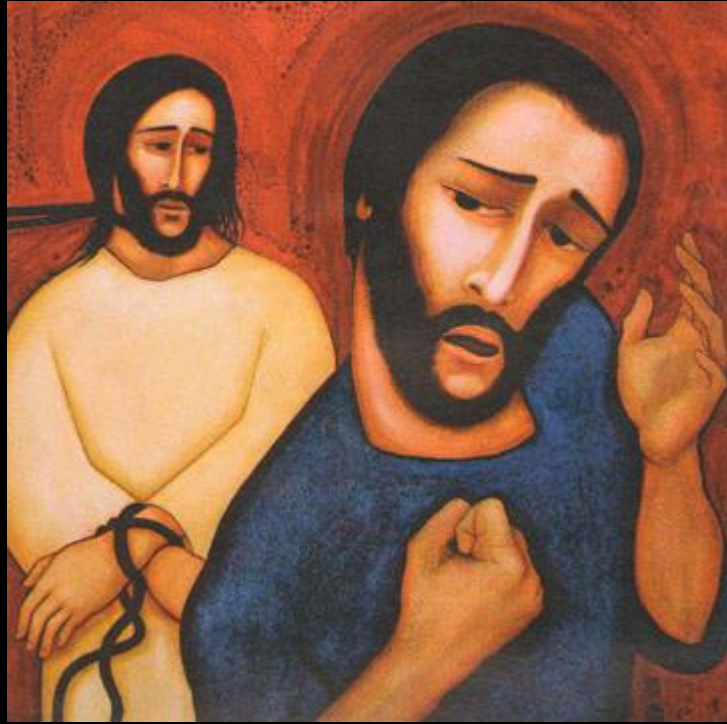
Jesus is arrested and led
away to face an illegal trial.



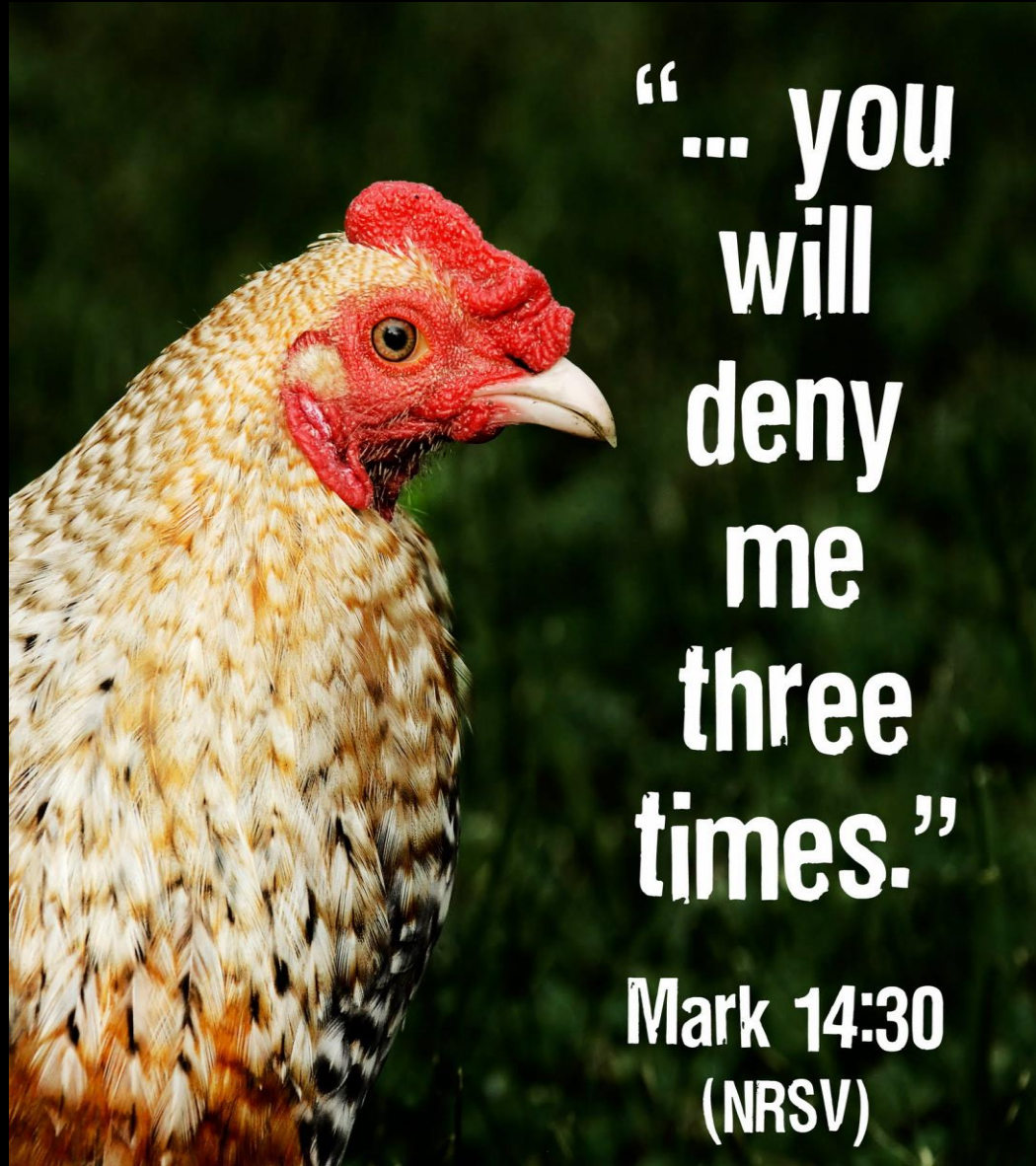
Jesus' enemies, the church leaders, can't make the charges stick so Jesus is sent to the Roman Governor, Pontius Pilate.



Pilate sends Jesus to King Herod who makes fun of him by dressing him in a royal robe. Herod presses a crown of spiky thorns on his head and mocks Jesus.



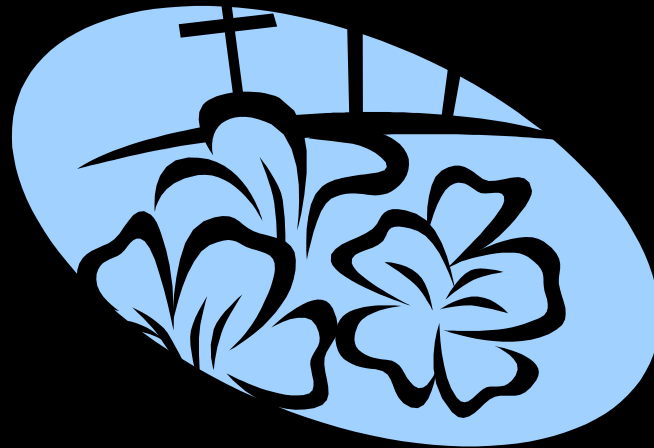
**Peter is afraid. He
says he
does not know
Jesus**



**“... you
will
deny
me
three
times.”**

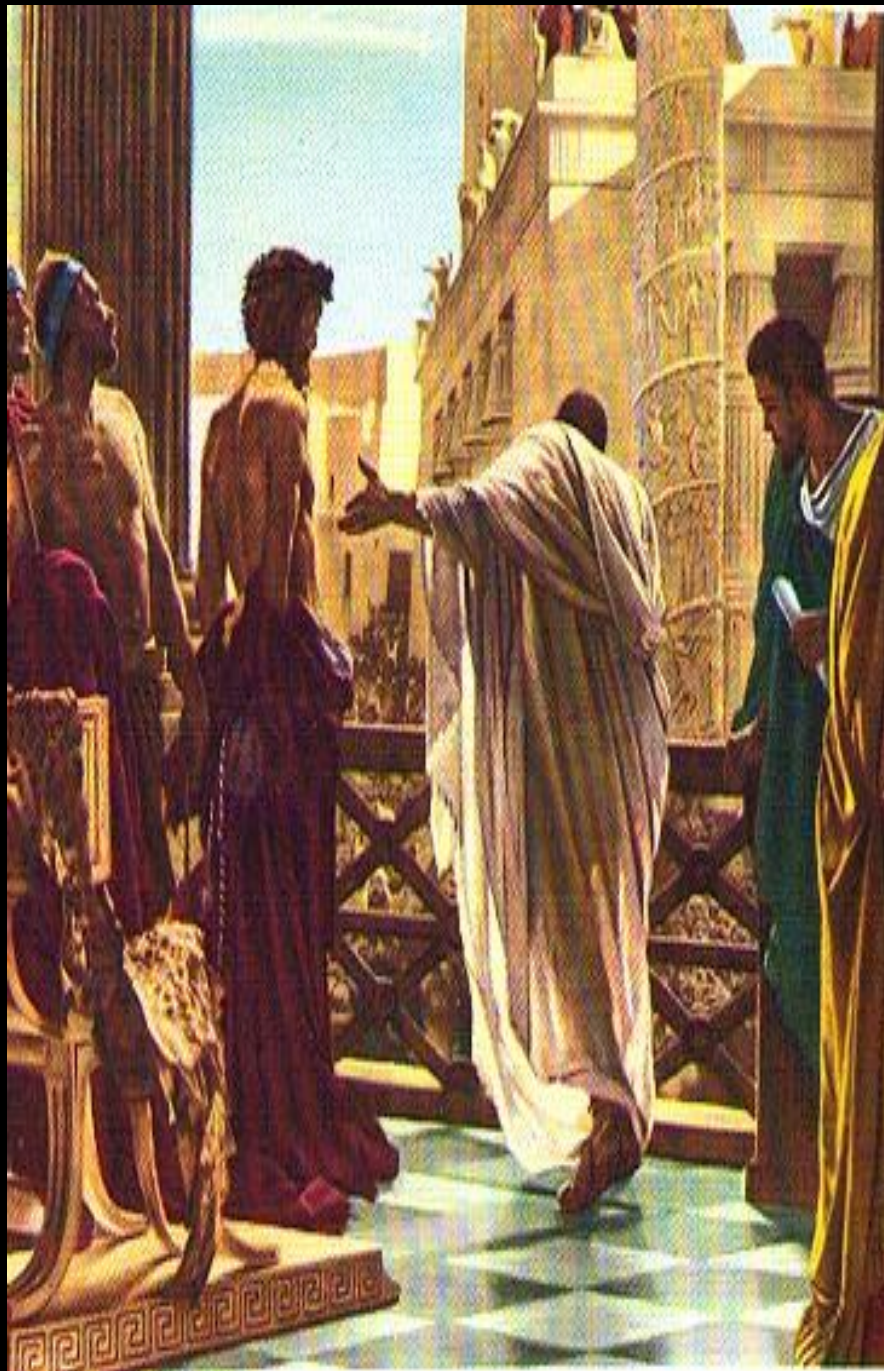
**Mark 14:30
(NRSV)**

Good Friday



By morning, Jesus'
fate is sealed.









The Crucifixion

The Romans began to mock Jesus.

They put a purple cloak on him and made a crown of thorns and put it on his head.

They whipped Jesus and made him carry a wooden cross on his back.

Then they put him on the cross, with two robbers either side of him. Jesus died and the sky went dark.

<https://www.youtube.com/watch?v=S25U1tvuYqI>

Jesus carries his cross to Golgotha (the place of the skull) and is nailed to the cross alongside two criminals.





His mother and the
disciples grieve.
They are sad and fearful.

Jesus dies.

Led

as a Lamb

To the slaughter

Hebrews 13:15





Darkness falls





Jesus' body is placed
in a borrowed tomb

**As the sun sets,
Shabbat (Sabbath) is
beginning so Jesus'
body cannot be
anoointed in the
normal way.**

**So the body is placed
in the tomb and the
entrance is sealed
with a huge boulder.**



- Jesus' followers took his body and put it in a cave, called a tomb. They sealed the tomb with a giant, heavy stone.
- Then they went away and hid, because they were very afraid that they might also be killed.



Three days later, when Shabbat is over, Mary Magdalene goes to the tomb to anoint the body with oils and perfumes.

But when she gets there, the stone has been rolled away and the tomb is empty but for the folded grave clothes that had wrapped the body.



He is not here;
he has risen,
just as he said.

Matthew 28:6





- After three days, a group of women went to visit the tomb.
- When they arrived, they saw that the stone had been rolled away from the entrance to the cave and Jesus' body was not there.
- One woman, Mary Magdalene began to cry.
- Behind her, a man's voice asked, "Why are you crying?"
- "They've taken Jesus away and I don't know where to find him," sobbed Mary. (She thought the man was the gardener.)
- "Mary," said the man. When he said her name, Mary realised that the man was Jesus. He was alive!
- <https://www.youtube.com/watch?v=dgadn9EXMdk>





There were 300 sightings of Jesus after he had risen from the dead.

At Easter, Christians all over the world celebrate that Jesus rose from the dead. It is the most important time of the church year.

Christians believe that Jesus will return to earth one day.



A dramatic landscape featuring a large, dark rock formation with a prominent archway. The sun is low on the horizon, creating a warm, golden glow and casting long shadows. The sky is filled with soft, orange-hued clouds. The foreground shows rugged, light-colored rock formations and some sparse green vegetation.

The end?
Or a beginning?

Hearts are the Hardest to Change

Hearts are the Hardest to Change

In an era where we're constantly judged by our "external" profile – LinkedIn likes, Instagram stars and snapchat claps... I'd like to highlight the innate truth that real change comes when we choose to live from the inside out. Real Change – whether personal, organisational, societal, or dare I say, global, starts from within!

Hearts are the Hardest to Change, a poem by Peju Abuchi

“A Poetic Odyssey of Proclamations”

Hearts are the Hardest to Change

In an era where we're constantly judged by our “external” profile – LinkedIn likes, Instagram stars and snapchat claps... I'd like to highlight the innate truth that real change comes when we choose to live from the inside out. Real Change – whether personal, organisational, societal, or dare I say, global, starts from within!

Hearts are the Hardest to Change!

You may change your name

From Zaynab to Zayn

Or from Kolade to Cain

Or even from Wanda to Wayne

But if your heart doesn't change

You'll only be the same

The same person playing a different game

Now, who's to blame?

Hearts are the Hardest to Change!

You may change your meeting place
To give yourselves a lot more space
Add swanky lighting that's really ace
Turn to one another and loudly proclaim "Grace!"
But if hearts don't change
That place is still the same
The same people just playing a different game
So, who's to blame?

Hearts are the Hardest to Change! 

You may turn your house around
And change your coffee table from square to round
You may add a splash of colour with plants
Or throw in bookcases that look like giants
But if the heart of your home doesn't change
Your house will only stay the same
A refreshed refurbished version of the same
That's the game!

Hearts are the Hardest to Change! 

You may change your vibe
And go as far as to ginger up your tribe
Possibly hire a professional as your spirit scribe
But if your heart doesn't change
You'll only be the same
Just the same old person playing a different game
Isn't that pretty lame?

Hearts are the Hardest to Change!

You may change your organisational goals
To include acceptance of all minds and souls
By exaggerating your highs to downplay your lows
But if your organisation's heart doesn't change
It'll only be the same place
Trying to save face
By keeping up pace
With the crazy rat race!
Disgrace!

Hearts are the Hardest to Change!

You may change your nation's vision
By adding equality & diversity into your mission
Forcing the word "unity" into spaces where there's a clear division
You may even tick all the boxes for welcoming refugees –
Struggling, suffering, having lost so much on your seas
And now escaping the swarm and sting of political "bees"
But if the hearts in your nation haven't changed
You'll only be the same
The same place professing to play a better game
Lame fame, you know what I'm sayin'?

Hearts are the Hardest to Change!

Hearts are often the hardest to change
So don't get caught up in the game where you only re-arrange
External policies and laws
No! Get to the core
Where it's really raw
You'll feel sore for sure!
This is a necessary inner war
But this deep journey isn't a bore
As you bend and rend your heart, it'll contour
When true change rises from the heart and overflows to the fore
You'll certainly experience so much more...!

Hearts are the Hardest to Change! 

Fight this war
Win this war
Dig deep for more
And ROAR!



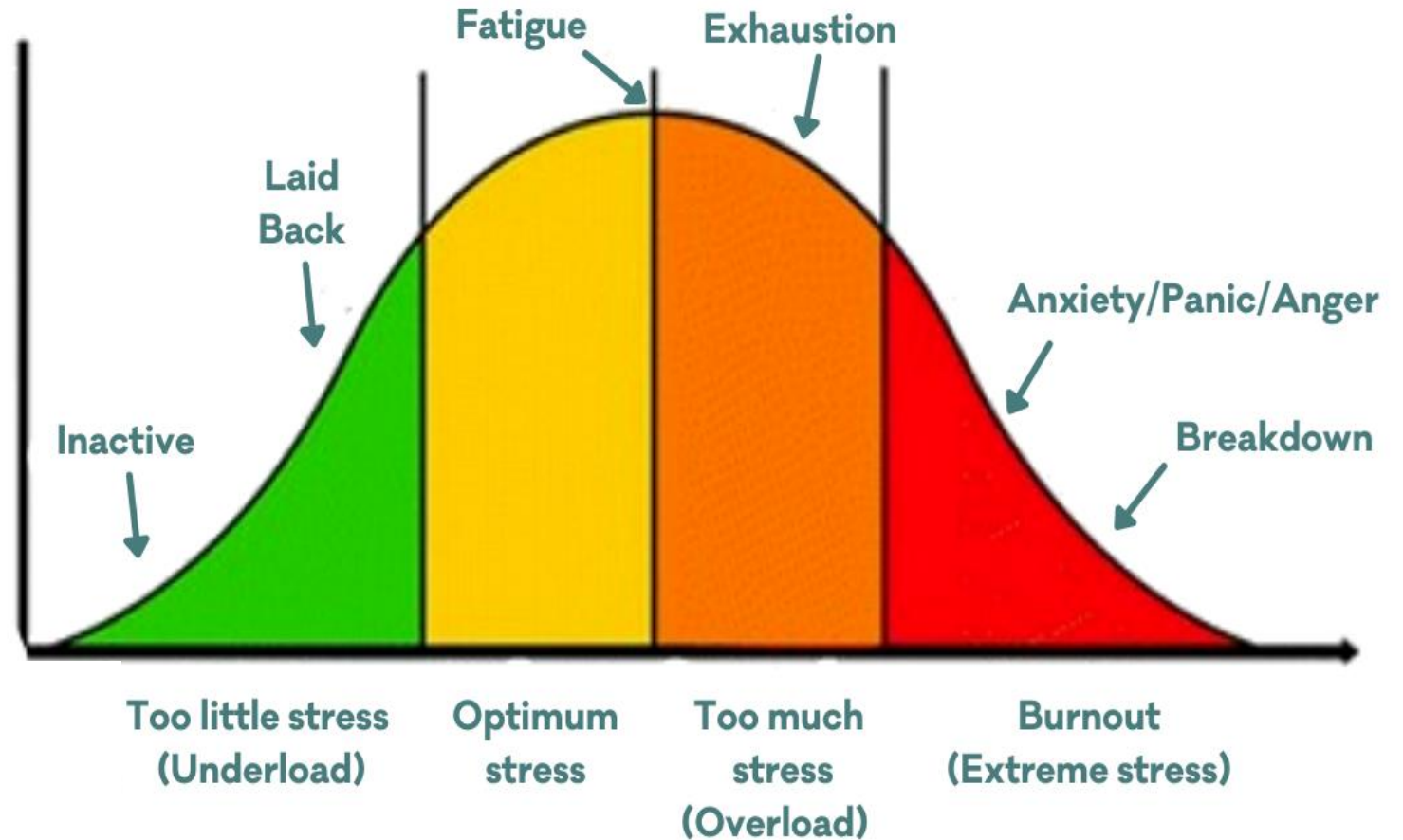
Hearts are the hardest to change but when they do, bigger, better, bolder things happen!

“An Odyssey of Proclamations,

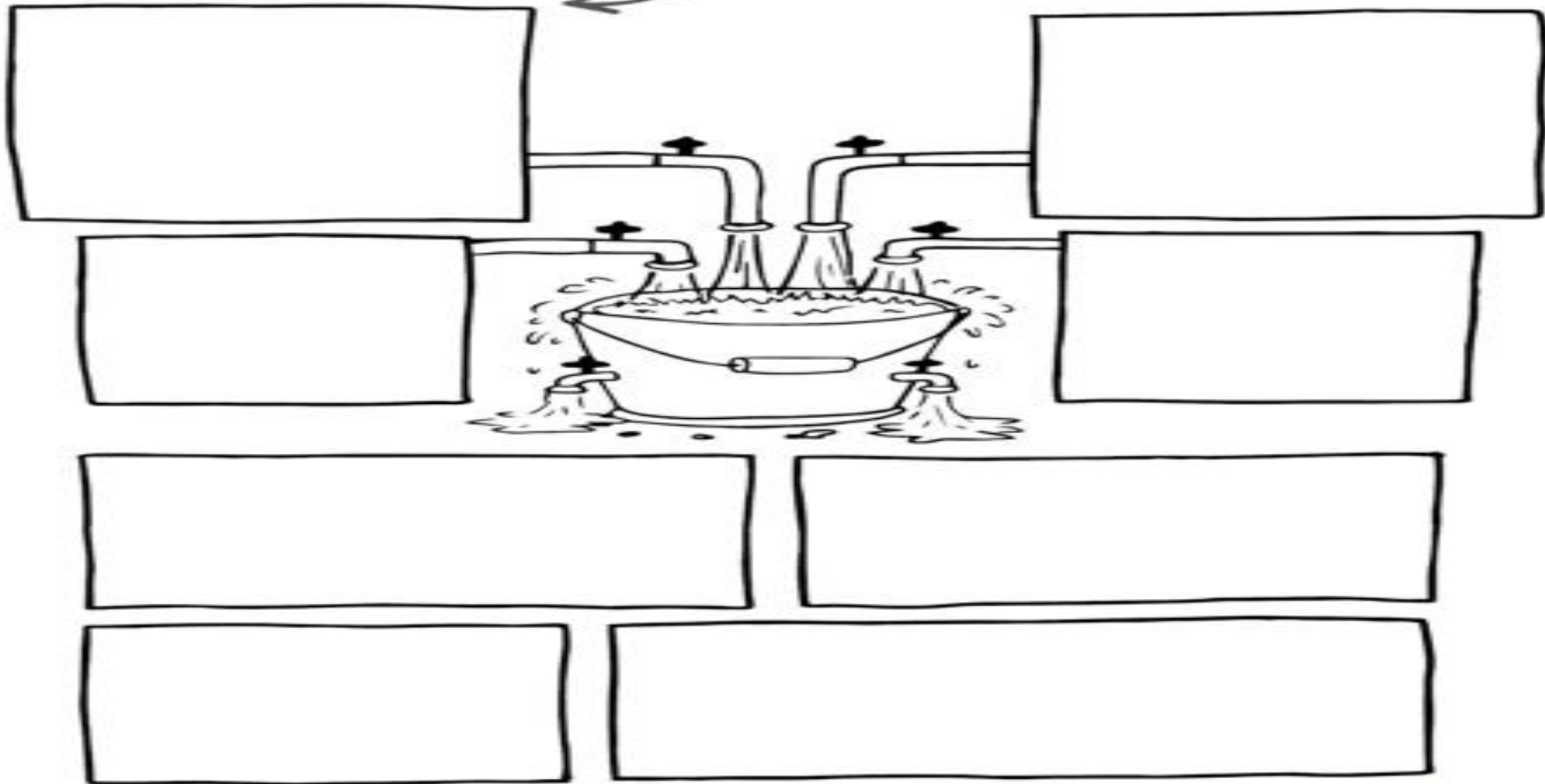
Maintaining Wellbeing

It's really important that you take steps to protect your mental wellbeing don't force yourself or burn out and become ineffective and damaging.

Stress performance curve



This is making me feel stressed...



But this is what helps me...

Maintaining Wellbeing

One way to maintain your mental health is to take regular breaks.

The Pomodoro 25 -5 Technique is one way to make sure you stay balanced motivated effective and healthy.





O God, who has taught the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of the same Spirit we may be always truly wise and ever rejoice in his consolation.

Through Christ our Lord. Amen

THANK YOU

