



**Leaders – If you typically send out the outline or video link prior to meeting please preview it prior to sending it to your group. Since this is a meditative type of video assess if it would be best for people to watch for the first time as a group or on their own.**

## **Year A – Palm Sunday: A Meditation: In the Garden with Jesus**

**\*{Start with reviewing the previous meeting’s challenge or discuss prior to sharing this week’s challenge.}**

**Let’s Begin with our Opening Prayer:** *Dear Holy Spirit, we ask that You come into our hearts and give us Your peace. Help our spiritual senses to be aware of how You wish to be with us today in our thoughts and conversation. Open our ears to hear what You wish to share with us from this section of the Gospel...*

Read: **Mt 26:17-46** (section of the entire Sunday reading) –<https://bible.usccb.org/> - 4/2/2023, 3/29/2026, 3/25/2029

After the Reading Conclude with: *Thank You Jesus, as we too wish to surrender everything to You. Amen*

### **Reflection or Discussion Question:**

1. What speaks to you from this section of the reading today? What does Holy Week mean to you? How has this Lent been for you?

*(Leader please read to your group: This is a meditation type of video that will walk you through praying with your senses. At about 4 ½ minutes, I’m going to stop the video so we can start the mediation.*

*Play the video and then pause it at 4:25.*

*When the video is paused, read to your group: When Fr. Toups asks you to pray, please do so silently to yourself. At this time, please get comfortable in your seats. You can choose to leave your eyes open or closed while Fr. Toups walks us through the Garden of Gethsemane and brings us to the rock where Jesus is praying. Let’s take a couple of calming breaths in and out...Let go of any feelings of not being worthy to be in His presence and be assured that He knows you and loves You dearly. Resume playing the video and pause again at 13:04.*

*After a minute or so, resume the video playing till the end.)*

**YouTube Video:** Preparing for Holy Week: Praying with Jesus Through the Agony in the Garden (15:42 min) - <https://www.youtube.com/watch?v=uBLCts6TJoY>

### **Reflection or Discussion Questions:**

2. How do you feel? Peaceful, joyful, sorrowful? What are your thoughts about praying this way with Scripture and using your spiritual senses?
3. How was it to look Jesus in the eye? What was it like to have Jesus ask you to give Him everything?
4. What was it like to touch the hand of Jesus and to imagine a nail in His hand?
5. Did anything stand out to you regarding the word “consecrated” from the video today?
6. What are your plans for this next week? {encourage people to attend the Mass on Holy Thursday}

### **Session Challenges:** {Make every effort to do all three}

- View this video again on your own, alone in a quiet place. During this time take time to review your journal notes from the Ash Wednesday session and talk to Jesus.
- Attend either Holy Thursday Mass or Good Friday liturgy or both.
- When you receive communion this week, recall touching the hand of Jesus and the gift of being able to physically touch Him in the Eucharist.

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *Dear Jesus, we have walked with You through Lent and now enter this consecrated time of Holy Week. Enliven our senses this week as we participate more fully in the services. We thank You for Your sacrificial and redemptive love. Amen.*

**{Optional additional Readings}** Sunday Reading 1: **Is 50:4-7**; Sunday Reading 2: **Phil 2:6-11**