



A PRINTABLE EIGHT-DAY FAMILY DEVOTIONAL

Sacred Days, Sacred Songs

Holy Week Family Experience Kit

Scripture - Sacred Music - Conversation - Family Action - Prayer

PALM SUNDAY THROUGH EASTER SUNDAY

A companion resource for Sacred Days, Sacred Songs by Michael D. Young

How to Use This Family Kit

Set aside 10-20 minutes each day. Read the suggested scripture, share the short Holy Week focus, listen to the song from Sacred Days, Sacred Songs, talk together, complete the activity, and close with a brief prayer or reflection. Adapt every activity for the ages and needs of your household. The goal is not to create a perfect program; it is to make room for Christ at the center of Holy Week.

A SIMPLE FAMILY RHYTHM

- 1 READ** A short scripture passage from the day.
- 2 LISTEN** One sacred song featured in the book.
- 3 TALK** One question that invites every voice.
- 4 DO** A simple family activity or act of discipleship.
- 5 PRAY** A closing invitation to speak with God.

The Eight-Day Journey

DAY 1

Palm Sunday

DELIVERANCE

DAY 2

Holy Monday

COMPASSION

DAY 3

Holy Tuesday

GRACE

DAY 4

Holy Wednesday

HOPE

DAY 5

Maundy Thursday

LOVE

DAY 6

Good Friday

SACRIFICE

DAY 7

Holy Saturday

OBEDIENCE

DAY 8

Easter Sunday

RENEWAL

Palm Sunday

DELIVERANCE



SCRIPTURE READING

Read Mark 11:8-10

Optional companion passage: Zechariah 9:9

TODAY'S HOLY WEEK FOCUS

Jesus entered Jerusalem as the promised King while crowds spread garments and branches before Him and cried for deliverance. The book invites us to see that Christ's rescue reaches far beyond relief from one earthly problem: through His Atonement, Crucifixion, and Resurrection, He offers deliverance from sin and death. Palm Sunday begins the week by asking what it means to welcome the Savior as our true Deliverer.

LISTEN TOGETHER

All Glory, Laud, and Honor

TALK TOGETHER

What kind of deliverance do we most need from Jesus Christ - individually and as a family?

FAMILY ACTIVITY

Make simple paper palm branches. On each leaf, write one burden, fear, habit, or worry you want to place in the Savior's hands. Display the branches together for the week.

PRAYER / REFLECTION PROMPT

Thank Jesus Christ for being our Deliverer. Ask for help recognizing where His saving power is already at work in our family.

Holy Monday

COMPASSION



SCRIPTURE READING

Read Matthew 9:35-36

Optional companion passage: Luke 7:12-15

TODAY'S HOLY WEEK FOCUS

On Holy Monday, the book turns our attention to the Savior's compassion. Jesus noticed people others overlooked: the sick, the grieving, the excluded, the hungry, and the repentant. Compassion means more than feeling sorry for someone; it means being willing to 'suffer with' another person and respond with real care. As a family, we can follow Christ by noticing pain, listening without rushing, and offering practical help.

LISTEN TOGETHER

Drop, Drop, Slow Tears

TALK TOGETHER

Who around us might be carrying a burden that is easy to miss?

FAMILY ACTIVITY

Create a family compassion list with three names. Choose one quiet act of kindness you can do today - a note, a meal, a phone call, a chore, or simply time to listen.

PRAYER / REFLECTION PROMPT

Ask for eyes to notice people who are hurting and for courage to respond with Christlike compassion.

Holy Tuesday

GRACE



SCRIPTURE READING

Read Hebrews 4:16

Optional companion passage: Acts 15:11

TODAY'S HOLY WEEK FOCUS

Holy Tuesday centers on grace: divine help that reaches us when our own strength is not enough. The book describes grace as a gift flowing from the mercy, love, and Atonement of Jesus Christ. Grace does not merely excuse us; it gives us room and power to change. Christ meets people in moments of weakness and offers a way forward. Today, consider where your family needs help that cannot be produced by effort alone.

LISTEN TOGETHER

Amazing Grace

TALK TOGETHER

How is receiving grace different from simply getting away with a mistake?

FAMILY ACTIVITY

Give each family member a small paper card labeled "Grace gives me a new start." Write one thing you want to repair, retry, forgive, or begin again. Keep the card somewhere visible.

PRAYER / REFLECTION PROMPT

Thank the Savior for mercy and second chances. Ask for strength to change what needs changing and patience with one another.

Holy Wednesday

HOPE



SCRIPTURE READING

Read John 11:25-26

Optional companion passage: Isaiah 40:31

TODAY'S HOLY WEEK FOCUS

Holy Wednesday focuses on hope. The book points to moments when Jesus gave people reasons to keep believing even when circumstances looked impossible - calming storms, comforting disciples, and promising life beyond death. Christian hope is not pretending that pain is small. It is trusting that sorrow and death do not have the final word because Jesus Christ lives and keeps His promises.

LISTEN TOGETHER

It Is Well with My Soul

TALK TOGETHER

What is the difference between wishing for a good outcome and placing our hope in Christ?

FAMILY ACTIVITY

Make a "hope light." Place a battery candle or small lamp in the center of the room. Each person writes one hope or promise from Christ on a strip of paper and places it around the light.

PRAYER / REFLECTION PROMPT

Ask for hope in a situation that feels uncertain and for the ability to help someone else feel less alone.

Maundy Thursday

LOVE



SCRIPTURE READING

Read John 15:12-13

Optional companion passage: Matthew 22:37-39

TODAY'S HOLY WEEK FOCUS

On Maundy Thursday, Jesus gathered with His disciples and taught that love would identify His followers. The book connects this day with the Savior's command to love one another and with the sacrament of the Lord's Supper. Christ's love is active, loyal, and self-giving. His example invites families to move beyond saying "I love you" and find specific ways to serve, forgive, listen, and give.

LISTEN TOGETHER

O Love, That Will Not Let Me Go

TALK TOGETHER

If someone watched our family for one day, what evidence would show that we love one another as Christ taught?

FAMILY ACTIVITY

Choose a simple act of service for another family member. You might wash something, prepare food, do a chore anonymously, write a note, or take over a task that usually belongs to someone else.

PRAYER / REFLECTION PROMPT

Thank Jesus Christ for His perfect love. Ask for help loving each family member in the way he or she most needs today.

Good Friday

SACRIFICE



SCRIPTURE READING

Read 1 Peter 1:18-20

Optional companion passage: Genesis 22:7-8

TODAY'S HOLY WEEK FOCUS

Good Friday directs our thoughts to Jesus Christ as the Lamb of God. The book traces the scriptural image of an unblemished sacrificial lamb and points it toward the Savior's willing sacrifice. The Crucifixion reveals both the terrible cost of sin and the immeasurable depth of divine love. Today is a day for reverence, gratitude, and quiet attention to what Christ gave for all humanity.

LISTEN TOGETHER

When I Survey the Wondrous Cross

TALK TOGETHER

What does Christ's willingness to sacrifice teach us about the value He places on each person?

FAMILY ACTIVITY

Turn off music, television, and devices for a short period - even five quiet minutes. Place a simple cross or printed cross in view. Sit together silently, then let each person share one thing he or she is grateful Christ made possible.

PRAYER / REFLECTION PROMPT

Offer a prayer of gratitude for the Savior's sacrifice. Let the prayer be simple, specific, and unhurried.

Holy Saturday

OBEDIENCE



SCRIPTURE READING

Read Matthew 26:39

Optional companion passage: John 6:38

TODAY'S HOLY WEEK FOCUS

Holy Saturday is a day of waiting between the cross and the empty tomb. The book uses this day to reflect on Jesus Christ as the perfectly obedient Son. Again and again, He chose the Father's will, even when obedience led through suffering. Obedience is not passive; it is faithful trust expressed through action. In quiet seasons, when we cannot yet see the outcome, Christ's example teaches us how to keep walking the right path.

LISTEN TOGETHER

Worthy Is the Lamb

TALK TOGETHER

Why can obedience be hardest when we do not yet understand how things will turn out?

FAMILY ACTIVITY

Make a simple paper path of footprints. On each footprint, write one small act of obedience or discipleship your family wants to practice - pray, forgive, tell the truth, worship, keep a promise, help someone. Lay the path toward an Easter symbol.

PRAYER / REFLECTION PROMPT

Ask for willingness to follow God even when the next step is difficult or the outcome is not yet visible.

Easter Sunday

RENEWAL



SCRIPTURE READING

Read Luke 24:1-6

Optional companion passage: John 20:14-16

TODAY'S HOLY WEEK FOCUS

Easter Sunday celebrates the Resurrection of Jesus Christ. The book describes Easter as a promise of renewal: sorrow can turn to joy, ashes can become beauty, forgiveness can open a new beginning, and death itself is not permanent. Mary Magdalene's grief changed when she recognized the risen Lord. Easter invites families not only to remember what happened at the tomb but to live as people shaped by resurrection hope.

LISTEN TOGETHER

Christ the Lord Is Risen Today

TALK TOGETHER

Because Jesus Christ rose from the dead, what can we face differently?

FAMILY ACTIVITY

Celebrate the Resurrection together. Make a simple "He Is Risen" banner, share a favorite Easter food, sing the suggested hymn, and let each person name one good thing he or she wants to begin or renew.

PRAYER / REFLECTION PROMPT

Praise God for the Resurrection of Jesus Christ. Ask that Easter hope remain in your home after the holiday is over.

Carry Easter Forward

Holy Week ends, but the invitation of Easter continues. As a family, look back over the eight attributes you practiced and choose one you want to carry deliberately into the coming month.

OUR EIGHT ATTRIBUTES

Deliverance Compassion Grace Hope Love Sacrifice Obedience Renewal

01 Which day helped our family feel closest to Christ?

02 What did we learn about Jesus that we want to remember?

03 Which activity or song would we like to repeat next Easter?

04 What one Christlike attribute will we practice together now?

OUR FAMILY EASTER PROMISE
