COULD YOU NOT WATCH ONE HOUR WITH ME

GIVE ONE HOUR DURING HOLY WEEK AND DO SOMETHING TO SHOW JESUS YOU ARE WITH HIM ON HIS JOURNEY TO CALVARY

LISTEN WATCH PRAY

Holy Week 2022 11 April - 17 April 2022

DERRY DIOCESAN CATECHETICAL CENTRE

COULD YOU NOT WATCH ONE HOUR WITH ME

In Mark's Gospel, after the Last Supper, we read,

They came to a small estate called Gethsemane, and Jesus said to his disciples. Stay here while I pray. Then he took Peter and James and John with him. And a sudden fear came over him, and a great distress. And he said to them, my soul is sorrowful to the point of death. Wait here, and keep awake. And going a little further he threw himself on the ground and prayed that, if it were possible, this hour might pass him by.. He said, Abba (Father)! Everything is possible for you. Take this cup away from me. But let it be as you, not i, would have it.
He came back and found them sleeping, and he said to Peter,
Simon, are you asleep? Had you not the strength to keep awake one hour?
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How would you have answered Jesus. Could you you have watched with him and comforted him?

During Holy Week we invite you to commit one hour to Jesus to be with him and comfort him.

- Spend some time in prayer
- Visit the chapel
- Pray the Stations of the Cross
- Help someone in need
- Give up your phone, social media
- Switch off the T.V. X-BOX, tablet, computer

You could do your hour all at once or divide it up throughout the week. Make a commitment to be with Jesus in his time of need, to comfort and to love him.