

# HOW TO MAKE THE MOST OF **HOLY WEEK?**

5 WAYS TO LIVE IT WELL

Meditate on the Passion using passages in the Bible, the Sorrowful Mysteries of the Rosary, etc.

Avoid listening to music or attending parties or celebrations. Make sure to keep your conversations as sober as possible.

In addition to fasting and abstinence on Friday, make another small sacrifice.

Try to attend all of the liturgies and invite your family and friends.

Keep away from distractions like your cell phone, videos, etc.

**01** MEDITATE ON  
THE PASSION

**02** TRY TO BE  
SILENT

**03** MAKE AN EXTRA  
SACRIFICE

**04** ATTEND THE  
LITURGIES

**05** KEEP ALL  
DISTRACTIONS AWAY

#HOLYWEEK



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