

Holy Thursday

Understanding Holy Thursday

On Holy Thursday, we focus on two things: The institution of the Eucharist, and the command of Jesus to wash our neighbors' feet in humble service. With the Mass of the Lord's Supper, we begin the Triduum, the liturgical season that marks Jesus' death and resurrection. At Mass, we remember his command to humbly serve others and how he gave us Himself in the Eucharist. After Mass, we linger in adoration with Jesus, who is Truly Present in the Blessed Sacrament.

Open the Word

"If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."
(John 13:14-15)

• **Read today's Gospel:** John 13:1-15

Holy Week In Your Home

Jesus gave us the gift of his Body, Blood, Soul, and Divinity in the Eucharist to nourish us and bring us into communion with God and one another. How does the Eucharist strengthen you to share God's love and mercy with loved ones and neighbors?

To connect to the Eucharist, make a simple, no-yeast bread to share at your family meal or with friends.

For Children

Jesus loves us in a very special way in the Eucharist. In the Eucharist, Jesus gives us his Body and Blood so we can be closer to him.

Activity: [Draw or color the attached picture of the Eucharistic bread and wine.](#) Thank Jesus for the gift of his love in the Eucharist.

Did You Know?

At the end of the Mass, the Blessed Sacrament is carried in procession to the Altar of Repose and exposed for adoration. The faithful are invited to pray with Jesus this night, accompanying him in the Garden of Gethsemane.

Spiritual Reading

The grace of Holy Thursday is knowing that God embraces us despite our weaknesses and imperfections. This is a lesson I need to learn in a personal way, but the reminder is a constant consolation in this work to end the death penalty. God meets our frailty with love, without judgement or exclusion. God's love is given to us without distinction.

"I have given you a model to follow, so that as I have done for you, you should also do (Jn 13:15)."

On this first day of the Triduum, we recognize God's unfailing gift of undeserved, unconditional, and unifying love for us. This love has the power to embolden every human heart and calls us to do the same. Let us ask for the grace to respond to God's call to love one another accordingly.

~Krisanne Vaillancourt Murphy, Catholic Mobilizing Network

Let Us Pray

Almighty and Loving God, We remember how Jesus washed the feet of his disciples, teaching us the true meaning of servant leadership. As we are nourished by the Body and Blood of Christ, may we imitate his selfless love and serve one another with humility and compassion, recognizing the dignity and worth of every person we encounter, even those who have sinned against us. We pray in the name of the One who calls us friend: Jesus, our brother and redeemer. Amen.

Faith In Action

Today, we celebrate the ways God welcomes each of us to join in the Eucharistic celebration. We also remember those who cannot join us at the table of the Lord due to advanced age, illness, or incarceration. Visit an aged family member or neighbor, or volunteer for the archdiocese's [Welcome Home Reentry Program](#) to support formerly incarcerated persons returning to local communities.



The Roman Catholic
Archdiocese of Washington