

Day 4: Tuesday of Holy Week – Jesus announces who will betray him

Proclamation: Sin is a choice to say no to God. Jesus is always ready to forgive us when we sin. If we stay close to Jesus, like the Apostle John, we will be more aware of his love and less inclined to sin.

Scripture: John 13:21-30 (excerpt from daily Mass Gospel reading, Tuesday of Holy Week)

The scene is in the Upper Room, at the Last Supper:

Reclining at table with his disciples, Jesus was deeply troubled and testified, "Amen, amen, I say to you, one of you will betray me." The disciples looked at one another, at a loss as to whom he meant. One of his disciples, the one whom Jesus loved, was reclining at Jesus' side. So Simon Peter nodded to him to find out whom he meant. He leaned back against Jesus' chest and said to him, "Master, who is it?" Jesus answered, "It is the one to whom I hand the morsel after I have dipped it." So he dipped the morsel and took it and handed it to Judas, son of Simon the Iscariot. After Judas took the morsel, Satan entered him. So Jesus said to him, "What you are going to do, do quickly." Now none of those reclining at table realized why he said this to him. Some thought that since Judas kept the money bag, Jesus had told him, "Buy what we need for the feast," or to give something to the poor. So Judas took the morsel and left at once. And it was night.

Prayer: Jesus, I know that I am a sinner. My sins are what sent you to the cross. I am sorry for all of the times I said no to you. Please forgive me. Help me to stay close to your Sacred Heart, just like the Apostle John did. Help me to always know your love and have the courage to turn away from sin.

Praise and Worship Songs:

[STRONGER](#) Hillsong [KYRIE ELEISON](#) Chris Tomlin [WHO YOU SAY I AM](#) Hillsong

Activity 1: The Gospel tells us that John the Apostle was sitting right next to Jesus at the Last Supper. He was so close to his chest that he could probably hear Jesus' heart beating! Close your eyes and imagine that you are sitting right next to Jesus. When you are ready, do the activity:

Pray and ask the Holy Spirit to show you your sins - any ways that you have said no to him today. Ask him for the grace to be truly sorry. With your head against Jesus' chest, whisper to him that you are sorry and ask him to forgive you. Hear Jesus saying, "I forgive you. I love you." Now give him a big hug!

Activity 2: Visio Divina (praying with sacred art) The famous artist, Leonardo da Vinci, captured the moment when Jesus announced that someone would betray him. The Apostle John moved his head away from Jesus' chest because Peter was asking him a question. Jesus is left all alone in the center while the apostles are arguing about who the betrayer could be. Spend some time looking at the painting. Think about how our sins separate us from God and take away that closeness he wants to have with us. Take a moment to thank Jesus for all that he did to pay the penalty for our sin.

