

Day 6: Holy Thursday – Mass of the Lord's Supper

Proclamation: Jesus gave me the new commandment to love one another. He teaches me how to do that through His act of humility – washing the disciples' feet.

Scripture: John 13:1-15 (Gospel reading, Holy Thursday Mass)

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

Now before the feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. And during supper . . . Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, rose from supper, laid aside his garments, and girded himself with a towel. Then he poured water into a basin, and began to wash the disciples' feet, and to wipe them with the towel with which he was girded. He came to Simon Peter; and Peter said to him, "Lord, do you wash my feet?" Jesus answered him, "What I am doing you do not know now, but afterward you will understand." Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no part in me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" . . . When he had washed their feet, and taken his garments, and resumed his place, he said to them, "Do you know what I have done to you? You call me Teacher and Lord; and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do as I have done to you.

Prayer: Jesus, thank you for teaching me about humility in the way that you love me. I accept you as my Teacher, Lord, and King. Help me to follow your example by doing acts of humble service for others. Help me to also accept the love you give me through other people.

Activity 1: Foot Washing

Foot washing was a common custom in Jesus' time. But it was only performed by servants and slaves for their master. A master would never wash his servant's feet! But Jesus always turns things upside down, doesn't He? Jesus washed His Apostles' feet as a way of teaching them an important lesson about leadership. A true leader is one who is willing to serve his followers with humility. Look at the artwork to help you imagine the scene:

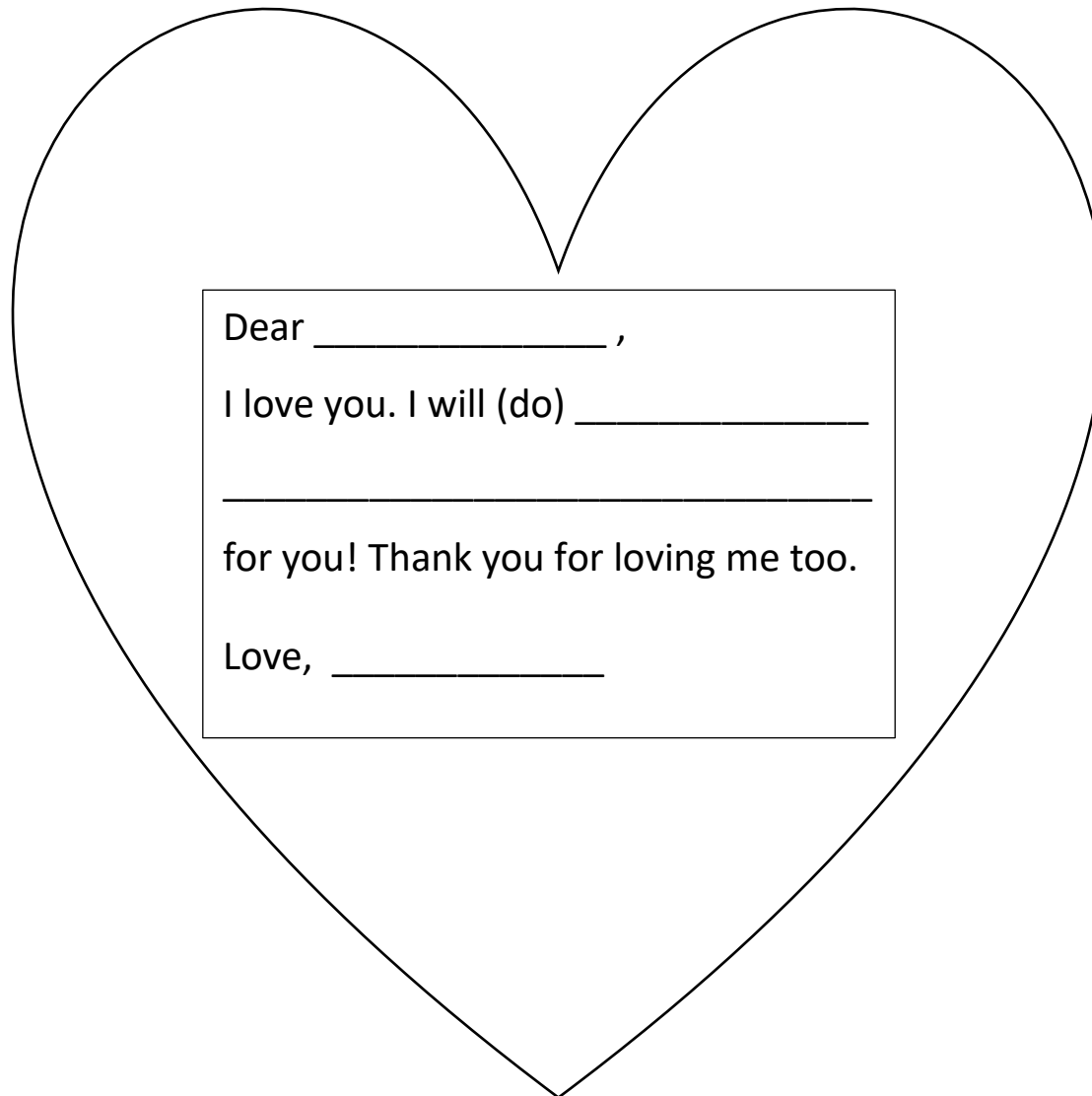


Listen to the MANDATUM while you wash the feet of someone in your family. The Mandatum are the traditional antiphons sung at the Holy Thursday Mass, during the foot washing. We use them at Christ the King every year. Ask your parents if it is ok to wash their feet like Jesus did for the Apostles.

Activity 2: Another act of service.

Now look at the painting again. How was the foot washing? What did you learn? Pray for a moment and ask Jesus this question: **Lord, who in my family do you want me to serve today?** Wait and listen until He tells you who it is. Now, ask Jesus this question: **Lord, what do you want me to do for that person?** Wait and listen until He tells you what to do. Now go and do your act of service. Remember to do it with a smile! (Print out this page, fill in the heart, cut it out and give it to your family member. You can color and decorate it too.) Listen to this song while you complete the activity:

THIS IS MY COMMANDMENT (Wee Sing)



Activity 3: Attend the Holy Thursday Mass with your family and participate with all your heart. Tonight begins the Sacred Triduum, the three most important days in the whole church year. Tonight Jesus will celebrate the Passover with the 12 Apostles and transform it into the very first Mass. He will begin the priesthood, give us the gift of the Holy Eucharist, and give us the example of servant leadership by washing the apostles' feet.

A. Some worship songs to sing at home before Mass:

[BODY AND BLOOD](#) Damascus Worship [REMEMBRANCE](#) Matt Maher [SURROUNDED \(Fight My Battles\)](#) Upper Room

B. Suggest to your family that *after Mass you all get ready for bed quietly, no talking!* By staying as silent as possible, you will be able to keep Jesus in your mind and heart. He is now getting ready to start his suffering for you. The [PANGE LINGUA GLORIOSI](#) by St. Thomas Aquinas is a quiet, traditional hymn that you can listen to while you are getting ready for bed. It will help you quiet your hearts. It is all about Jesus and His Real Presence in the Eucharist. This song is traditionally sung at the conclusion of the Holy Thursday Mass while Jesus, in the Sacred Host, is processed out of the church by the deacon to the altar of repose. This remembers Jesus who, after the Last Supper, left the Upper Room with the apostles and made the journey to the Garden of Gethsemane where he prayed for strength to undergo his passion and was later arrested. Here is a shorter version that includes the last 2 verses of Pange Lingua: [TANTUM ERGO SACRAMENTUM](#)

C. If you are not able to go to Mass today and receive Jesus in Holy Communion, you can pray this prayer, called a "Spiritual Communion": **My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.**

D. Here are some more resources for Holy Thursday from the [DIOCESE OF LANSING](#)