



Palm Sunday: Setting Captives Free

THE GRACE I SEEK: to believe that Jesus will grant me true freedom

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.

Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me believe that you will set me free.

SCRIPTURE MEDITATION — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

“The LORD God is my help, therefore I am not disgraced; I have set my face like flint, knowing that I shall not be put to shame.” (Isaiah 50:7)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

How have you felt misunderstood and judged—even by those closest to you, your own family? How have you been imprisoned by the words and deeds of others—and even your own words and deeds? How has sin played a role in this unfreedom? Speak to Jesus about this sin, suffering, and pain. Be honest about your experience with him, especially feelings of anger, shame, resentment, and abandonment.

SCRIPTURE MEDITATION — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

“Pilate said to them, ‘Then what shall I do with Jesus called Christ?’ They all said, ‘Let him be crucified!’ But he said, ‘Why? What evil has he done?’ They only shouted the louder, ‘Let him be crucified!’” (Matthew 27:22-23)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus, the innocent Lamb of God, takes on the burden of our sin. Imagine how he felt as he heard the crowds shout mercilessly, “Let him be crucified!” Gazing upon Jesus in the Eucharist, allow yourself to enter into Jesus’ experience of rejection and sorrow that he bore for your sin. Ask him to help you experience sorrow for your own sins and seek forgiveness, especially in the Sacrament of Reconciliation.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Palm Sunday of the Lord’s Passion)

SUNDAY MASS CONNECTION — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire for freedom from sin and shame.