



# Holy Wednesday

**Bible Passage:** John 13:18-30

**Activity:** Consider giving up something, such as coffee, dessert or TV until Easter.

**Reflection:** Every time you think about the thing you gave up, reflect on the suffering Jesus endured on your behalf.

**Family Adaptation:** Choose something to give up as a family until Easter such as dessert, tv, or your favorite family game. Each time you think of the item you gave up, talk with your children about things for which we are grateful: Time together as a family, God's love for us, playing outside, etc..