

THE GREAT THREE DAYS

AN EDGE NIGHT ON THE SEASON OF THE TRIDUUM

SCRIPTURE

Matthew 26, 27:57-61
Matthew 27:57-61
Mark 14
Luke 22-23
John 3:16
John 13
John 19
Romans 6:23
1 Corinthians 11:22-34
Philippians 2:8

CCC

1168-1169
599-618
624-628
1337-1344

YOUCAT

99
101
103
209

KEY WORDS

Triduum
Holy Thursday
Passover
Good Friday
Fast
Veneration
Holy Saturday

SUPPLIES NEEDED

- Long wooden table
- White table cloth
- Chalice
- Loaf of bread
- Supplies for Adoration
- Basin
- Water pitcher
- Towel
- Additional white cloth
- Large wooden cross
- Red cloth
- Crown of thorns
- Wooden baskets

- Candles
- Cardboard boxes
- Large painter's cloth canvas
- Brown and gray spray paint
- Greenery (real or fake)
- Pens
- Paper
- "Waiting at the Tomb" journal handout page 73.

MEDIA

SUGGESTIONS

- Song: "You Were On the Cross" by Matt Maher (*Alive Again*, Provident)
- Song: "Lead Me to the Cross" by Hillsong (*From the Inside Out*, Sparrow Records)

EDGE NIGHT GOAL

The goal of the Edge Night is to introduce the youth to the liturgical season of the Triduum. The youth will experience the richness of the celebrations that will help them understand why the Triduum is the most sacred time of the year in the Church.

EDGE NIGHT AT A GLANCE

The Triduum is the most sacred time of the liturgical year in the Church. For that reason this Edge Night will stand out and be different than the other Edge Nights within the semester. To help the youth get a full experience of each day

of the Triduum, the night is broken up into three small mini nights and is written to be longer than a normal Edge Night.

In light of the liturgical season, the youth will be called to remain quiet and prayerful throughout the whole night. Find ways for natural breaks like changing rooms for each part of the night or standing up and rotating around the room as a group. If necessary, give the youth an extended time of fellowship to talk to each other before the Edge Night begins.

The Edge Night begins with Holy Thursday in a small space. After a Scripture reflection, the teaching will help the youth understand what the Triduum is and how Holy Thursday celebrates the institution of both the Eucharist and the priesthood. The youth will have a short time in small groups and conclude the first part of the night in Eucharistic Adoration. The youth will transition into Good Friday and begin with a Scripture reflection on the Passion and Death of Jesus. The teaching will help the youth understand the free gift of salvation won for them on the cross and the sacred practice of veneration of the cross. After a short time of prayer and reflection, this part of the night will end with veneration of the cross. Following veneration, the youth will transition into Holy Saturday and begin with a Scripture reflection. The teaching will focus on what it means to wait and hope in Christ. The night will end with a time of journaling and silent prayer.

ENVIRONMENT

The environments for this night will be split into three—one for each day of the Triduum. If possible, use three different rooms for these environments—a smaller room, the regular meeting room, and the church or chapel. If three separate rooms are not possible, divide the main room into three separate parts using pipe and drape or sheets.

Holy Thursday: The environment for this part of the Edge Night should resemble the upper room. It should be large enough to fit the whole group but not have any extra space to move around. Set up a table in the front of the room that is covered with a tablecloth with a loaf of bread and chalice of wine on top. In front of the table, either on the floor or on a shorter table, have a basin, water

pitcher, and towel. On the wall behind the table, hang white cloth to represent the liturgical color for the day. Keep the lighting soft and prayerful.

Good Friday: The environment for this part of the Edge Night will be in the main meeting room. In the middle of the room, have a large cross that is lit up with a spotlight. Drape the cross with a red cloth and hang a crown of thorns on the top. If specific items are used during Good Friday service at your parish, incorporate them into the environment as well. At the foot of the cross, place three or four empty wooden baskets. Off to the side, have four or five smaller crosses ready for veneration. Light up the rest of the room with soft lighting and candles (real or battery powered). For added environment, create luminaries with white paper bags, sand, and votive or tea candles and place them around the base of the cross.

Holy Saturday: The environment for this session should resemble a garden tomb with a large stone. If possible, have this environment set up in the church or chapel. To build the environment, use items like boxes, tables, or things that will stack. Spray paint canvas or cloth different shades of brown to create a sandstone look. The canvas can be bought at any hardware or paint store. With the same colors, paint a piece of cardboard to create a large stone. Drape the canvas over the boxes or tables and create what looks like a tomb. Place the stone to look like the entrance to the tomb. Around the tomb have plants and greenery. Ask around the office or call a few parents to borrow the plants. Be sure to put a name on the bottom of the plants so they can be returned after the night. Fake plants and greenery can also be purchased at a craft or hobby store.

CORE TEAM FORMATION

Although the shortest of the liturgical seasons, the Triduum is packed full of the beauty and richness of the Catholic faith not found in other times of the year. Each day draws us deeper into the mystery of our salvation and provides us an opportunity to rediscover the great love that Christ has for all humanity and how far He is willing to go to show us. It is important that as a team you prayerfully prepare for this night. Take time as a team to pray and reflect on these three sacred days. Read the readings for these days, and meditate on Christ's words and actions. If you are using this night during the time of year

when the Triduum will be celebrated, commit to experiencing each day to its fullness, including the Easter Vigil.

TO THE PARENTS

This week we discussed the liturgical season of the Triduum. The Triduum is the three days before Easter—Holy Thursday, Good Friday, and Holy Saturday. We talked about what we celebrate on each day, all the signs and symbols of the day, and how we can live that day more fully in our daily lives. This week review and re-read the Scripture

verses we read during the night. Have a time of discussion with your youth about them and share anything that stands out. If possible, commit to experiencing the Triduum in its fullness this year.

Scripture verses to read:

John 13:1-15

Luke 22:39-46

Luke 22: 54-65

Luke 23:13-16

John 19:2-16

John 19:17-30

Matthew 27:57-61

HOLY THURSDAY GATHER

WELCOME AND INTRODUCTION

(5 min)

Gather all the youth into the meeting space, and ask them to keep a spirit of prayer and reverence. The youth minister should introduce the night and welcome any youth who are new. The youth minister should then explain that the Edge Night is going to look and feel a little different from a normal Edge Night. Ask the youth to keep a prayerful heart and tone throughout the whole night.

SCRIPTURE PROCLAMATION

(5 min)

Invite the youth to stand and listen attentively to the Gospel reading. Begin with the sign of the cross, and proclaim John 13:1-15. Have the youth sit down at the end of the reading.

PROCLAIM

“HOLY THURSDAY” TEACHING

(10 min)

For this teaching use as many visual elements as possible. Gather all the liturgical materials your parish uses during the Holy Thursday liturgy to show the youth. Have pictures of the Passover, the Last Supper, washing of the feet, etc. to enhance the teaching points as well.

The Holy Thursday teaching outline can be found on pages 68 - 69. Here are the main points from the teaching:

- The Triduum commemorates Jesus’ Passion, Death, and Resurrection.
- Holy Thursday celebrates the Passover and the institution of both the Eucharist and the priesthood.
- Christ gave the apostles a new commandment—to love one another.

BREAK

SMALL GROUP DISCUSSION

(10 min)

Break the youth into small groups. Begin in prayer, and discuss the following questions:

- Jesus gave us a new commandment – to love one another. Who do you struggle to love? Why? Who is easy for you to love? Why?
- How can you live the virtue of humility? What are one or two actions you can take to practice humility?
- The Eucharist is the most important element of our faith. Does your life show Christ is the center of all you say and do? Why or why not?

TAKING IT DEEPER: SMALL GROUP ADAPTATIONS FOR 8TH GRADE:

For your 8th graders looking to go deeper, instead of multiple questions during the small group discussion, discuss only the following question. The small group leader should be prepared to challenge the youth to diver deeper into their answer.

- Jesus gave us a new commandment – to love one another. Who do you struggle to love? Why? How can you try to love them like Christ showed us to love? Who is easy for you to love? Why?

SEND

EUCCHARISTIC ADORATION

(10 min)

Supplies:

- Adoration supplies

Gather all the youth back together for a time of Eucharistic Adoration. The youth minister should explain to the youth that at the end of Holy Thursday Mass, the Blessed Sacrament is taken to a chapel so that the community can sit with the Lord. In the meantime, the sanctuary is

stripped of all the decorations and left empty as a sign of the death of Christ. The celebration of Holy Thursday does not end but continues until the community gathers again the next day— Good Friday. This time of Eucharistic Adoration gives the community a chance to give thanks for the gift of the Eucharist and the priesthood. It is also a time of prayer to continue to prepare for the events in the days ahead.

The youth minister should open the time of Adoration in prayer and direct the youth to sit with the Lord and give thanks for the gift of the Eucharist. He/She should encourage those who do not believe that the Eucharist is truly Christ's body to ask God for the faith to believe. The priest or deacon should process in with the monstrance and allow the youth to pray in silence for a few minutes. After about 10 minutes, he should close the time of prayer and process out. A few Core Members should then come forward and remove all the decorations and pieces of the environment as a sign of the death of Christ.

Close this portion of the night with the sign of the cross.

GOOD FRIDAY

GATHER

SCRIPTURE PROCLAMATION

(10 min)

The Core Members should help transition the youth quickly and quietly to the Good Friday environment. Have all the youth sit around the cross but leave some space for the youth minister to move around. Have four Core Members (assigned ahead of time) come forward to read the Scripture proclamations. After each proclamation, have a short time (1 minute) of silence.

1. Agony in the Garden - Proclaim: Luke 22:39-46
2. Betrayal of Peter/Arrest of Jesus - Proclaim: Luke 22: 54-65
3. Jesus Before Pilate - Proclaim Luke 23:13-16, John 19:2-16
4. Way of the Cross/Crucifixion - Proclaim John 19:17-30

PROCLAIM

“GOOD FRIDAY” TEACHING

(5 min)

The teaching for this part of the night should be kept prayerful and simple. The Good Friday teaching outline can be found on pages 70-71. Here are the main points from the teaching:

- On Good Friday we commemorate Jesus’ Passion and Death.
- Jesus’s death is a free, underserved gift from the Father.
- We venerate the cross because it was the instrument of our salvation.

BREAK/SEND

VENERATION OF THE CROSS

(15 min)

Supplies:

- Pen
- Paper
- Cross
- Basket

After the teaching, give each youth a small piece of paper and a pen. Instruct them to take a few minutes by themselves to think about a struggle they have with which they need Jesus’ help. Give them a few examples like fighting in their family, having a hard time at school, struggling to make

friends, being chaste, feeling lonely, etc. Have the youth write down his or her struggle on the piece of paper and then fold it up. Ensure the youth that no one will read his or her piece of paper. What the youth writes is between them and Jesus. Once the youth have finished, invite them to come forward to place their piece of paper into one of the baskets surrounding the cross as a symbol of surrendering it to Jesus. They should then venerate the cross as they are comfortable—kiss, touch, or genuflect. Have four or five Core Members holding additional crosses to help make this quicker. After the group has finished, instruct them to move to the Holy Saturday meeting space.

HOLY SATURDAY

GATHER

SCRIPTURE PROCLAMATION

(5 min)

Once all the youth have gathered into the Holy Saturday space, a Core Member should proclaim Matthew 27:57-61.

PROCLAIM

“HOLY SATURDAY” TEACHING

(5 min)

The teaching for this part of the Edge Night is very short but should be interactive. Ask the youth to give you answers to some of the questions in the teaching. The Holy Saturday teaching outline can be found on page 72. Here are the main points from the teaching:

- Holy Saturday is the final day of the Triduum and is a day during which we patiently wait for the Resurrection of Christ.
- Holy Saturday is also a time of hope for we know that Christ rose from the dead.
- This is a time to rid ourselves of distractions and focus on Christ.

- Invite the parents of the middle school youth to help with this Edge Night by sending a list of needed supplies and items. This is a great way to bring them into what is happening during the semester.
- Invite high school teens to help with the Edge Night by acting out each of the Scripture proclamations.
- Invite your parish priest(s) and deacon(s) to be present for this Edge Night to give the teachings and/or lead the prayer activities.
- If your parish utilizes both the high school and middle school resources, consider using the “Umm?” Life Night during the same week as this Edge Night to prepare both the groups for the Triduum. Many of the environmental and teaching elements are the same so no extra work will be required.

BREAK/SEND

“WAITING AT THE TOMB” JOURNAL AND SILENT PRAYER (10 min)

Supplies:

- “Waiting at the Tomb” journaling handout page 73
- Pens

Close the Edge Night with a time for journaling and silent prayer. Give each youth the “Waiting at the Tomb” journaling handout found on page 73. Instruct the youth to complete the journal handout and then sit silently in prayer for a few minutes. Close the Edge Night in prayer thanking God for the holy days of the Triduum and for the promise of Easter.

FURTHER ADAPTATION IDEAS (10 min)

- If multiple environments are not possible or your group is too large to move them around the parish to different spaces, do the Edge Night in one room but completely change the environments each time. This will take some rehearsing from the Core Team to do this quickly and without disrupting the atmosphere of prayer between each part of the night.
- If this night is too much for your youth, consider breaking it up into two nights. The first night can be Holy Thursday. Add in an extra activity during the Break, and extend the time of Adoration to make it a full Edge Night. The second night can be Good Friday and Holy Saturday.

HOLY THURSDAY

TEACHING

KEY WORD DEFINITIONS

Triduum - The “three days” commemoration of Jesus’s Passion, Death, and Resurrection.

Holy Thursday - The first day of the Triduum that celebrates the memorial of Passover and the institution of the Eucharist and the priesthood.

Passover - The celebration of God sparing the Israelites from death and freeing them from slavery in Egypt.

WHAT IS THE TRIDUUM?

In the Church we have a liturgical season that commemorates Jesus’ Passion, Death, and Resurrection. We call this the **Triduum**. The Triduum starts with Mass on the Thursday before Easter (Holy Thursday), continues all day Friday (Good Friday) and Saturday (Holy Saturday), and culminates with the Easter Vigil celebration Saturday evening. The Triduum is the shortest liturgical season—it only lasts three days.

The Triduum helps us prepare for Easter, which is the greatest and most central celebration during the whole liturgical year—even greater than Christmas! Because the Triduum helps us prepare for Easter, the three-day season is the holiest and most sacred time of year. It reminds us that God loves us so much that He sent His Son to die for our sins so that we could have new life in Christ and be with God in heaven. It’s easy for us to forget over the course of the year why Christ came and died. The Triduum helps us remember and give thanks to God for Christ’s sacrifice.

WHAT WE CELEBRATE ON HOLY THURSDAY

On **Holy Thursday** we celebrate three great events in our Church—Passover, the institution of the Eucharist, and the institution of the priesthood. These events are remembered within the celebration of the Holy Mass in the proclamation of the Scriptures.

Key Word

John 3:16

Key Word

Key Word
Exodus 12:1-8
Exodus 12:11-14
John 1:29

PASSOVER

In Exodus, we hear about the first **Passover** when Moses instructed the Israelites to apply blood of a sacrificial lamb to the door of every house. The angel of the Lord would pass over that house and not bring death to their families. The Jewish people continued to celebrate this great feast of the Passover for many centuries. On Holy Thursday Christians remember this Passover and celebrate Christ as our sacrificial lamb. Christ's blood was shed so that death might "pass over" our lives. We remember Christ as the "Lamb of God who takes away the sins of the world."

1 Corinthians 11:24-25
CCC 1324

INSTITUTION OF THE EUCHARIST AND PRIESTHOOD

Saint Paul reminds us of the words Jesus spoke to His apostles at the Last Supper while celebrating the great Jewish feast of Passover: "This is my body...this is the new covenant in my blood." At the Last Supper, Jesus gave the bread and wine to His apostles, not as a symbol or sign of love, but as His actual body and blood. We celebrate this moment as the institution of the Eucharist. In this same moment, Jesus charged His apostles to, "Do this in remembrance of me." He instructed His apostles to continue what He did by celebrating and remembering Him in this specific way. He gave them the authority to make bread and wine into His body and blood. This is the institution of the priesthood.

SIGHTS AND SYMBOLS

The Triduum is full of many sights and symbols. The Triduum has two primary liturgical colors – white and red. On Holy Thursday, white is the primary color. The priests' and deacons' vestments are white. The altar cloth and other sanctuary dressings are also white.

John 13:34-35

WASHING OF THE FEET

Another "sight" of Holy Thursday is the washing of the feet. At the Last Supper, Jesus gave His disciples a new commandment: Love one another. After Jesus gave them the new commandment, He showed them how to love one another—He washed their feet. During Mass 12 representatives from the community are selected to have their feet washed by the priest. We remember Christ's commandment and our call to love and serve each other by humbling ourselves and loving each other as Christ does.

LIVING HOLY THURSDAY

Holy Thursday is filled with many opportunities to grow in holiness. We learn from Holy Thursday that humility is the center of service and love. We can live Holy Thursday every day by thinking of others before ourselves, especially in our own families. We can also learn to be thankful to God for the many gifts He has given us, especially the gift of Jesus Christ in the Eucharist and the priests who serve the Church. This week, spend time in prayer giving thanks to God for all the ways He blesses your life and for the great celebration of Holy Thursday.

GOOD FRIDAY

TEACHING

KEY WORD DEFINITIONS

Good Friday - The second day of the Triduum commemorating the Passion and Death of Jesus.

Veneration - To esteem or to honor

WHAT WE CELEBRATE ON GOOD FRIDAY

The second day of the Triduum is **Good Friday**. On Good Friday we commemorate the Passion and Death of Jesus – a death that was freely chosen for you and me. Every scourge, every step on the way to Calvary, every nail that pierced Jesus’ skin was for our sin and for us.

So, you might be asking yourself, “How can we call a day that Jesus died good? How can death be good?” St. Paul tells us that “the wage of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” This day is GOOD because we, for the first time since Adam and Eve, have gained access to the Father in heaven and eternal life.

Christ’s death is a free gift—a gift we didn’t earn or deserve. It is a gift of deep, unconditional love of a Father for His children. He desires so deeply for us to be with Him in heaven that He would submit to anything, “even death on a cross” as St. Paul tells us.

SIGHTS AND SYMBOLS

When you go to church on Good Friday for the service, you will notice that the church is empty of all its decorations, and Jesus is removed from the tabernacle. The priests and deacons wear red on Good Friday to symbolize Christ’s death.

Key Word

Romans 6:23

Philippians 2:8

****It is important to note that the Church does not consecrate the Eucharist on Good Friday, therefore Mass is not celebrated.***

Key Word

One symbol of Good Friday is that we **fast**—just like we did on Ash Wednesday—from food and drink for the whole day. We fast on Good Friday so that we can be in deeper communion with Christ and His sacrifice on the cross.

Key Word

VENERATION OF THE CROSS

One of the most unique aspects to Good Friday is a tradition called Veneration of the Cross. The word “**veneration**” means “to esteem or honor.” After the Liturgy of the Word, each person comes forward one-by-one to venerate, usually by kissing, the cross. This is a time for us to worship God and thank Him for sending a source of redemption. As Christians we venerate the cross as sacred because it is the instrument of our salvation. The challenge for us is to embrace those areas in our own lives that at first can seem like a burden but in reality help us in our salvation. We are called to carry those crosses in our lives, just as Jesus did for us.

Good Friday is a celebration not only of the great victory over sin and death but also of the promise and hope that death is not the end.

HOLY SATURDAY

TEACHING

KEY WORD DEFINITIONS

Holy Saturday - The third day of the Triduum that calls us to patiently wait and hope

in Christ's Resurrection. em from slavery in Egypt.

WHAT WE CELEBRATE ON HOLY SATURDAY

The final day of the Triduum is **Holy Saturday**. Holy Saturday calls us to patiently wait and hope in Christ's Resurrection.

Key Word

Let's think a little more about the Scripture reading we just heard. Put yourself into the story. Jesus, who you love and trust, who said He would rise, and who you believe is the Messiah, is now dead and in the tomb. How do you think the women felt? How would you feel? We know how the story ends. But, what if we didn't? What if we were the ones at the tomb waiting to see what happens? (*Allow the youth time to respond to the questions*),

Holy Saturday is a day of waiting in hope. The women waited at the tomb for Jesus to rise. Their waiting was not out of disbelief or fear but out of confidence and trust that Jesus, their Lord, was going to rise.

WAIT AND HOPE

During Holy Saturday we are called to wait and hope in Jesus. This is a day that the Church is silent. For many of us, silence and waiting is difficult. We are constantly surrounded by business, noise, and instantly having whatever we want. But, Holy Saturday calls us to turn all the noise off, focus our hearts on Jesus, and remain hopeful in His promises to us.

EDGE NIGHT CHECKLIST

EDGE NIGHT DATE:

EDGE NIGHT TOPIC:

CORE TEAM ASSIGNMENTS:

Environment -----

Opening Prayer -----

Games -----

Proclaim -----

Closing Prayer -----

Videos: -----

Songs: -----

WEEK PRIOR TO EDGE NIGHT:

- Hand out/email the Edge Night to the Core Members
- Assign duties to the Core Team
- Pick videos and/or songs
- Gather all the supplies
- Email Core Team the Edge Night Core Formation

WEEK OF THE EDGE NIGHT:

- Prep for games and the environment
- Meet with the Core Member doing the Proclaim (if applicable)

DAY OF THE EDGE NIGHT:

- Email parents the information about the Night and any announcements
- Gather and set-up for the night
- Pray!

Notes

EDGE NIGHT EVALUATION

INSTRUCTIONS:

Evaluation is a key to successful ministry. Use the following questions to discuss and evaluate your Edge Night.

What is going well at our Edge Nights? What can we improve?

Would you be interested in leading prayer, explaining games, or giving a Proclaim teaching?

Was there one particular part of this Edge Night you did not think was necessary? What and Why?

Are our Core meetings effective? How can I better serve you as a youth minister? What can we do to better serve our youth?
