

VHEGE YA U THOMA: Yesu u ri vhidzela u Funa (U Hangwela)

Mafhungo madifha: Marko 1:12-15 - Yesu o ya sogani.

U elekanya:

Yesu o khetha fhethu ho dzikaho ha sogani uri a rabele na u thetshesela Khotsi. Lente i ri ramba uri ri bve kha phosho na zwithithisi. U hangwelwa hu thoma musi ri tshi tendela Mudzimu a tshi dzhena fhethu ho dzumbamaho ha mbilu dzashu, hune ha tšodea u fhodzwa nga maanda.

Vhurumiwa ha Muṯa:

✓ No fhumula, bulani dzina la muthu muthihi ane na wana zwi tshi ni konḡela u mu hangwela.

✓ Rabelani duvha linwe na linwe uri ni wane tshilidzi tsha u vha vhona nga mato a Mudzimu.

Thabelo:

Yesu, kha vha dzhene fhethu ho dzikaho ha mbilu yanga. Kha vha fhodze zwo huvhalaho, vha mpfunze u hangwela nga lufuno. Amen.

VHEGE YA 2: Thetshesani Yesu (U Shandukiswa)

Evangeli: Marko 9:2-10 - "Hoyu ndi Murwa wanga ane nda mu funa. Mu thetsheseni."

U elekanya:

Vhafunziwa vha vhona vhugala ha Yesu nahone vha pfa ipfi la Mudzimu li tshi vha vhidza uri vha thetshesele. U thetshesela zwi tšoda tshifhinga na u fulufhedzana. Musi ri tshi thetshesela nga mbilu dzo vuleaho, Yesu u vhumba zwine ra zwi khetha nga zwiṯuku nga zwiṯuku na u vhonetshela nḡila yashu.

Vhurumiwa ha Muṯa:

✓ Kha vha fhedze mithethe miṯanu vhukati ha vhege vhe fhethu huthihi fhedzi vho fhumula.

✓ Muthu muṯwe na muṯwe u elekanya o fhumula nga ha vhukando vhuthihi ha lufuno vhune Yesu a nga vha a tshi khou vha ramba uri vha vhu ite.

Thabelo:

Yesu,kha vha nthuse u ḡivha ipfi lavho na u tevhela hune vha nndvhisa hone. Tshedza tshavho kha tshi vhonetshela vhutshilo hanga. Amen.

VHEGE YA 3: Yesu O Kunakisa Thembele (U Ṱhompha Mudzimu)

Mafhungo Madifha: Yohane 2:13-25

U elekanya:

Yesu u ri humbudza uri zwine zwa vha zwa Mudzimu zwi fanela u farwa nga vhuronwane. Mbilu dzashu ndi vhudzulo ha Mudzimu. Lente i ri vhidza uri ri bwise nḡowelo na mavhonele ane a ḡadza lufuno, thabelo, na ṯhompho.

Vhurumiwa ha Muṯa:

✓ U dzudzanya tshikhala hayani sa tshiga tsha u nea Mudzimu tshikhala.

✓ Imani noṯhe ni humbele Yesu uri a vusuluse mbilu dzaṅu.

Thabelo:

Yesu, nthuse u U hulisa mbiluni yanga, hayani hanga, na nḡila ine nda fara ngayo vhaṅwe. Amen.

VHEGE 4: Mudzimu U Funa Shango (Fulufhelo)

Evangeli: Yohane 3:14-21-"Mudzimu o funa shango zwingafha-ngafha..."

U elekanya:

Lufuno lwa Mudzimu lu fhira kule zwine ra nga zwi vhona kana u zwi humbula. Muthu munwe na munwe ndi wa ndeme kha Mudzimu. Fulufhelo li a engedzea musi ri tshi humbula uri lufuno lu na maanda u fhira nyofho, u fhandekana, kana vhuleme.

Vhurumiwa ha Muṯa:

✓ Kovhelani muthu ane a khou tšoda thuso tshiṅwe tshithu tshi shumaho.

✓ Rabelelani vhana na miṯa yo sedzanaho na vhuleme u mona na shango.

Thabelo:

Yesu, ndi livhuwa Lufuno lwavho lwa u funa muthu munwe na munwe hu si na mikano. Kha vha nthuse ndi vhe tshiga tsha fulufhelo kha vhaṅwe. Amen

VHEGE YA VHUṰANU: Mbeu I tea u fa u Itela u hula (Tshiṯhavhelo)

Mafhungo Madifha: Yohane 12:20-33

U elekanya:

Yesu u funza uri vhutshilo vhu aluwa nga u ḡinekedza. Zwiṯhavhelo zwiṯuku, zwine zwa nekedzwa nga lufuno, zwi thusa vhutshilo vhuswa uri vhu tšoke midzi kha riṅe na shangoni. Lente i vhumba mbilu dza mafunda dzo ḡiimisela ho u shuma.

Vhurumiwa ha Muṯa:

✓ Khethani tshiṯhavhelo tshithihi tsho leluwaho tshine na ḡo tshi kovhelana sa muṯa ino vhege.

✓ I nekedzeni vhane vha tambula kana vhane vha vha vha si na tshithu.

Thabelo:

Yesu,kha vha mpfunze u nea nga mafunda na u aluwa nga lufuno. Amen.

SONDAHA YA MITSHEVHO:

Yesu, Khosi yashu ya Mulalo

Mafhungo Madifha: Marko 11:1-10.

U elekanya:

Yesu o dzhena Yerusalema nga u ḡitukufhadza, hu si nga u kombetshedzwa. Nḡila yawe ndi nḡila ya mulalo, u pfela vhuṯungu, na u fulufhela Mudzimu. U ṯanganedza Yesu zwi samba u khetha mulalo nga maipfi ashu, zwiito zwashu, na mahayani ashu.

Vhurumiwa ha Muṯa:

✓ U sika kana u ola tshifhambano nga matari a mutshevho[Keywords] sa tshiga tsha u ṯanganedzwa.

✓ Rabelani noṯhe uri hu vhe na mulalo muṯani waṅu, pharishini, na shangoni.

Thabelo:

Khosi Yesu,kha vha vhuse mbiluni dzashu.Kha vha lte uri haya hashu hu vhe fhethu ha mulalo na lufuno. Amen.

Holy Week Reflections

HOLY THURSDAY – Jesus Shows Us How to Love

Focus: Jesus washes the feet of His disciples.

Reflection:

Jesus kneels before His friends and serves them with tenderness. Love is shown not in words but in humble actions. Holy Thursday teaches us that following Jesus means serving others quietly and generously, especially those who are often unnoticed.

Family Mission:

- ✓ Gently wash one another's hands at home as a sign of service.
- ✓ Pray for parents, carers, teachers, nurses, priests, and all who serve others daily.

Prayer:

Jesus, You chose to serve rather than be served. Teach us to love through kindness and humility. Amen.

GOOD FRIDAY – Jesus Gives His Life for Us

Focus: Jesus dies on the Cross.

Reflection:

Jesus carries the pain of the world and offers His life out of love. The Cross reminds us that no suffering is wasted when placed in God's hands. Even in silence and sorrow, God is at work.

Family Mission:

- ✓ Pause for silent prayer at 3pm, the hour of Jesus' death.
- ✓ Make the Sign of the Cross slowly and prayerfully.

Prayer:

Jesus, thank You for loving us to the end. Stay close to all who suffer today. Amen.

HOLY SATURDAY – Waiting in Hope

Focus: Trusting God in the silence.

Reflection:

Holy Saturday is a day of waiting. The tomb is closed, yet hope is alive. God works quietly, even when nothing seems to be happening. Waiting with trust prepares our hearts for new life.

Family Mission:

- ✓ Light a candle as a sign of hope.
- ✓ Pray especially for children who lack safety, shelter, or peace.

Prayer:

God of hope, help us to trust You in times of waiting and uncertainty. Amen.

EASTER SUNDAY – Jesus Is Alive!

Gospel: Mark 16:1–7

Focus: Jesus is risen. New life has begun for the whole world.

Reflection:

The tomb is empty. Jesus is alive. Fear gives way to joy, and death gives way to life. Easter reminds us that God's love is stronger than darkness. New beginnings are possible for every person and every nation.

Family Mission:

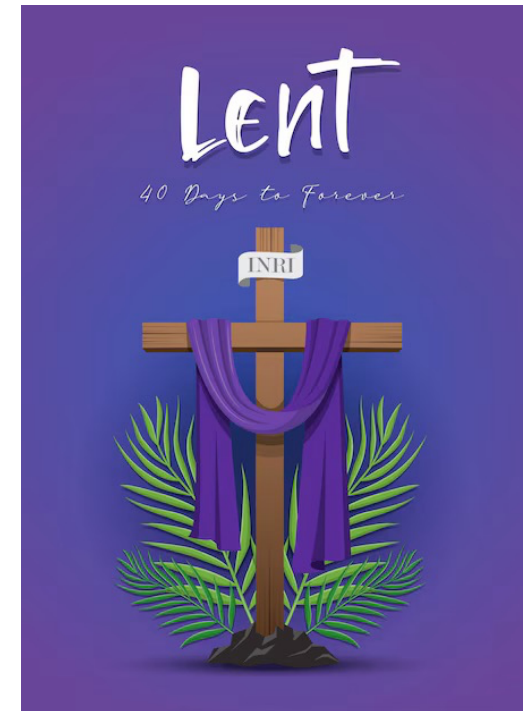
- ✓ Bake bread or share a joyful meal together.
- ✓ Invite or remember someone who may feel lonely today.

Prayer:

Risen Jesus, thank You for the gift of new life. Send us out as missionaries of hope and joy. Amen.

Lenten Sundays with Jesus

A Family Resource



Lent is a journey we walk with Jesus, step by step, towards new life. Each Sunday invites families to pause, listen, and grow closer to God through prayer, reflection, and simple actions at home. Jesus meets us where we are and gently shapes our hearts with forgiveness, hope, sacrifice, and peace. These weekly moments help faith take root in everyday life, especially for children. Small actions, shared prayer, and quiet listening can bring real change. This booklet offers a simple path to follow Jesus together, preparing our hearts for the joy of Easter and the mission we share as His people.