

Exploring Easter

Ideas to do at home and share

Thursday 2nd April: A sad day. A good day!



1. Have you ever had a sad moment in your life? Talk about that time and what made it sad. Maybe you had to say goodbye to someone special, or you were worried because you felt alone. What emotions did you feel at that time and what helped you to cope?
2. Read together the following text taken from Matthew 26. Explain that this is the part of the Easter story when Jesus felt alone and worried. He needed his friends to be with them, but even though they tried, they could not stay awake. Jesus found courage though from God, his heavenly father. That gave him great hope and helped him to get through what was going to be a very difficult time...



Jesus Prays in Gethsemane

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took with him Peter and the two sons of Zebedee. Grief and anguish came over him, ³⁸ and he said to them, "The sorrow in my heart is so great that it almost crushes me. Stay here and keep watch with me."

³⁹ He went a little farther on, threw himself face downward on the ground, and prayed, "My Father, if it is possible, take this cup of suffering from me! Yet not what I want, but what you want."

⁴⁰ Then he returned to the three disciples and found them asleep; and he said to Peter, "How is it that you three were not able to keep watch with me for even one hour? ⁴¹ Keep watch and pray that you will not fall into temptation. The spirit is willing, but the flesh is weak."

3. Now read together the next part of the story, which is from Luke 23. This is the part of the story when Jesus is crucified on the cross. For Christians, this was both a sad and hopeful time. It was sad, because Jesus didn't deserve to die, but it was good, because Jesus promised forgiveness to those who believe in him. This is why Christians call the day that Jesus died 'Good Friday'. It is good, because of the fresh start that we get when we are forgiven. Can you think about a time when you have been forgiven? How did you feel to know that someone forgave you and gave you a chance to start again?

Jesus Is Crucified

³² Two other men, both of them criminals, were also led out to be put to death with Jesus. ³³ When they came to the place called "The Skull," they crucified Jesus there, and the two criminals, one on his right and the other on his left. ³⁴ Jesus said, "Forgive them, Father! They don't know what they are doing."

They divided his clothes among themselves by throwing dice. ³⁵ The people stood there watching while the Jewish leaders made fun of him: "He saved others; let him save himself if he is the Messiah whom God has chosen!"

³⁶ The soldiers also made fun of him: they came up to him and offered him cheap wine, ³⁷ and said, "Save yourself if you are the king of the Jews!"

³⁸ Above him were written these words: "This is the King of the Jews."

³⁹ One of the criminals hanging there hurled insults at him: "Aren't you the Messiah? Save yourself and us!"

⁴⁰ The other one, however, rebuked him, saying, "Don't you fear God? You received the same sentence he did."

⁴¹ Ours, however, is only right, because we are getting what we deserve for what we did; but he has done no wrong." ⁴² And he said to Jesus, "Remember me, Jesus, when you come as King!"

⁴³ Jesus said to him, "I promise you that today you will be in Paradise with me."

The Death of Jesus

⁴⁴⁻⁴⁵ It was about twelve o'clock when the sun stopped shining and darkness covered the whole country until three o'clock; and the curtain hanging in the Temple was torn in two. ⁴⁶ Jesus cried out in a loud voice, "Father! In your hands I place my spirit!" He said this and died.

⁴⁷ The army officer saw what had happened, and he praised God, saying, "Certainly he was a good man!"

⁴⁸ When the people who had gathered there to watch the spectacle saw what happened, they all went back home, beating their chests in sorrow. ⁴⁹ All those who knew Jesus personally, including the women who had followed him from Galilee, stood at a distance to watch.





4. Today, can you make some crosses using whatever materials you want to? You could look online to see the many different types of crosses that people have created.
5. When you have made your cross, think about the times you have been forgiven and maybe the times you have forgiven someone else.
6. Share your pictures of your crosses with each other on your class Instagram.

Pause for thought:

For Christians, the cross is a symbol of hope and a fresh start. It gives encouragement to people when they realise that they have done something wrong. Take another moment to think about the cross you have made and think about the things that you are also hopeful for.

