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# The Cross

On the cross, Jesus cried out, 'Father, forgive them, for they do not know what they do'. Even as he was dying he asked God to forgive those who had put him to death.

Sometimes bad things happen, people hurt us, they may say or do things that are unkind. It is hard to let go of the pain. When this happens, we have a choice to forgive that person and let go of the hurts or to hold onto the anger and bitterness we may feel.

Christians believe that because God forgives them, this helps them to forgive other people.

**If you would like to, and feel you can, pick up a tablet, think about someone that you would like to forgive, and drop the tablet in the water.**

**As the tablet fizzes and gradually dissolves, think about letting go of the feelings you have towards that person and try to forgive them.**

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# Garden of Gethsemane

Often Jesus would go to quiet places and pray to God. Before Jesus died he went to pray in the Garden of Gethsemane because he was worried and wanted to spend time with God.

Is there anything that you need help with?

Is there anything you are worried about?

**Write down a prayer or a thought onto one of the plant markers and place it into the soil.**

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# Big Questions

Jesus went to the Garden of Gethsemane to pray. Jesus was worried about what was going to happen to him, and he prayed a 'Big Question' prayer to God.

We all have big questions about life. Christians believe that God is OK with our questions, even our angry, painful ones.

**If you want to, you can write a big question, as a prayer or a reflective thought, onto a bit of cardboard or onto the paper on the floor.**

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# Palm Sunday

When Jesus entered Jerusalem, people put palm leaves on the ground and shouted, “Hosanna in the highest!” Shouting ‘Hosanna’ is a bit like shouting ‘Hooray’.

When do you feel like shouting ‘Hooray’? What are you really happy about? What are you really thankful for?

**If you would like to, you can write a ‘Hooray’ prayer or thought on a palm leaf shape, as a way of saying thank you for what you have.**

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# The Empty Tomb

After Jesus died, his body was put into a tomb. Jesus' friends were afraid and confused. It felt like their hopes and dreams had died with Jesus. But three days later, the tomb was empty and Jesus was alive!

Everyone has hopes and dreams, things that might seem impossible. Things they would like to have, or to be, things they would like to do, or places they would like to go. Some hopes and dreams are small and could happen today; others may take a whole lifetime.

**Is there anything you are hopeful for? If you would like to you can add a flower onto the display. You might like to take a flower post-it note and write or draw a prayer or thought on it, or maybe you would prefer to use the tissue paper to make a blossom.**

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# Resurrection

What do you hope for? What does it feel like to have hope?

After Jesus had died, his body was put in a tomb. His disciples were confused, missing their friend and unsure about what to do next. They felt like their hope had died with Jesus.

Christians believe that three days later Jesus rose from the dead. This gave his disciples hope over 2,000 years ago and it gives Christians hope today too.

**Is there anything you are hopeful for? If you would like to, you can write a prayer or thought on a post-it note and stick it onto the Bubble Tube.**

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# Ascension

After Jesus had risen from the dead, he had time to talk to his friends, to encourage and challenge them. They looked up to Jesus, as he went up into heaven, but they also modelled themselves on him, trying to be like him in sharing God's love with people they met.

People that help us be our best selves are called 'role models' because they have qualities or talents that help us to improve our own.

Who do you look up to? How do they inspire you?

**Think about a person that inspires you to be better at something and use the play dough to make a model of them, or you could spell out their name or talent. As you do so, think or pray about steps you could take to improve, perhaps asking God to help you.**

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# Pentecost

After Jesus had gone up to heaven, the disciples were left wondering what to do next, where to go and who to talk to. But Jesus kept his promise and sent a helper, known as the Holy Spirit, who gave the disciples comfort and power to boldly talk to people about God's love for all.

Starting something new can be scary but we don't have to do things alone.

Is there something that you need the courage to do?

**Think about something that you would like to start doing: this could be something to help improve your life or helping someone else. As you think about small steps you could take to achieve this, write or draw a thought or prayer on one of the feet shapes. You could ask God for courage to start and keep going.**



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# Pentecost

After he rose from the dead, Jesus went back up to heaven. He didn't want to leave his friends alone and helpless so he sent a helper, known as the Holy Spirit, who appeared as a flame above their heads. Rather than giving them a fright, it gave them comfort and power to try something new...to boldly talk to people about God's love for all.

Today, the Olympic torch can be seen as a symbol of hope, talent and perseverance for those who compete in the Olympic games and those that support them.

Is there something that you wish you could do really well? It could be a sport, something musical or artistic, a school subject, or perhaps to be more helpful and generous.

**If you want to, you can write a prayer or reflection on a flame about how you would like to do better and add it to the Olympic torch. Perhaps you would like to pray for courage.**

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# The Last Supper

The English word for 'companion' comes from the Latin phrase 'com panis' which literally means 'with bread'. During the last supper, the night before Jesus was killed, he broke bread with his companions, his disciples, his best friends! He also asked his disciples to keep doing this, to remember him.

Today, Christians share bread and wine together to help them be thankful for Jesus dying on the cross.

Who are your best friends? Who is really important to you?

**If you want to, you can make a model of one of them out of the lollipop sticks and sticky pads as a way of saying thank you to God for them.**