
Betrayal & Loyalty

When have you felt let down by someone?

Many times Jesus was betrayed by his friends during the events of Easter. He forgave them for letting him down, such as not listening to him or deserting him when he was wrongly arrested. We need to work at our friendships to keep them going.

Write a prayer or a reflective thought on a red post it note when you've felt let down by others. Write on a yellow post it note when you've been encouraged by others. You could ask God to help you next time you feel let down or to have courage to talk to a friend.

Forgiveness Wall

Christians believe that because Jesus died on the cross, they can freely ask God for forgiveness- they can say sorry and know that they are forgiven. We all say and do things that we wish we hadn't. This creates a wall between us and God and other people and it needs to be broken.

As you think of wrong things that you've done or when others have hurt you, build a wall. Reflect on or pray about this, asking for help to accept or find forgiveness.

Then knock the wall down to take the first step in this process of forgiveness, letting feelings of hurt go.

Peace

When do you have time to stop, be calm, relax or have peace?

In our busy world, this isn't easy! Many Christians believe that it is important to take time during their day to be still and speak to God about what is going on in their lives.

Take a calm jar and listen to the calm music. As you do, take some time to be still: think, pray or simply 'be'. You might like to think about this verse as you sit and relax in this area.

'Be still and know that I am God.' Psalm 46 v10

Loneliness

How can you help people that feel lonely?

In the Garden of Gethsemane, and on the cross, Jesus felt lonely. He was worried about what would happen to him. He felt like his friends, and God the Father, had left him. So, Jesus prayed, asking God for help.

Think about when you've felt lonely. You could also think about groups of people, like refugees or those without homes. Write a prayer or thought on a hand shape to show how you can reach out to lonely people and stick your hand on the edge of the large circle, linking the hands, sharing this responsibility with others.

Friendship

What makes a good friend?

How do you show that you are friends with someone?

The English word '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!

If you would like to, make a model of one of your best friends out of lollipop sticks and sticky pads, as a way of saying thank you for them. You could say a prayer or thought for something they need help with.

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If you would like to, make a model of one of your best friends out of pipe cleaners, as a way of saying thank you for them. You could say a prayer or thought for something they need help with.

Joy

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 thank you or a ‘Hooray’ prayer or thought on a palm leaf shape.

Love

During the Easter story, people reacted to Jesus in different ways at different times. But everyone rejected him, his friends and enemies included. Jesus loved them equally, choosing to forgive, even when it meant he was hurt.

Think about what love means to you. How and when can you show love?

Decorate a piece of string with pens. As you use different colours for different people, think or pray about how you could show love to people around you. Then tie a knot in the string and follow the circle with your finger, to remind you that real love is never-ending.

Calling

Christians believe that even before he was born, Jesus was God's son, chosen to be the saviour of the world. He was the only person equipped by God to carry out this job! We are all good at different things.

What are your special gifts or talents? Do you need help to use them well? How could you use these to help others?

As a thought or a prayer, write your skills and talents on an arrow card, asking God to help you use these to help others. Ask a friend to help you to think of some ideas if you need to.

New Life

Do you need a new start?

At Easter, there are lots of new starts happening in nature...lambs being born, eggs cracking and flowers opening.

Christians believe that the Easter story helps them in their lives today. They think that trusting in Jesus' new life and following his example helps them start again when they make mistakes and to help other people live better lives.

If you would like to, write down some positive changes you would like to make to your life, or to other people's lives. Then fold the corners into the centre of your piece of paper, place it on the water and watch it opening up, as a reflective thought, or prayer being heard by God.

Heroes

What would you like the power to do?

After Jesus returned to heaven, his friends didn't know how to share Jesus' message of God's love. They locked themselves in a room because they were so scared! But Jesus kept his promise and the Holy Spirit appeared, giving them power to speak in all sorts of languages they hadn't even learnt!

Think of people that need help, or something that has happened in the news. Write a thought or a prayer on a post-it note and stick it onto the paper, asking God for His power to help you to be a hero for someone.

Hope

What do you hope for? How does it make you feel?

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. But three days later, Jesus was alive! This gives Christians hope today too.

Rainbows are often a symbol of hope. Put a glass pebble on the matching colour of the rainbow. Think about feelings you have or how the disciples felt during Easter. Think of a prayer or thought to help you say thank you or to ask help with these. You can read the Easter poem to help you reflect.

Easter Rainbow Poem

Red is for the blood He gave.

Green is for the grass He made.

Yellow is for the sun so bright.

Orange is for the edge of night.

Black is for the sins we made.

White/Clear is for the grace He gave.

Purple is for His hour of sorrow.

Pink is for a new tomorrow.

A handful of glass pebbles,

Colourful and bright,

Is a prayer, a promise,

A hope full of light!

Take a Step

After Jesus had appeared to his friends, the disciples, he went back up to heaven and 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 to help improve your life or something helpful for someone else. As you think about small steps you could take, write or draw a thought or prayer on a foot shape. You could ask God for courage to help you start and to keep going.