

## Easter @Home Prayer & Reflection Activities

These activities have been chosen using things that you hopefully have at home, so that you can do a prayer activity each weekday during Holy week, with a final activity for Easter Sunday.

(These activities are all taken from, or adapted from Prayer Space activities provided by BeSpace [www.bespace.be](http://www.bespace.be) and Prayer Spaces in Schools [www.prayerspacesinschools.com](http://www.prayerspacesinschools.com) )

### 1. Palm Sunday (Monday)

*Equipment: Green paper cut into leaf shapes, felt tip pens. Scissors. Optional: tree branches or string & pegs.*

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 have you felt like shouting 'Hooray'? What really amazing things have happened in your life that you're really thankful for? What 'Hooray' moments have made your life really good? If you want, you can write a thank you/Hooray prayer or thought on a leaf-shape.



### 2. The Last Supper (Tuesday)

*Equipment: pipe cleaners or play dough or modelling clay or paper and felt tips.*



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! 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 have some pipe cleaners or playdough or modelling clay, use them to make your friends and as you do you could think about why they are a good friend and say thank you for them. If you don't have these you could draw a picture of them.

### 3. Prayer at Gethsemane (Wednesday)

*Equipment: 2 different coloured post it notes (or paper if you don't have any) & pens*

Jesus was upset by his friends falling asleep when he needed their support. 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 one coloured post it note about when you've felt let down by others and/or the feelings you had when you went through this difficult time.
- On another coloured post it note, write down when you've felt encouraged by others and/or how that made you feel. You could ask God to help you encourage your friends at this time.

### 4. Carrying the cross (Thursday)

*Equipment: Backpack, some heavy objects, e.g. a tin of beans, heavy books, bottle of water etc*



The Romans forced Jesus to carry his heavy cross through the streets and then up the hill called Golgotha. Sometimes our problems and fears feel heavy. Christians believe that God wants to help. What are you worried about? What are you finding difficult to carry? As you think about these things, fill up the backpack with heavy objects. Pick up a heavy item for each worry or fear that you have and put it into the backpack. When you have put your worries in the rucksack, put it onto your back (if you can). Do you feel weighed down? If you would like, stand with your backpack on and ask God to take your worries away. When

you have done this ask someone to take out each item, one by one. How does it feel to have the weight taken from you? Maybe you can say a "thank you" prayer to God.



### 5. Forgiveness on the cross (Friday)

*Equipment: water in a bowl, stones*



On the cross, Jesus cried out: "Father, forgive them, for they do not know what they are doing". Even as he was dying, he asked God to forgive those who had put him to death. Sometimes bad things happen, people hurt us and it is hard to let go of the pain. Sometimes it feels heavy inside us, like a stone. Have a think if there is anyone that you need to forgive? If you want to, take a stone and gently drop it into the water as a step of forgiveness.

## 6. Resurrection (Easter Sunday)

*Equipment: flower shapes & felt tips. If you have sugar or wrapping paper you could also use a bowl of water.*



After Jesus died, his body was put in 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. Their hope was reborn. We all have hopes and dreams, things that seem impossible. Some hopes and dreams are small and could happen today; others may be big and take a whole lifetime.

If you'd like to, write or draw your hopes or dreams onto the petals of the flower. If you have sugar paper, fold the petals inwards and place onto the water as a prayer or reflection. As the petals open, know that Christians believe that God hears all their prayers. If you don't have suitable paper for water, write your hopes and dreams onto a flower shape as a prayer or reflection.

