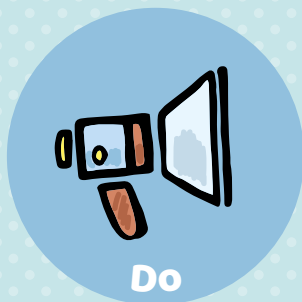
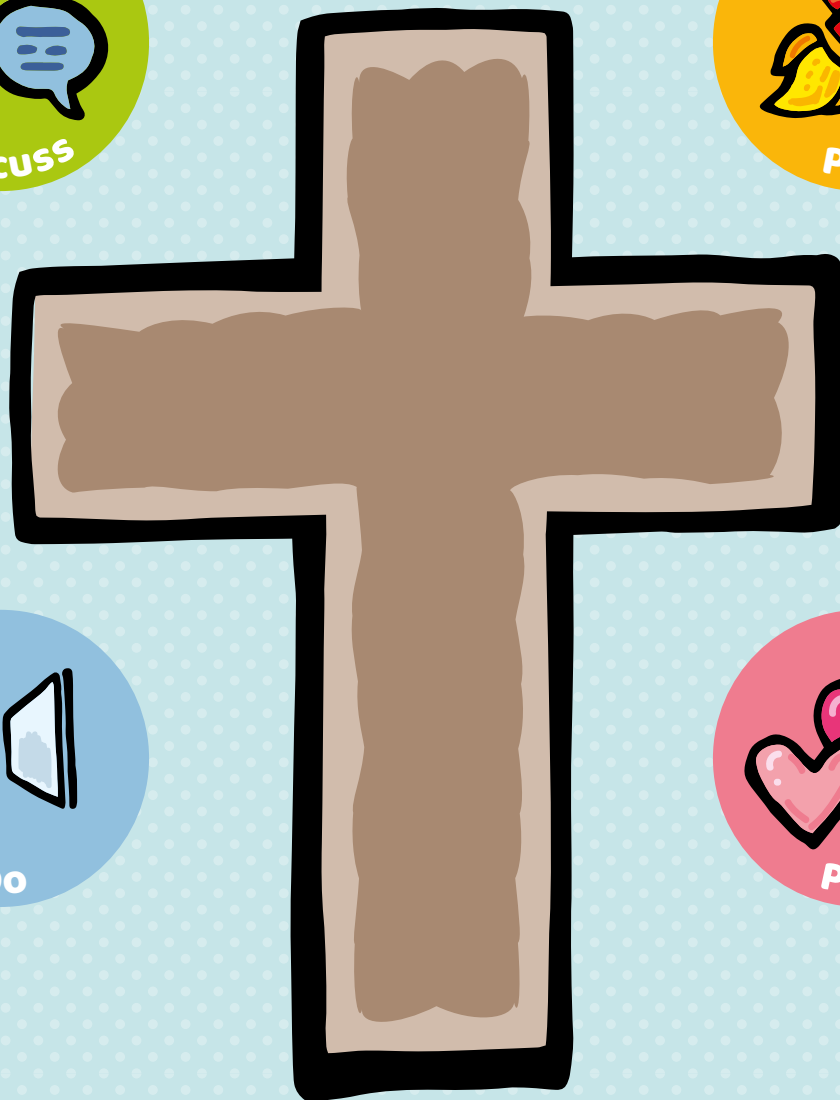




Explore Easter at Home



**A Journey Through Holy Week
for Children and Families**

Hello!

Explore Easter at Home provides your family with ten daily simple and meaningful ways to explore your faith together as you journey with the disciples and remember the events leading up to Jesus' death and resurrection.

It must have been an emotional rollercoaster week for Jesus' closest friends, and I am sure many of us can relate to having been on a bit of an emotional rollercoaster at this time. How can these stories and the experiences of Jesus' closest friends help us navigate the times within which find ourselves?



Sharing stories builds relationships. Through sharing stories we find points of connection with each other and the world around us. Exploring God's story helps us understand we are not just reading a story but we are reading and living out our story too. Each of us has a part in God's plan and the Bible helps us understand our role.

As you read the Bible together this week, do so with a desire to get to know God better and your part in his amazing story.

God is already at work in our lives. We need to look and listen for where he is and join in with him.



Use this list to check what resources you already have and what you will need to purchase. All of the things should be available from a trip to your local supermarket.

Shopping List

✔ Popping kernels or microwave popcorn

✔ A local and national newspaper

✔ Four lemons

✔ Caster sugar

✔ Washing up liquid

✔ Pitta/flat bread or flour to make your own

✔ Rice paper or tissues

✔ A jar/box/container

✔ Salt

✔ Plain flour

✔ Toothpaste

✔ Bar of soap

✔ Easter Egg

✔ Candle

✔ Wrapped mini eggs

Jesus Comes to Jerusalem as King



Discuss

The crowds were excited to see Jesus. How do you think the disciples were feeling?

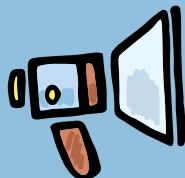
Share a story about a time when you have been excited and what made this experience stand out.

Imagine Jesus is going on a journey today. What would you put on his song playlist?



Play

Play a game of Follow the Leader. Take turns to lead and create adventurous and exciting journeys for people to follow. You could go indoors, outdoors, under, over – be creative!



Do

Seeing the crowds wave the palm branches must have been really encouraging for Jesus. Who can you encourage today? Perhaps send a card, pick up the phone or send a message.



Pray

As you make your popcorn listen to the exciting sound of the popping. On each pop shout thanks to God for the exciting things that have and are happening in your life.

Jesus in the Temple



Discuss

Jesus overturned the tables in the temple. How do you think the disciples felt when they saw Jesus do this?

Share a story about a time when you were shocked and how you responded.

Jesus found the temple a special place. Where is your special place and what makes it special?



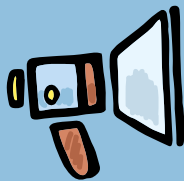
Play

Make newspaper planes or boats. See who can make the best plane or boat and have a family race.



Pray

Jesus visited many places healing, helping and praying with those he met. Use the local and national newspapers to find out what is happening around the world. Highlight the things you want to pray for. You could use Google Earth to visit some of the places.

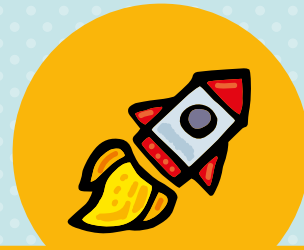


Do

God is already doing things in your community. Where can you see God at work?

God invites us to join in with him. What can you do to help in your community?

The Anointing of Jesus



Play

Squeezing and releasing can be a great calming technique. Practise as you make some lemonade. You will need 4 lemons, 100g caster sugar, 600ml hot water and 400ml chilled water.

Put the zest and juice from the lemons and the sugar in a heatproof jug.

Add 600ml boiling water and stir until the sugar dissolves.

Cover and leave to go completely cold.

Strain the lemon mixture and throw the zest away.

Add 400ml chilled water.

Enjoy!



Discuss

The disciples were annoyed at the woman wasting expensive perfume. Why do you think they felt like that and were they right to feel that way?

Share a story about a time when you were annoyed. Was it right that you were annoyed or could you have responded differently?

Jesus gave great advice and tried to help the disciples when they got annoyed. If Jesus asked who helps you, who would you tell him about?



Do

I wonder how sweet that perfume smelt? The woman did a thoughtful and kind act. How can you show kindness to someone today?



Pray

Mix 1 tablespoon of washing up liquid with 4 tablespoons of water. Create a homemade bubble wand using a paper clip, straw, pipe cleaner, cookie cutter, etc. Breathing can help us relax and focus. Breathe in slowly, and as you breathe out, blow bubbles. Give to Jesus the things that are making you angry, anxious or annoyed.

The Last Supper



Discuss

In one evening, Jesus told his friends that one of them would betray him *and* that he was going to go to Heaven.

How do you think the disciples would have been feeling?

Share a story about a time when you have been confused and not sure what is going on.

Imagine you are sharing a meal with Jesus. What questions would ask him?



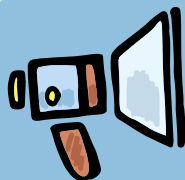
Play

Share bread together - either homemade or shop bought. Eat it plain or with your favourite spread. Try to guess each other's favourite topping. You could try each other's and see if you like it or be experimental and try some new toppings.



Pray

Rice paper needs to be handled with care. Think about those people you know who are going through difficult and confusing times and need yours and God's care. Share their names as you tear off a piece of rice paper. (You could do this with tissues.)



Do

Today we read about the reason why Jesus has come to earth: to create a new promise between God and people. It is good news for everyone. Who could you tell about what you have been doing?

Garden of Gethsemane



Discuss

Falling asleep when Jesus asked them to keep watch. Seeing one of their closest friends betray Jesus. Watching Jesus be arrested. Deserting him. What emotions do you think the disciples were going through?

Share a story about a time you experienced sadness and how you worked through it.

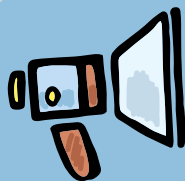
If Jesus had a sleepover at yours and he needed to sleep but asked you to stay awake, how would you try to stay awake?



Play

Everyone feels sad sometimes and that is OK. It is helpful to try to understand why and talk about it. It is also good to have happy memories we can recall.

Create a blessings jar. Get everyone in your family to write or draw the moments and things in their lives which bring happiness and put them in the jar. You can take one out of the jar anytime that you want to remember happy moments.



Do

Jesus' friend goes to protect Jesus as he is arrested. We can stand up for those who are struggling too. Talk about issues of injustice and pray for God's protection for people. Maybe there is something practical you can do to help as well?



Pray

Jesus came to the garden to pray to God. Sometimes it can be hard to know what to say but Jesus equipped his followers with a prayer they could share together - The Lord's Prayer.

Read Matthew 6:13-19 together.

Talk through what the words mean to you and learn the words together as a prayer you can always remember.

Peter Disowns Jesus



Discuss

Jesus had a friend deny that he knew him and people accused Jesus of things he did not do. How do you think the disciples felt knowing this was going on?

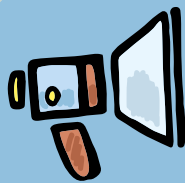
Share a story about a time you felt you had no control or were panicked by what happened. What helped bring peace and calm?

Imagine Jesus is walking around your garden or park with you. What would you play with him?



Play

It was an extremely hard time for Jesus and for his followers. His disciples must have felt as if they were walking in darkness not really understanding what was happening. Take turns to lead each other in a blindfold challenge but remember to support each other by giving instructions or taking each other by the hand.



Do

Pilate had a choice. The crowd had a choice. We make choices every day. Share some choices you have made which help others and some which next time you might do differently. Make a choice of sharing kindness and the Easter message by deciding who you will give an Easter Egg to and write them a card!



Pray

Make Salt Dough. Mix 1 part water, 1 part salt and 2 parts plain flour.

At times of panic and worry, turn to Jesus and ask him to mould and guide you according to his will.

Mould the salt dough into the shape of a cross and as you hold it ask God to guide your life. Bake on low for 3 hours. You could use this as something to hold and focus your thoughts when praying.

The Crucifixion of Jesus



Discuss

Jesus was crucified. Soldiers were close by and some people watched from afar. His friends, the disciples, could not stop it happening. How do you think the disciples were feeling?

Share a story about a time you had a difficult experience. Why did it happen? How were you supported?

At the moment we are separated from some of our family. We have to stay away from them but they still care. Imagine how Jesus feels when we are far away from him.



Play

Take a tube of toothpaste and squeeze the contents onto a plate. Set each person the challenge to put some of the toothpaste back into the tube. It is tough! Sometimes the things we say and do can be hard to put right with others. Talk about ways of spreading kindness to others.

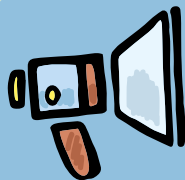


Pray

The Bible says Jesus died to wash away our sins (the things we have done wrong).

What things have you said or done you want to say sorry for?

Share a bowl of water and a bar of soap and as you wash your hands together say the things you want to say sorry to Jesus for.



Do

Jesus lived the ultimate demonstration of love. It is not always easy but we too should love everyone. Is there someone you need to heal a broken relationship with? It might just begin by praying their name today.

The Burial of Jesus



Discuss

When Jesus died, the place went quiet and still. He was taken to a garden tomb.

How do you think the disciples felt about how quiet and still it was?

Share a story about a time you were still. Why was it important to rest and reflect?

If Jesus wants you to have time to be still for half an hour a day, and put away all your distractions, how do you think you could do that?

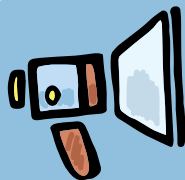


Play

Make a den outside (or inside if the weather is not good) and create a space where you can be still. No phones or gadgets allowed. Lie down inside.

What can you hear? What can you see? What can you smell?

How does it feel with nothing to distract you?



Do

Sometimes it is in moments of stillness and waiting we hear God speak loudest. Find ways today to be still, be quiet, and listen.



Pray

Light a candle and place it in a safe place.

Watch the light flicker. Discuss how it moves and grows. Watch the smoke rise up.

Hold hands and breathe slowly in and out together.

Encourage everyone to personally think about the things they want to share with Jesus.

Jesus Has Risen



Discuss

When the women went to the tomb to be with Jesus, they found he had gone. How do you think the disciples felt when the women told them?

Share a story about your hopes and dreams for the future. How are you trying to achieve them?

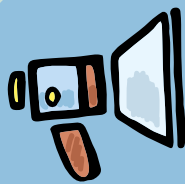
If you could sit with Jesus and show Jesus you have hope, what would you do and say?



Play

Jesus' friends went to look for him but he had already risen!

Create a family Easter Egg hunt with each member of the home hiding some eggs for others to find.



Do

What was the first thing the woman did when they heard Jesus had risen? They shared the news that Jesus is alive. Who will you tell today that Jesus is alive?



Pray

Out of darkness, came light. In times of darkness, Jesus is still our hope. Write your own family prayer of hope you can say together.

Jesus Reinstates Peter



Discuss

Jesus wanted to make sure Peter was okay and reassure him. How do you think Peter felt?

Share a story about a time you were encouraged to do something. How did you feel supported?

Imagine Jesus gives your family the task to tell others what you have shared this week. What are you going to do?



Play

You are not alone. God goes with you. Put your trust in God and go on an adventure today and see where you end up.

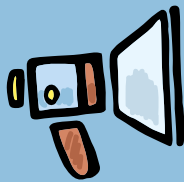


Pray

What a story! Reflect on all you have explored this week and share times where you have felt close to Jesus.

Pray together that God will continue to bring you closer.

Jesus empowers us to share this story with everyone. Write down the names of those people you know who you are excited to share God's story with. Pray about ways you can come together to do this.



Do

Feed my lambs. Take care of my sheep. Do you think Jesus was asking Peter to visit a farm? What do you think he meant? Talk and pray about the ways God is calling your family to serve others.

Goodbye but keep going!

We hope you have enjoyed exploring the Easter Story at Home this year and experienced moments where you and God have drawn close together. Although Holy Week has finished, God's plan for our lives is ongoing and we can continue to journey with God through prayer and reading his word.

As a family, share what you have enjoyed this week, what has brought you closer together, and what you hope to continue. Pray together about what God is calling you into next.

There are many resources which support families exploring the Bible, praying, living in community and serving others in creative ways all year round. If you would like to know more, contact us at youthchildren@salvationarmy.org.uk

If you want to talk to someone, get in contact with your local Salvation Army corps or another local church as God has an incredible story planned that he cannot wait for you to be part of!

www.salvationarmy.org.uk/map-page



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