

A JOURNEY THROUGH EASTER

Colour in
the pictures!

Easter is a time when we remember that Jesus died for us, and rose to life again.

One helpful way to remember something is to use our senses as we reflect.

Let's go on a journey through the Easter story, and use our senses to help us reflect and remember what Jesus did for us.



The Anointing at Bethany

Find John 12:1-8 in your Bible and read it out loud

Verse 3 says: 'Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.'

Close your eyes and imagine you are sitting at the dinner table with Jesus, and his friends.

What do you think the perfume smelled like? What is something that smells really lovely? Draw or write these things in the box here.

Take a moment to take in your surroundings. What can you smell right now?

What is your favourite smell? Write that down or draw it in the box too.

Mary poured out the expensive perfume on Jesus' feet because she wanted to worship him. Next time you smell your favourite smell, remember this story of the perfume, and think of how Jesus is worthy of our very best.

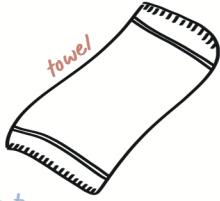
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TOUCH



SMELL



HEARING



SIGHT



TASTE



Washing the disciples feet

Find John 13:1-17 in your Bible and read it out loud

Verse 5 says: 'After that, he [Jesus] poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.'

Imagine Jesus' putting your feet into the bowl of water after a long, hot day wearing sandals and getting dusty, dirty feet.

How do you think the water would feel on your skin?

Circle the words that describe how you think it would feel, or write down your own:

Refreshing Cold Uncomfortable Soothing Hot Ticklish Comfortable

Take a moment to take in your surroundings. What can you feel right now? Is it warm or cold where you are? Are you sitting on a soft or hard seat? Write down your thoughts here.

What do you think the towel felt like as Jesus dried the disciples feet? Soft or scratchy?

Here are some adjectives to do with touch - can you fill in the opposites?

Soft

Smooth

Hot

Sharp

Dry

Jesus washed his disciples feet as a sign to them that they were going to be 'made clean' from their sins by the work he was going to do on the cross. Next time you wash your hands, take a moment to think through this amazing work Jesus has done for us.

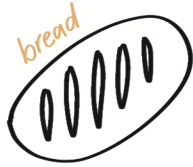
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TASTE

the last supper



Find Mark 14:12-26 in your Bible and read it out loud

Verse 22 says: 'While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take it; this is my body."'

Take some bread and juice between you as a group and share it like the disciples do with Jesus in the story.

As you eat the bread and drink the juice write down how it tastes - is it sweet or sour?

A strong flavour or weak?

What does this make you think about Jesus? Write down any thoughts here:

What is your favourite food? What do you like about it so much? Draw a picture of your favourite meal here.

Remember a time when you have tasted something you really didn't like. What was it? What was the taste like? What does it make you feel like when you remember that taste?

Write it down here:

When we take communion as a way to remember Jesus death, often the sweet taste of the bread and wine can act as a reminder of the goodness of Jesus' sacrifice for us. Next time you eat your favourite meal, try to connect the enjoyment of the taste with the goodness of Jesus' love for you.

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TASTE



Gethsemane

Find Mark 14:32-42 in your Bible and read it out loud

Verse 32 says: 'They went to a place called Gethsemane, and Jesus said to his disciples,
"Sit here while I pray."'

Close your eyes and imagine you are sitting there with the disciples waiting for Jesus.

If you stood outside your house at night time, what noises might you hear?

Out in the garden of Gethsemane at night time, what sounds do you think the disciples could hear?
Write down some ideas here:

Take a moment to take in your surroundings. What can you hear right now? Is there anything in the distance? Loud or quiet? Make a list of every sound you can hear:

Listening Exercise: 'I went to the shop and I bought...'.

The first person in the group says aloud: 'I went to the shop and I bought some apples', the next person in the group then adds their own idea beginning with B, so the sentence becomes 'I went to the shop and I bought some apples and bananas'. Go as far down the alphabet as you can, make sure you are listening out for what everybody says - you have to remember and say it aloud on your turn!

In the garden of Gethsemane, Jesus wanted his disciples to keep watch and listen out - instead there was only the sound of snoring as they fell asleep! In the quiet this evening before you go to sleep, take a moment to thank Jesus for his friendship.

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Find Luke 23:32-49 in your Bible and read it out loud

Verses 44 & 45 says: "It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two."

Close your eyes and imagine you are a witness at the crucifixion, listen to the sounds, feel the warmth of the sun and notice as it disappears.

Take a moment to take in your surroundings. What can you see around you right now?

Have a go at drawing a few things near to you here:

What do you think it would have looked like when the 'sun stopped shining?' Turn off the lights in the room where you're sitting, or pull the curtains. Do things look different?

Write down what you notice about the change in lighting.

What do you think the expressions on people's face would have looked like as they witnessed Jesus' death? Sad? Afraid? Try and draw some of those expressions here.

When Jesus died, the Bible tells us that the curtain in the temple was torn in two.

When you open your curtains in the morning, take a moment to reflect on the curtain being torn in two - what do you think it would have looked like?

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The empty tomb

He is
risen!

Find Matthew 28:1-10 in your Bible and read it out loud

Verses 5 & 6 says: *'The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said..."'*

Close your eyes and imagine you are also standing in the garden as the angel appears.

What did Mary & Mary see? What did the angel look like, what did they notice?

Write down as many describing words as you can find in the story.

What happened when the angel appeared? What do you think they could hear?

When Jesus appeared, it says the women clasped his feet and worshipped him. If you can touch something, you know that it's really there.

Touch exercise: Collect a few small household items and arrange them on a tray, covered with a teatowel. Choose someone in the group to be blindfolded, pass them something from the tray and see if they can work out what it is just by using their sense of touch.

At Easter we often eat chocolate eggs because they remind us of the empty tomb, and they are also a sign of new life which points us to the resurrection.

Reflect on this as you munch your Easter eggs this year!