

Palm Sunday

Let's think about our hands

Read the story of Palm Sunday in
John 12 v 12-16

How did the people in the story praise
and celebrate Jesus?

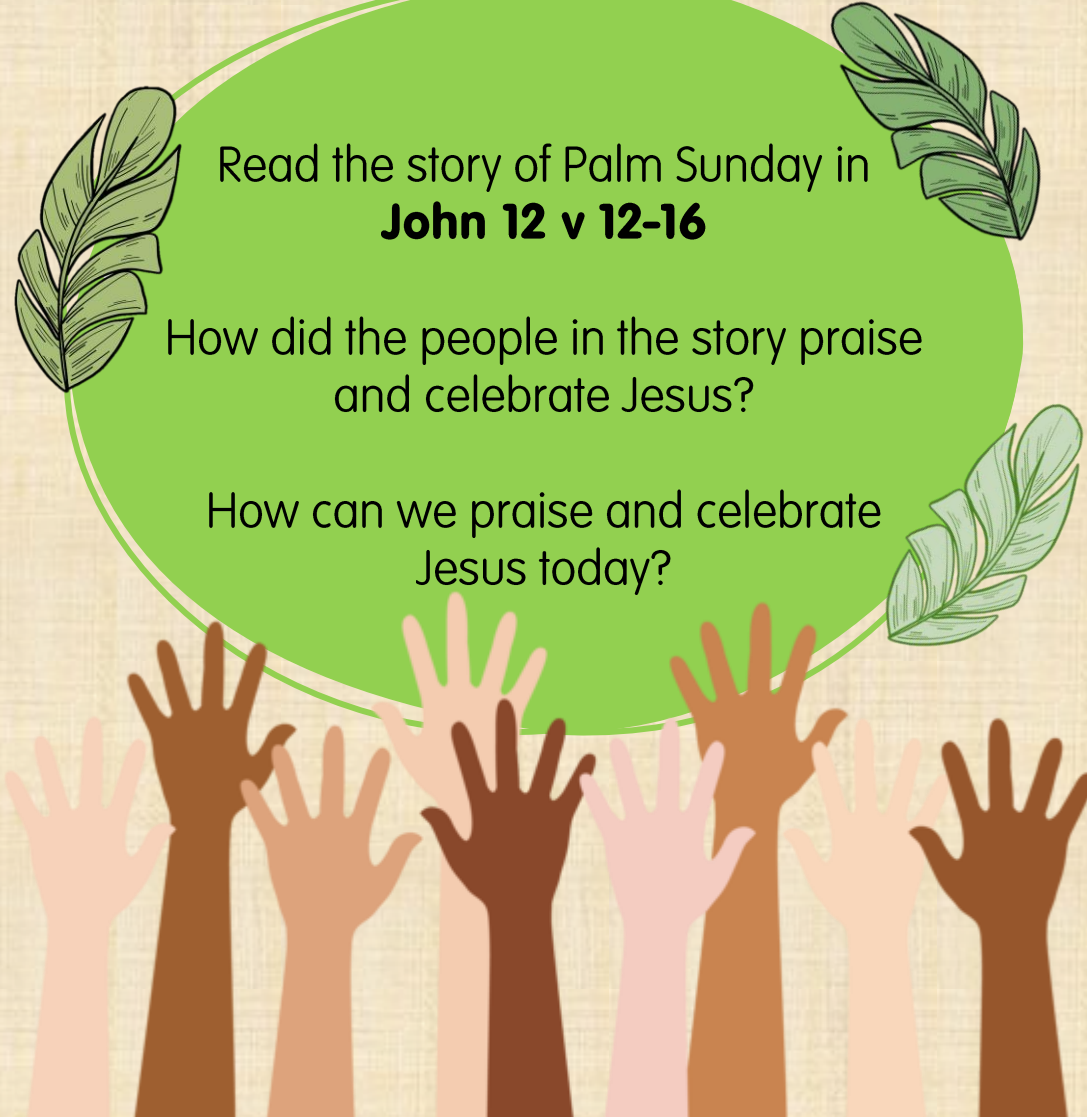
How can we praise and celebrate
Jesus today?

**Can you use your own hands and
palms to worship God today?**

- Lift up your hands high in the air in worship to God. Thank God for the wonderful gifts He loves to give us.
- Hold out your hands to God and pray offering to serve and live for God.
- Use your hands to care and be kind to others today.

Use pens to draw on and
turn your fingers into
pictures of your friends
and family.

Pray for them one by one!



A gift for Jesus

Let's think about our noses

What is your favourite smell?

What do you think God's favourite smell is?

Read the story of Jesus being anointed at Bethany in **John 12 v 1-11**

What do you think the perfume smelled of?

Why do you think Mary used her hair to wipe the perfume from Jesus' feet?

What is the most costly thing you could offer to God in worship?



In Psalm 141 v 2, King David wrote:

“May my prayer come to you like the sweet smell of incense.”

What do you think our prayers smell like to God?

**What can you smell today?
Why not thank God for all the amazing smells in his creation.**

- The many different plants and flowers outside.
- The lovely smells of the food we eat.
- The comforting smells of places we feel safe and loved.



Jesus speaks of his death

Let's think about our ears

Read the story of
Jesus predicting his own death
John 12 v 20-36

How do you think the people felt when they heard the voice from heaven?

Why do you think some people heard what Jesus said but still didn't believe it?

What are your favourite sounds?

What are some of the things that stop you being a good listener?

In Matthew 11 v 15, Jesus says

“Let those with ears use them and listen!

Who do you think Jesus wants us to listen to today?

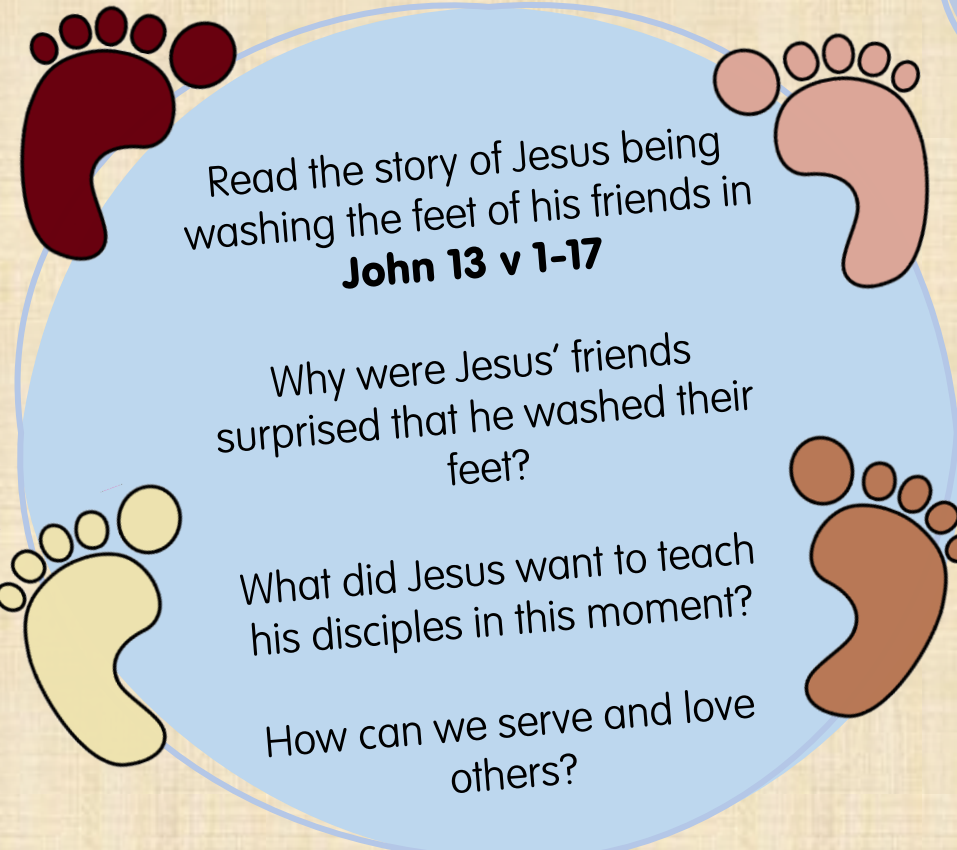
What might God want to say to you today?

- Ask God to speak to you about His love for you.
- Ask God to give you a message to share with somebody else.
- Ask God to speak to you about the plans He has for your future.



Jesus washes the feet of his friends

Let's think about our feet



Read the story of Jesus being washing the feet of his friends in **John 13 v 1-17**

Why were Jesus' friends surprised that he washed their feet?

What did Jesus want to teach his disciples in this moment?

How can we serve and love others?

Could your family wash one another's feet today?

What could you pray over one another as you wash?



Isaiah 52 v 7 says:

“How beautiful on the mountains are the feet of those who bring good news.”

What good news about God and his love for the world could you share with others today?



Jesus shares a meal

Let's think about our mouths

What is your favourite food?

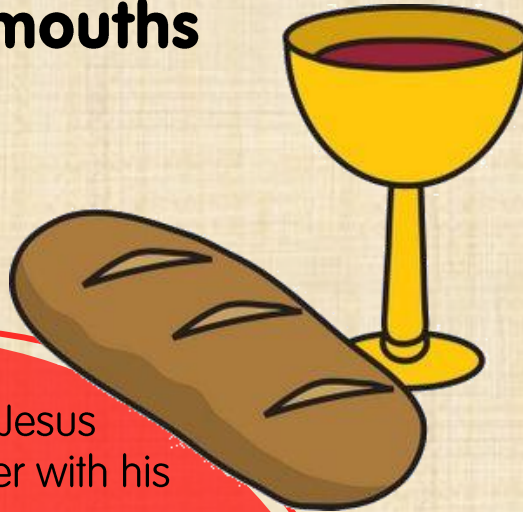
Read the story of Jesus sharing the last supper with his friends in

Luke 22 v 7-20

What did Jesus say we should remember when we share bread?

What did Jesus say we should remember when we share wine?

What other foods do you think Jesus might have shared with his friends?



How can you use your mouth to praise God today?

- Singing a song of praise to God?
- Shout a thank you prayer as loudly as you can?
- Whisper and talk to God and listen to what He is saying to you.
- Tell somebody else about how much God loves them.

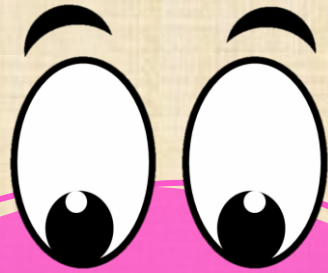
In Psalm 34 v 8, King David wrote:

“Taste and see that the Lord is good. Blessed is the person who goes to him for safety.”

If God was a flavour what would He be?

Good Friday

Let's think about
our eyes



Read the story of Good Friday and
Jesus' death on the cross.

John 18 v 1-19 v 42

What do you think Jesus looked like?

How do you think people felt when they
saw Jesus on the cross?

What things can you see in the world
which are unfair or which upset you?



In Psalm 56 v 8,
King David wrote:

**"You have recorded my troubles.
You have kept a list of my tears.
Aren't they in your records?"**



What are some of the things that make
you cry?

How does it make you feel to know that
God sees all our tears?

When Jesus died the sky went black, it
must have been very scary not to be
able to see anything or to know what
was happening. Jesus' friends didn't
understand that Jesus was going to
come back, they must have felt like there
was no hope.

Turn off the lights and see
how dark you can make
the room. Pray for those
in the world who are
feeling hopeless and
scared today.



Jesus in the tomb

Let's think about our hearts



What different feelings are in your heart today?

Our physical hearts keep blood pumping around our bodies, our emotional heart is where we feel things.

This story fills the gap between Jesus dying on the cross which we remember on Good Friday and Jesus rising from the dead which we remember on Easter Sunday.

In the story there are people who are sad and heartbroken because Jesus was dead and they didn't know he was coming back.

When we read this story we can be excited and feel our heart pumping because we know what happens next in the story!

Read the story of Jesus in the tomb
Matthew 27 v 57-66

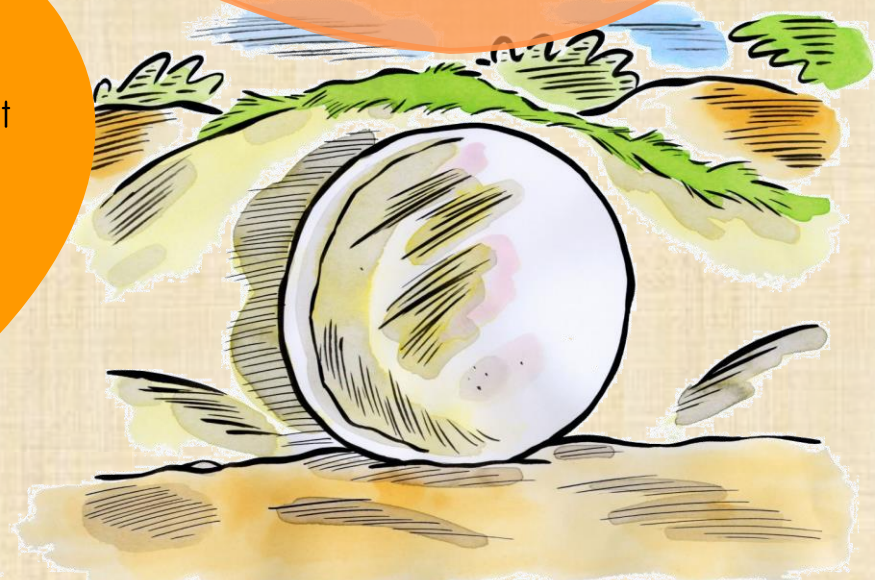
How do you think Jesus' friends and family felt when they placed him in the tomb?

How does your heart feel when you are sad?

How does your heart feel when you are excited?

The story of Easter is all about God's love for us

Who does God want you to share that story with today?



Easter Sunday

Let's think about our whole bodies!



Before he returned to heaven Jesus gave his followers a special mission to continue to share God's love with others and to invite everybody in the world to become a friend of God!

Saint Teresa of Avila was a Spanish noblewoman in the 16th Century who became a nun. She wrote this:

"Christ has no body on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which Christ's compassion for the world is to look out; yours are the feet with which He is to go about doing good; and yours are the hands with which He is to bless us now."

How can you use your whole body to share God's love with others today?

Can you use your whole body in worship?

Can you use your ears to listen to God's voice?

Read the story of Jesus coming back to life!

John 20 v 1-23

When Jesus' friends came to visit the tomb his body was missing, how do you think they felt?

Mary was the first to see Jesus alive and risen from the dead how do you think she felt?

Can you use your hands to help others?

Can you use your mouth to share the Good News?

Can you use your heart to love others?

