

LENT and EASTER

AN ACTIVITIES BOOK FOR FAMILIES
WITH CHILDREN AGES 3-10



by Pattie Ames

Canon for Christian Formation

The Season of Lent

Lent is the period from Ash Wednesday to Easter—a time of 40 days (excluding Sundays) and a number that frequently appears in Biblical stories. Our church tradition sees Lent as a way to follow the example of Jesus who was in the wilderness for 40 days after his baptism. It is a time of prayer, fasting, reading the Bible, self-examination and discipline. Lenten disciplines such as fasting are hard for children, but they can be observed by simpler acts, like giving up a favorite food.

When I was growing up, my family did not fast, but we each gave up our favorite food. This was to help us remember how blessed we were to have food and also to remind us about those who don't have enough to eat. I gave up ice cream, which was hard for a child who ate it every night. The great joy of Easter for me was not only the resurrection of Christ, but also celebrating the empty tomb with a bowl of ice cream. It's a tradition I still continue every year.

Lent in the early church was a time of preparation. Baptismal candidates studied diligently to prepare themselves for examination and baptism. Baptisms were (and are) traditionally performed on Easter as a celebration of new life in Christ.

Lent is time when we prepare ourselves for the celebration of Easter. We like to think of it as a journey. We travel 40 days through prayer, scripture reading, remembering and walking through the events of Holy Week so that we might truly celebrate the resurrection of Jesus Christ.

Notice the changes in the church. Point them out to your children or let your children tell what they see is different. There are no flowers in the church.

Lent is to be a simple and quiet time. You will notice we never say "alleluia" during Lent. We put away our alleluias, and bring them back joyously at Easter.

Lent is a time to simplify, to have some quiet time, to give up something or, better yet, to give something to others. It is an intentional time of prayer and Bible study. It is also a time to take notice of the changes around us, both in the church and in God's creation. Signs of new life will be popping up everywhere.

Take time with your family to observe a sacred and holy Lent through the activities in this booklet and worship at the church.

Lenten Activities

Here is a list of a variety of activities for your family.

Pick and choose what might work best for your family and enjoy!

- 1. Talk about what is different** in the church nave and the reasons for the changes. The color of the hangings and altar cloth (purple or plain) if there are any, sometimes things are left bare during Lent. In some churches the processional cross and/or cross on the altar are covered in purple, the color of Lent and there are usually no flowers.
- 2. We do not say “alleluias” during Lent.** It is time to put the word away. Make alleluia cards and then hide them or put them in a container and bury them outside. They should reappear on Easter morning!
- 3. Make a Hand of Love.** Have each person trace their hand and cut it out. On each finger write the name of someone you can share your love with. You can use this a way to pray for others too.
- 4. Plant an Easter garden** using only seeds. Everyone can share in the care of the garden and watch what grows.
- 5. Read a book together** using the list provided.
- 6. Create a simple family prayer** for Lent.
- 7. Each person in the family can think about something they will give up or give** during Lent. Write the promises down and keep them.
- 8. Read Luke 4:1-13.** With children eight and older, talk about temptation. What is temptation? What did Jesus do? How can you walk away from temptation? What are the consequences of giving in to temptation? You can be like Jesus and just say no.
- 9. Make a Lenten Chain.** Cut 40 strips of paper and on each one, name something special you can do during Lent. Keep a list on a separate sheet of paper so you can keep track. Connect the strips and make your family Lenten chain and hang it up. On Easter morning tear it down because the chains have all been broken. Some ideas for your Lenten chain might be: call a friend, make my bed, take food to church for the hungry, take my spouse on a date, pray daily, etc.
- 10. Do the puzzle and/or coloring sheets** in this booklet.

Create some of your own new family Lenten traditions!

Family Lenten Book List

What We Do in Lent:

A Children's Activity Book
by *Anne Kitch*

An active way to walk through Lent with children

HOPE FOR THE FLOWERS

by *Trina Paulas*

A book for all ages about life through changes, as a caterpillar changes to a butterfly

TO EVERYTHING THERE IS A SEASON

by *Leo and Diane Dillon*

Children's book

JESUS

by *Brian Wildsmith*

Children's book

THE EMPTY POT

by *Demi*

A beautiful book for all ages about telling the truth

THE RUNAWAY BUNNY

by *Margaret Wise Brown*

A classic

THE TALE OF THE THREE TREES

by *Angela Elwell Hunt*

A traditional folktale

CHARLOTTE'S WEB

by *E.B. White*

A classic about friendship, life, death and resurrection

THE LION, THE WITCH AND THE WARDROBE

by *C. S. Lewis*

A classic for older children

Candle Walk: A Bedtime Prayer to God

by *Karin Holsinger Sherman*

A Compline for children

Common Prayer for Children and Families

by *Jenifer Gamber and Tim Seamans*

A must have at home Book of Prayers

A CHILD'S BOOK OF PRAYER IN ART

by *Sister Wendy Beckett*

A beautiful book of art and prayer

THE EASTER STORY

by *Brian Wildsmith*

A children's book

THE VELVETEEN RABBIT

by *Margery Williams*

A classic children's book

THE PRACTICE OF PRAYER by *Margaret Guenther*

A wonderful book on prayer for **adults**

MY SOUL IN SILENCE WAITS

by *Margaret Guenther*

Meditations on Psalm 62, a great Lenten read for **adults**

KNEELING IN JERUSALEM by *Ann Weems*

An excellent book of Lenten poems, prayers and meditation



When Jesus is tempted, he obeys God's Word.

Matthew 4:1-11; Mark 1:12, 13; Luke 4:1-13

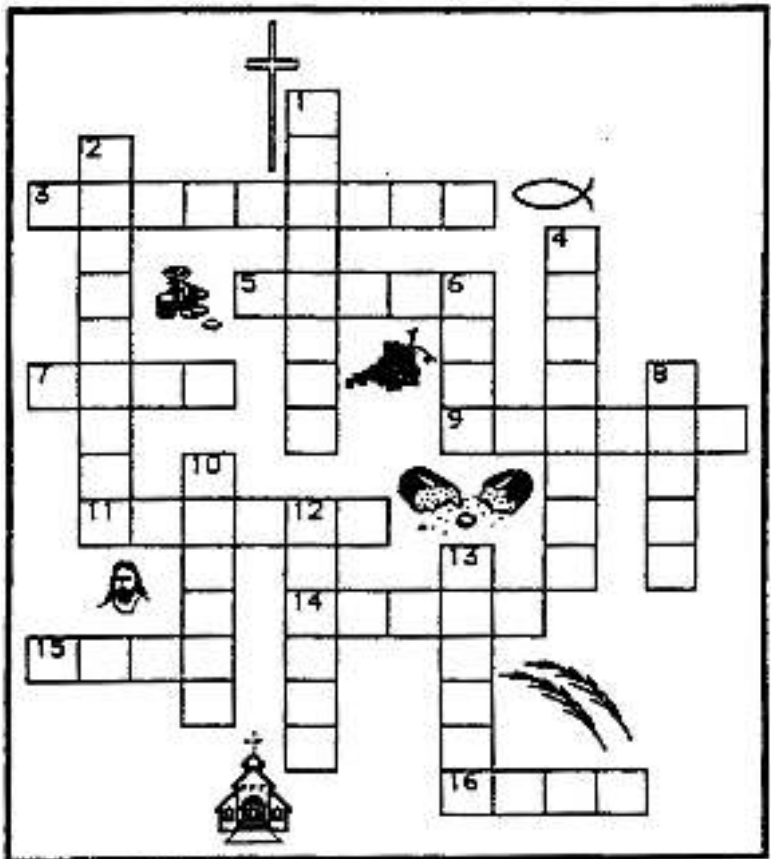
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LENTEN PUZZLER

by Ellen Humbert

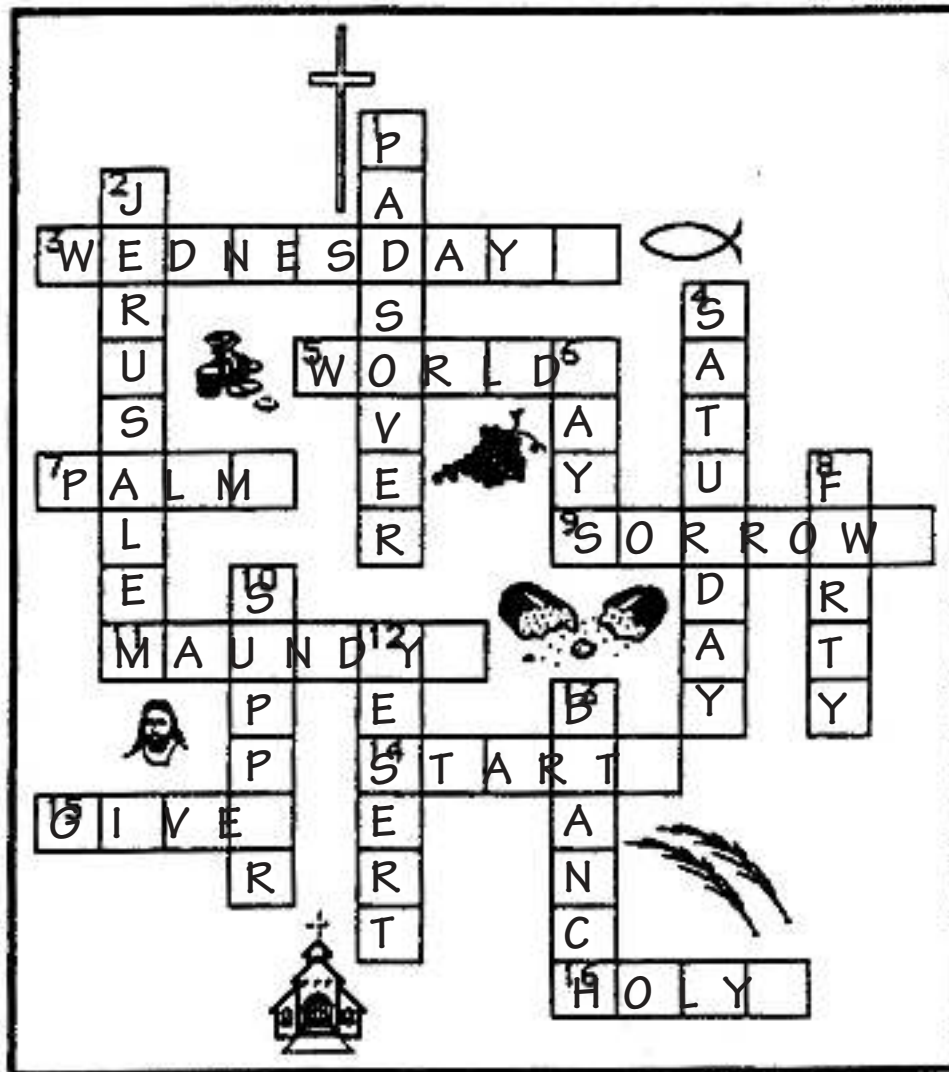
*How much do you know about Lent?
Test yourself with this Lenten Puzzler.
Read each clue and fill in the numbered
squares with your answers.*

1. The religious season of Lent begins _____ (8) _____ days before Easter, not counting Sundays.
2. Lent means lengthening _____ (6) _____.
3. The first day of this season is Ash _____ (3) _____.
4. The days of Lent recall the same number of days that Jesus spent in the _____ (12) _____.
5. During this time, he fasted and became strong as he prepared for his work in the _____ (5) _____.
6. Many Christians today look for ways _____ during this time to become better and stronger, to make a fresh _____ (14) _____.
7. As a symbol of this change in themselves, they may _____ (15) _____ up certain pleasures or try to break bad habits during Lent.
8. The last week of Lent is called _____ (16) _____ Week.
9. _____ (7) _____ Sunday is the first day of this last week.
10. In many Christian churches, everyone goes home with a _____ (13) _____ from the tree after which this Sunday is named.
11. This reminds us that these (#10) were spread before Jesus when he rode into _____ (2) _____.
12. He had come there with his disciples to celebrate _____ (1) _____, the Hebrew festival of freedom.
13. The fifth day of the last week in Lent is called _____ (11) _____ Thursday.
14. This day is set aside to honor the Lord's _____ (10) _____ or Holy Communion.



(The answer to the puzzle is on page 6.)

LENTEN PUZZLER SOLUTION



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What Is Prayer?

The question “What is prayer?” is found and answered in our Book of Common Prayer in the section called the catechism. The answer given is “Prayer is responding to God, by thought and by deeds, with or without words.”

Prayer means many different things to people. Some see it as conversation with God. I know people who believe that everything they do is prayer. I believe that prayer is a powerful vehicle in which we connect with God and with others. We can pray when we’re alone or in corporate worship, at home or at work, in the car or in the kitchen, any time of day.

The catechism identifies the principal types of prayer as adoration, praise, thanksgiving, penitence, oblation, intercession and petition.

- Adoration is lifting the heart and mind to God, asking nothing but to enjoy God’s presence. We praise God, not to obtain anything, but because God’s being draws praise from us.
- Thanksgiving is offered to God for the blessings of life, for our redemption and for whatever draws us closer to God.
- In penitence, we confess our sins and make restitution, where possible, with the intention to amend our lives.
- Oblation is an offering of ourselves, our lives and labors, in union with Christ, for the purposes of God.
- Intercession brings the needs of others before God.
- In petition, we present our own needs, that God’s will may be done.

(This information comes directly from *The Book of Common Prayer*, page 857)

When teaching prayer to children, especially young children, I teach them the Lord’s Prayer and the other three prayers I know best:

- Thank you
- Help
- I’m sorry

Children understand these simple words and their meaning. It is our job to help them understand those words as prayers. Thank you God for those people in my life, my surroundings, pets and creation. God help those in need, and help me. I am sorry, God, when I do something bad or hurt someone.

Sometimes children are more comfortable praying than adults. Be intentional about prayer. Find time for family prayer. Pray at mealtimes or have bedtime prayers. Children learn by example. Pray with them and for them.

PRAYERS FOUND IN THE BOOK OF COMMON PRAYER

*Morning, Noonday and Evening
Prayer and Compline*

The Psalms (pages 582-808)

*The Collects for each week
of Lent (pages 218-222)*

*Prayers of the People
(pages 383-393)*

*Prayers and Thanksgivings
(pages 810-841)*



BOOKS ON PRAYER

The Book of Common Prayer

*The Practice of Prayer,
My Soul in Silence Waits, and
Meditations on Psalm 62* by
Margaret Guenther

A Child’s Book of Prayer in Art
by Sister Wendy Beckett

Kneeling in Jerusalem
by Ann Weems

I highly recommend Margaret Guenther's book *The Practice of Prayer* for adults. It is an excellent book on prayer and covers all the bases in an informative and down-to-earth way. That baseball metaphor reminds me of one of my favorite ways to pray. I am a big baseball fan. I like the rhythm of the game. Some say it is too slow, but I find it is one of my favorite places to pray. I routinely pray for one thing between each inning—nine times in the course of a game. A good game plan, I think.

There are a variety of ways to pray. Explore prayer this week:

- Pray in silence.
- Pray out loud.
- Write a few prayers.
- Draw or listen to music as prayer.
- Look at religious art, stained glass windows or icons as you pray.
- Light candles (adults only) and pray in different places—at home, at work, on a walk, making dinner or at church.



Prayer Activities

The list below offers a variety of activities. Pick and choose what might work best for your family and enjoy!

1. Prayer Pouches

Label envelopes for each day of the week and decorate them. Put prayers in the pouches at the beginning of the week to read at a special time each day. Or write a prayer together each day, put it in the pouch and read the prayers you have written throughout Lent.

2. Family Prayer Pals

Have a drawing with the names of the members of your family. The name you draw becomes your prayer pal, and you pray for your pal each day. You can also leave prayer notes or other small gifts to let your prayer pal know you are praying for them.

3. Prayer Hands

Each person traces their hand and cuts it out. Use the prayer hand on page 8 to remind you about the different types of prayer.

4. Prayer Pretzels (YUM!)

Early Christians made pretzels in the traditional shape as a symbol of folding your arms in prayer. Using the recipe on page 13, bake pretzels (or check your grocer's freezer section for pre-made pretzels). Bake the pretzels as a symbol of prayer. As you eat them, give thanks for the food you have, pray for those who are hungry and give thanks for those early Christians who believed even during times of persecution.

5. Prayers of Confession

Have everyone write things that they are sorry for on slips of paper. Burn them in your fireplace or take them outside and burn them in a coffee can. *This must be done with adult supervision.* The burning of your confessions is a symbol of forgiveness. Once burned, your sins are gone, just as God forgives us.

6. Follow St. Francis

Pray outside. Pray for the beauty of creation. Pray with and for your pets. Tend your Easter garden and remember that gardening can be prayer.

7. Prayer Note Night

Have each person in the family pick someone outside the household to pray for. Then write a note telling them that you are praying for them.

8. Prayers pop up in the strangest places

Be creative! Use sticky notes for short simple prayers for each other. Post them anywhere and everywhere in the house. Anyone can drop a quick prayer in a lunch box, briefcase, e-mail or backpack.

9. Pray for the World

Each week at church we pray for the world. You can too. If you have a globe, give it a spin. Let someone stop it on a certain country, and pray for the people of that land. You can do the same thing with an atlas. Open it to any page and pray for the people of that state or country. We pray for those we know and those we don't. God knows all people.

10. Prayer Collage

Buy a piece of poster board and get out all those magazines you have around the house. Have everyone cut out pictures of things they want to pray for. Glue them on the poster board, and you will have a family prayer collage. That, in itself, is a prayer.

11. Band-Aid Prayers

Write the names of people who are in need of prayers for healing on Band-Aids. Leave them in a visible place so you can pray for those people.

12. Star Prayers

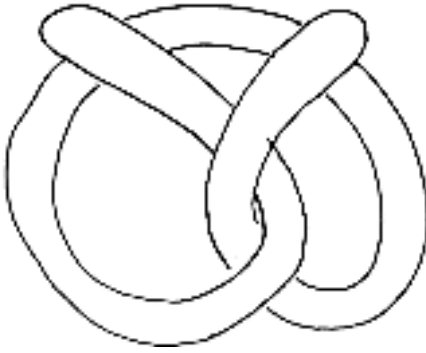
In the book of Genesis in the Bible, God promises Abraham as many descendents as there are stars in the sky. Take a family field trip outside on a clear night to look at the stars. For each star you see, name someone you want to pray for and lift the person up to God.

13. Do the coloring sheet on the next page.

Philippians 4:6

When you pray, always give thanks.





THE PRETZEL

by Christie L. Jenkins

Pretzels are not usually thought of as having anything to do with religion. Long before they became a common snack food and their religious origins were forgotten, they were associated with Lent. At a time when people prayed by crossing their arms over their chests, pretzels were shaped to represent this gesture and were meant as a reminder to people that Lent was a time of prayer.

The first pretzels were probably made by monks in Italy sometime during the 400s (the earliest known picture of a pretzel appears in a 5th-century Vatican manuscript). They were made with only flour, water and salt since any animal products such as eggs, fat and milk were forbidden during Lent. They were called *bracellae* in Latin, which means "little arms."

In time the pretzel found its way to Germany where it was known as a *brezel* or *prezel*. In Europe during the Middle Ages, pretzel vendors would begin selling their wares on Ash Wednesday. This custom of selling pretzels only during Lent lasted up until the last century. To this day in some European countries the 4th Sunday of Lent is known as Pretzel Sunday.

Children were also given pretzels as a reward for learning their prayers. And today's youth might be interested in the following. Make pretzels using a flour/cornstarch clay (these are obviously not to be eaten). Make different size pretzels. Smaller ones can be put on a string and worn. Or glue a piece of magnetic tape to the back of the smaller ones to make refrigerator magnets. Larger ones can be made to be used as paperweights. Using paint, decorate these pretzels with symbols of prayer or with Bible verses having to do with prayer.

Youth groups might use this project as a way to raise money for some worthy cause. Giving alms is also an ancient Lenten custom.

Another project would be to bake contemporary pretzels. Using a recipe for edible pretzels, shape the dough to represent the gestures people now use when they pray. Be creative. How could the dough be shaped to represent these gestures of prayer?

Pretzels, the traditional and contemporary, might be served during the coffee hour during Lent.

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ACTIVITY: MAKING PRETZELS

One story about the origin of pretzels tells that bakers made the shapes—representing arms crossed in prayer—to give interest to plain Lenten food. Another story says that monks made the shapes as Lenten rewards for students. The twisted shapes, boiled and baked, still make fine Lenten treats today.

MATERIALS

INGREDIENTS

2 packages dry yeast
1-1/2 cups warm water
4-5 cups flour
1 tablespoon sugar
1 teaspoon salt
coarse salt

TOOLS

measuring cup
bowl
mixing spoon
8-10 quart pot
slotted spoon
cookie sheet
oven

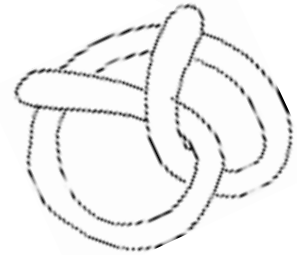
Directions

Soak the yeast in 1/4 cup warm water for 5 minutes. Add the remaining water and beat in 4 cups of the flour, the sugar and the salt. Add as much of the remaining flour as necessary to make a dough that is firm enough to be kneaded but is still soft.

Knead the dough for 10 minutes. Let rise in a warm spot for 45 minutes. Punch down the dough and divide the dough into 24 small pieces. Roll each piece into a rope. Twist each rope into a pretzel shape.

Bring 6-8 quarts of water to a boil. Drop in the pretzels, no more than two at a time. The pretzels will first sink and then rise to the top of the pot. When a pretzel rises, flip it over and boil it 15 seconds on the second side. Then remove the pretzel with a slotted spoon and place the pretzel on a cookie sheet. Continue for the other pretzels.

Sprinkle the boiled pretzels with coarse salt. Bake at 425 degrees for 12-15 minutes. Eat while still warm.



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Living Our Baptismal Covenant

Why do we give to others and help people we may not even know? I believe the answer to that question is found in our Baptismal Covenant. The last three questions of the covenant deal with our life in the world (page 305 in the Book of Common Prayer).

Will you proclaim by word and example the Good News of God in Christ?

This question calls us to action. Will you proclaim by word and example? We are called to talk the talk and walk the walk. We are called to be examples of the Good News of God in Christ. We are not called to be perfect, but we are called to show others the light of Christ through our actions of reaching out to others.

Will you seek and serve Christ in all persons, loving your neighbor as yourself?

We are called into a life of service through our baptismal covenant. The service can come in a variety of ways—as a parent, Sunday School teacher, volunteer, priest, lawyer, doctor or schoolmate. Whoever we are and in whatever we do, we can serve Christ. Being a servant of Christ is not always easy; it requires serving everyone. All people are our neighbors and we are asked to treat them as we would want to be treated. That is not always easy at work, in school, in a return line or in our communities. Jesus is the example. We must follow his lead.

Will you strive for justice and peace among all people, and respect the dignity of every human being?

How do we proclaim and serve? It comes down to the basics of striving for justice and peace for all. We are all equal in God's eyes. Now we must treat all people that way. We are called to give a hand to those in need, share what we have and treat each person like a child of God.

The answer to each question posed in the Baptismal Covenant is, "I will, with God's help." Remember we cannot do this alone. We are partners with God in this work. Now is the time to think and pray about how you and your family might serve others in the name of God.

Who Is Jesus?

JESUS IS ALSO CALLED

Christ
Lord
Savior
King of the Jews
Son of Man
Son of God
Son of David
Healer
Teacher (Rabbi)
Miracle worker
Prophet
Master

The question “Who is Jesus?” is posed in the present tense because Jesus is within each one of us. The Bible and other sources of that time have documented that Jesus was a historical figure. But, when you discuss Jesus, you can do so in the present to remind yourself that Jesus is with us today and forever.

Jesus is the key figure in the New Testament—actually Jesus *is* the New Testament or New Covenant that God makes with people. Jesus’ life, death and resurrection represent God’s saving act for a sinful humanity. While there is a lot written about Jesus, we know only about a short time of his life. His public ministry lasted only three years. We are familiar with the key stories in Jesus’ life: his birth, baptism, public ministry of teaching, healing and performing miracles, the events leading up to his death, the crucifixion and resurrection. There is more to the life and ministry of Jesus than these stories.

One of the best ways to explore Jesus is to look at the famous “I am” statements found in the Gospel of John. These are wonderful images and metaphors for Jesus. The “I am” statements are found only in the Gospel of John.

John 6:35 ~ I am the bread of life.

John 8:12 ~ I am the light of the world.

John 10:9 ~ I am the gate (also translated as I am the door).

John 10:11 ~ I am the Good Shepherd.

John 11:25 ~ I am the resurrection and the life.

John 14:6 ~ I am the way, and the truth and the life.

John 15:1 ~ I am the true vine.

John 15:5 ~ I am the vine, you are the branches.

Now the question for us is, who is Jesus in our lives? In Mark 8:29, Jesus asks the disciples, “Who do you say that I am?” It is a question we must answer too.



A prophetic description of Jesus is found in Isaiah 9:6:
For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Activities for Learning About Jesus

1. “Who is Jesus?” collage

Have a piece of poster board and variety of magazines. The family can cut out pictures that represent images of Jesus and glue them onto the poster board. You can write or cut out words, too, and add them to the collage.

2. I am the *gate*, I am the *door* (John 10:9)

Make doorknob hangers out of construction paper with the words “I am the door” and “Jesus” on them. Decorate them with stickers, drawings or glitter. Take photos of doors that your children would know ahead of time. Have them try to identify the doors and where they are. What do the doors lead to? Are they easy to enter or hard? Why? Is it a welcoming place inside the door? Talk about Jesus as a door. Ask them what Jesus, as the door or gate, leads to. Read the scripture passage.

3. I am the *good shepherd* (John 10:11)

Create a family of sheep, using the pattern on page 20. Glue cotton balls on the sheep for the full effect. Have a sheep for each person in your family and someone can draw Jesus as the shepherd. Talk about ways a shepherd cares for the flock. How does Jesus care for his flock?

4. I am the *true vine* (John 15:1)

Draw a vine on a sheet of paper and add a leaf to the vine for each person in your family. Write your name on your leaf. Talk about how we are all connected to Jesus. How do leaves live? They are sustained by the vine. God gives us life through Christ Jesus.

5. I am the *vine*, you are the *branches* (John 15:5)

Create your family tree. Share any genealogy research you might have, or start the process as a family project. Talk about your family history and your relatives. Look in family Bibles for your family history. Take out pictures of your family and tell family stories. We are all connected in Christ.

6. “I AM” scripture search

Break out the Bibles and have a scripture search contest. Have two teams and see who can find all the I AM statements the fastest. No hints for a challenging game.

7. "I have decided to follow Jesus" game

After talking about Jesus for a while, sit in a circle and share one way per person that you have decided to follow Jesus. Keep going around the circle until you run out of ways to follow Jesus.

8. Stained glass window tour at church

Visit your church sometime when there is nothing scheduled in the church and walk around to view the stained glass windows. Each one tells a story, and many are about the life of Christ.

9. Jesus Charades

Divide your family into two teams and play charades based on stories about Jesus. See who can guess the most.

10. Christ the King

Have everyone make crowns. What would you want to be king or queen of? What is Jesus' kingdom? What type of king is Jesus? You might want to treat the family to Burger King that night, too.

11. Jesus the Healer

Write the names of anyone you know who is sick or in need of healing on bandages. Place the bandages in a visible spot so that you can pray for those people throughout the week.

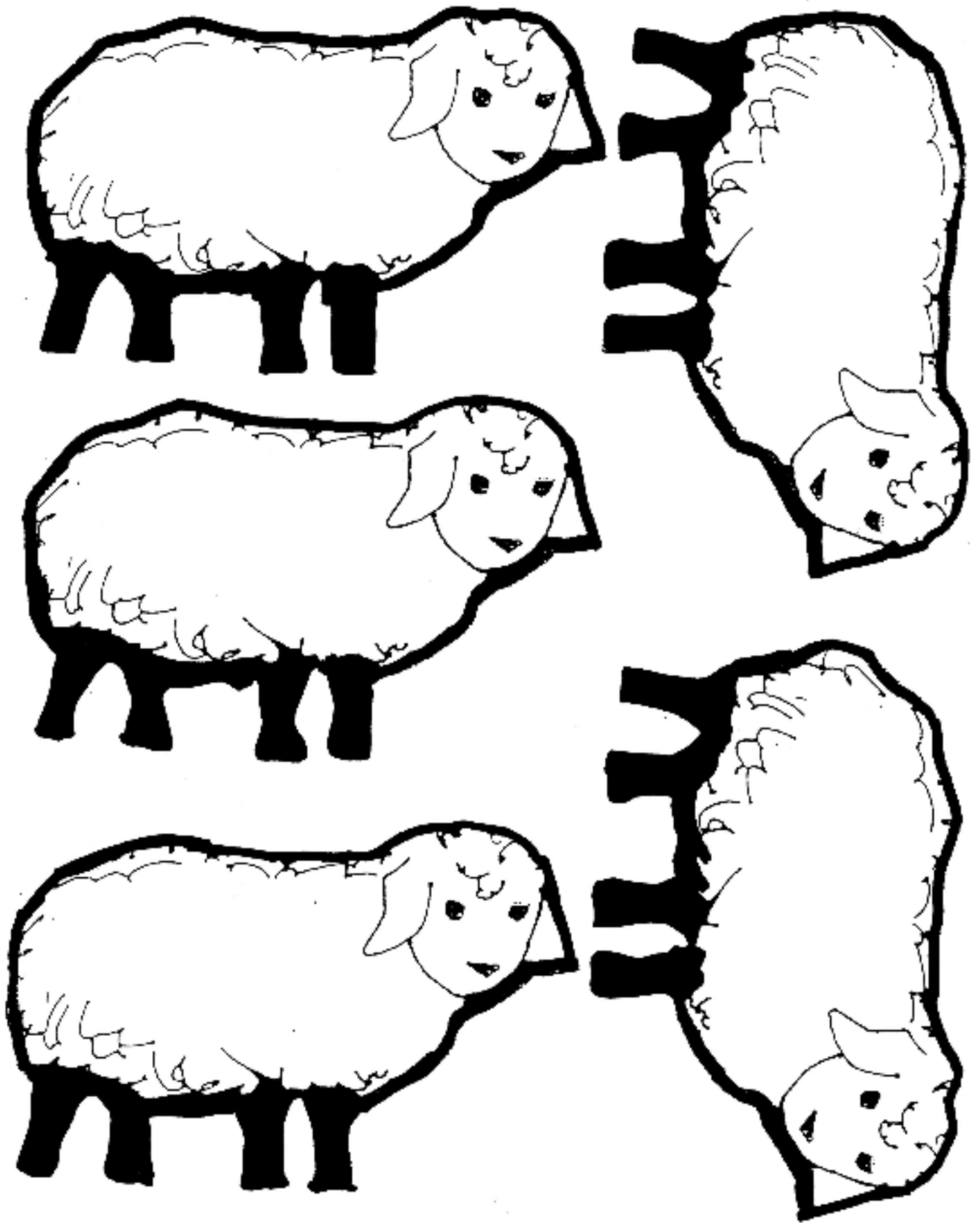
12. Jesus taught us to pray

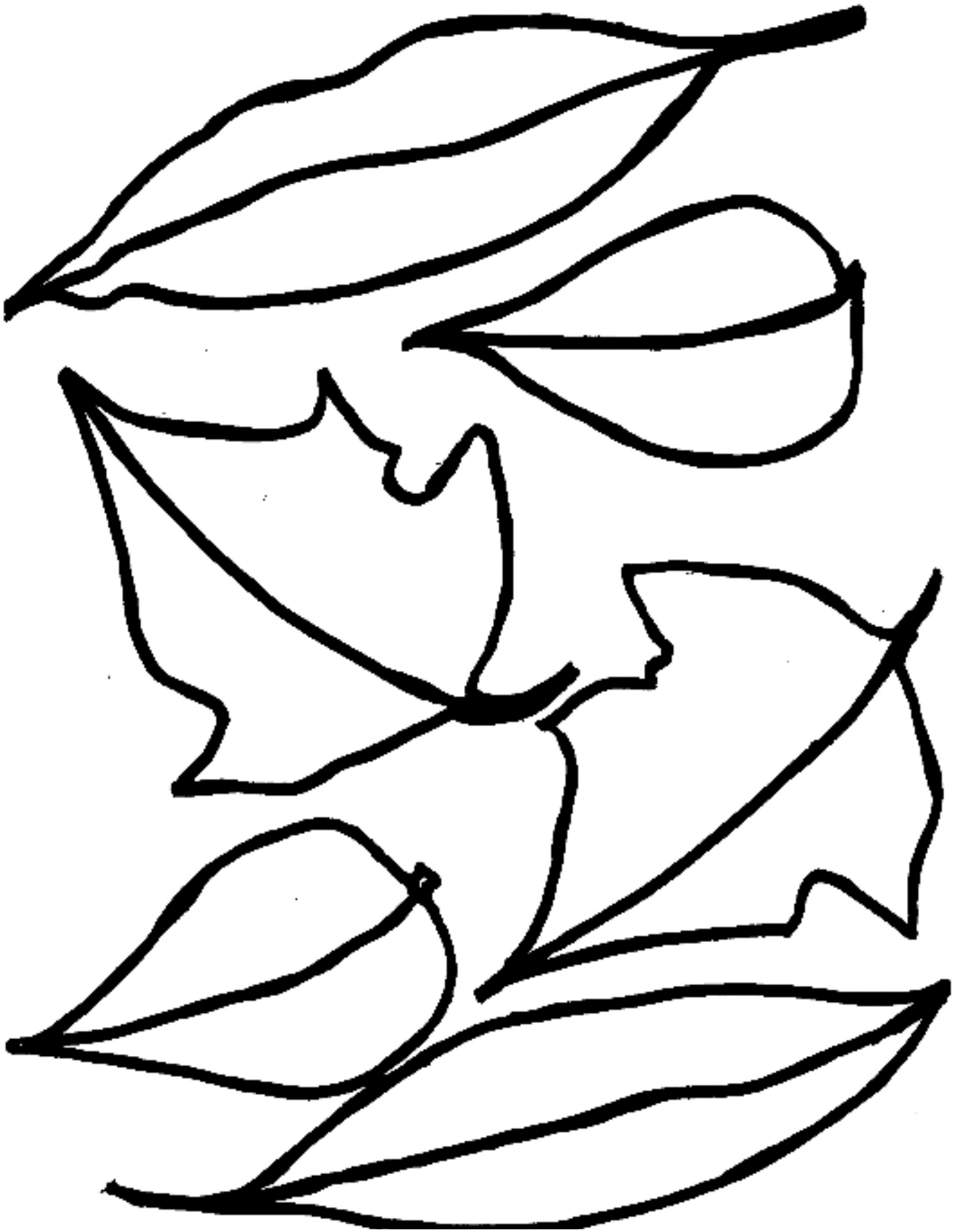
Jesus taught us to pray using the Lord's Prayer. Have your family say the Lord's Prayer together each night during Lent.

13. I love to tell stories

Skip TV for a while and have each family member tell a story about Jesus.

14. Do the puzzles and coloring sheets on the next few pages.





WHAT DID JESUS LEARN?

Directions: Let children look up the Scriptures listed in numbers 1-11. Have them find the matching answers in the right-hand column.

Jesus learned the Scriptures of our Old Testament when he went to school at the synagogue. Match each Bible verse in the left column with what Jesus learned when he studied that verse at school.

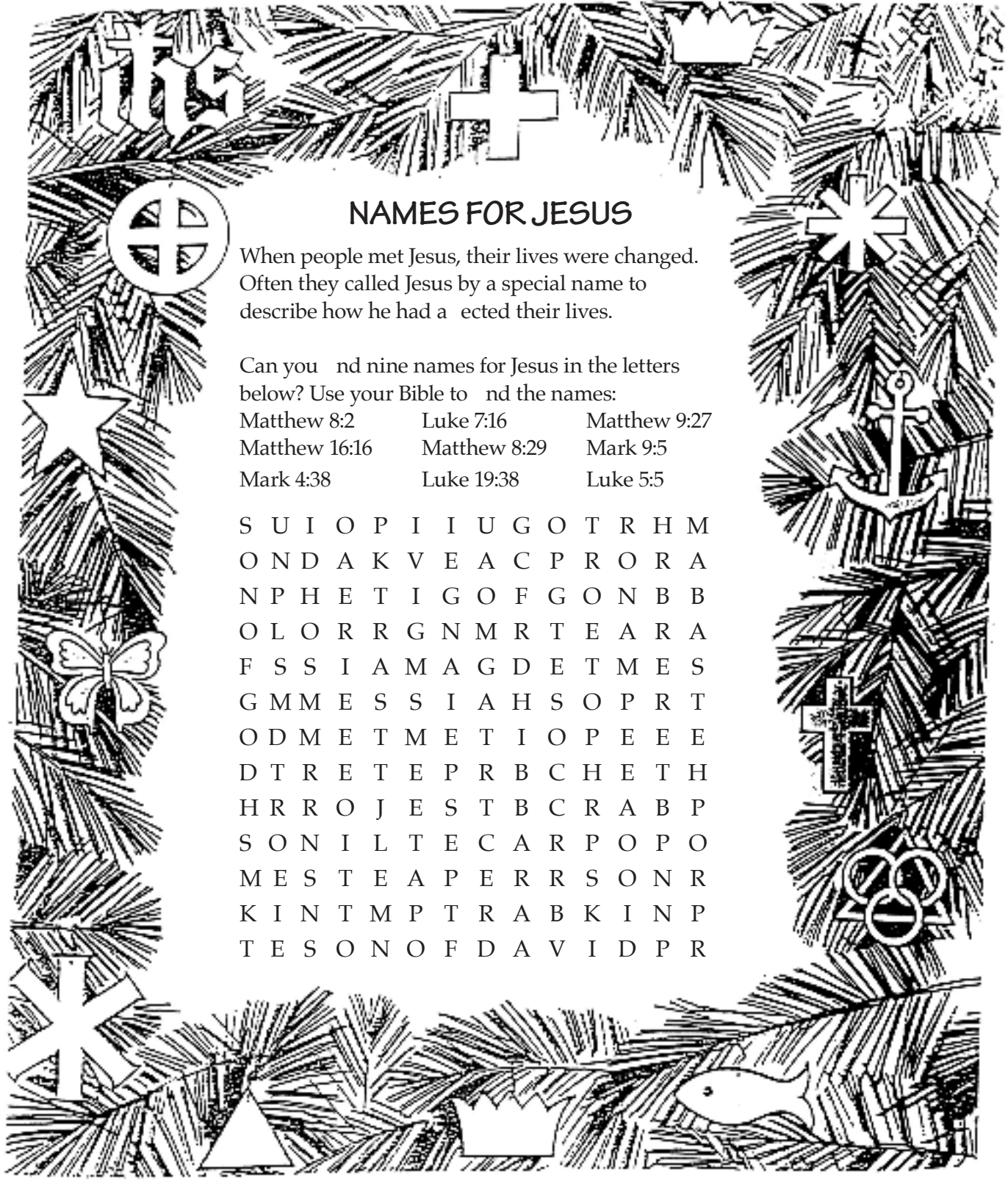
- _____ 1. Deuteronomy 6:4-5
- _____ 2. Psalm 23:1
- _____ 3. Jeremiah 7:23
- _____ 4. Exodus 20:1-7
- _____ 5. Psalm 100:3
- _____ 6. Psalm 34:1
- _____ 7. Isaiah 61:1
- _____ 8. Psalm 95:6
- _____ 9. Deuteronomy 8:3b
- _____ 10. Psalm 91:14-15
- _____ 11. Deuteronomy 6:16



- A. The Ten Commandments
- B. Obey God's voice, and God will be your God, and you will be God's people.
- C. Love God with your whole heart and with all your soul and might.
- D. Bless and praise the Lord all the time.
- E. Worship God.
- F. God made us and we belong to God.
- G. One does not live by bread alone, but by the words of God.
- H. The Spirit of the Lord is upon me to bring good news.
- I. God will take care of us like a shepherd takes care of the sheep.
- J. God will protect and be with those who love God.
- K. Do not test God.



Have you learned in Sunday School some of the same things Jesus learned in school at the synagogue? Put a check mark beside each of the learnings that are important to you as a child of God.



NAMES FOR JESUS

When people met Jesus, their lives were changed. Often they called Jesus by a special name to describe how he had affected their lives.

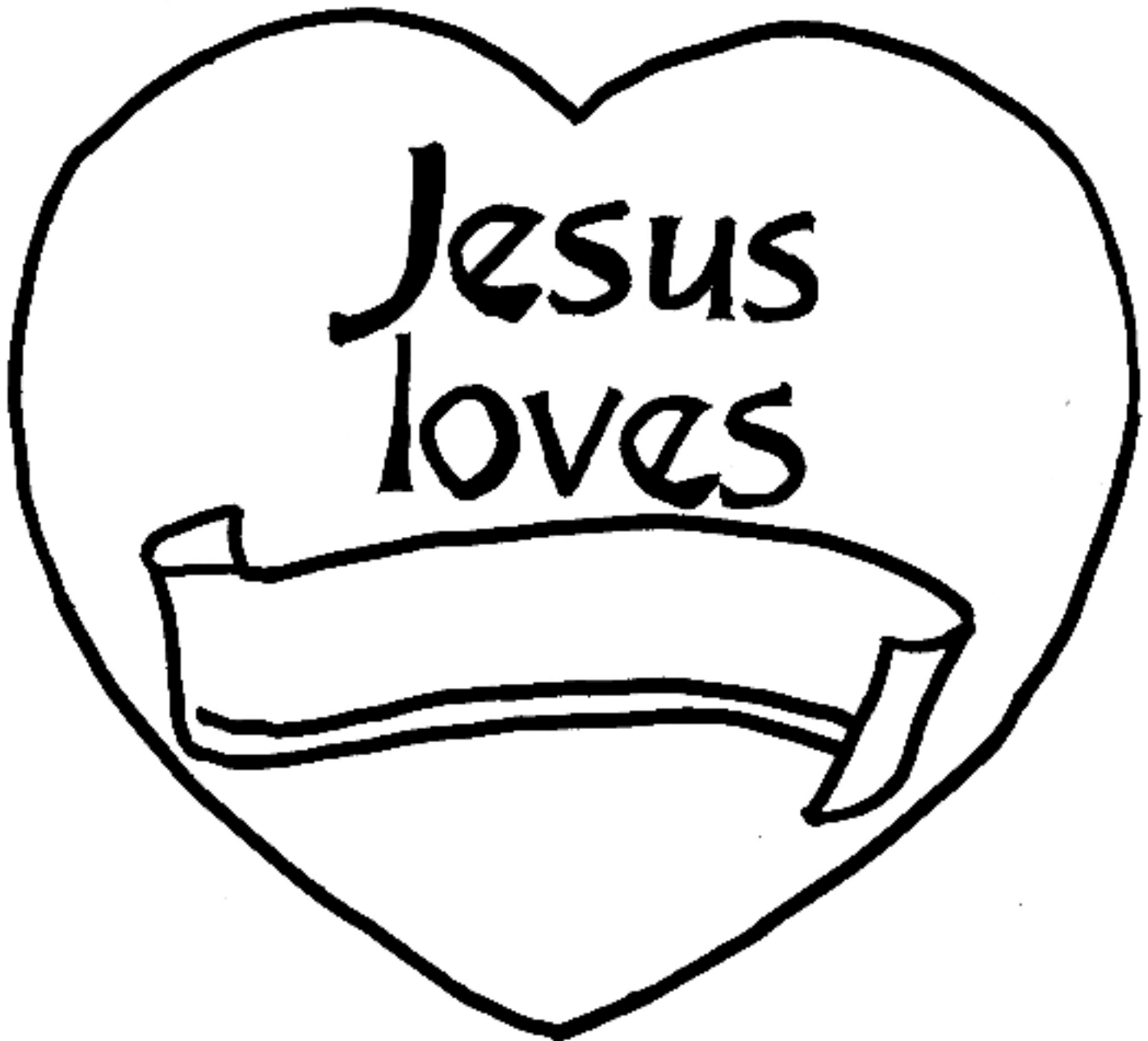
Can you find nine names for Jesus in the letters below? Use your Bible to find the names:

- | | | |
|---------------|--------------|--------------|
| Matthew 8:2 | Luke 7:16 | Matthew 9:27 |
| Matthew 16:16 | Matthew 8:29 | Mark 9:5 |
| Mark 4:38 | Luke 19:38 | Luke 5:5 |

S U I O P I I U G O T R H M
 O N D A K V E A C P R O R A
 N P H E T I G O F G O N B B
 O L O R R G N M R T E A R A
 F S S I A M A G D E T M E S
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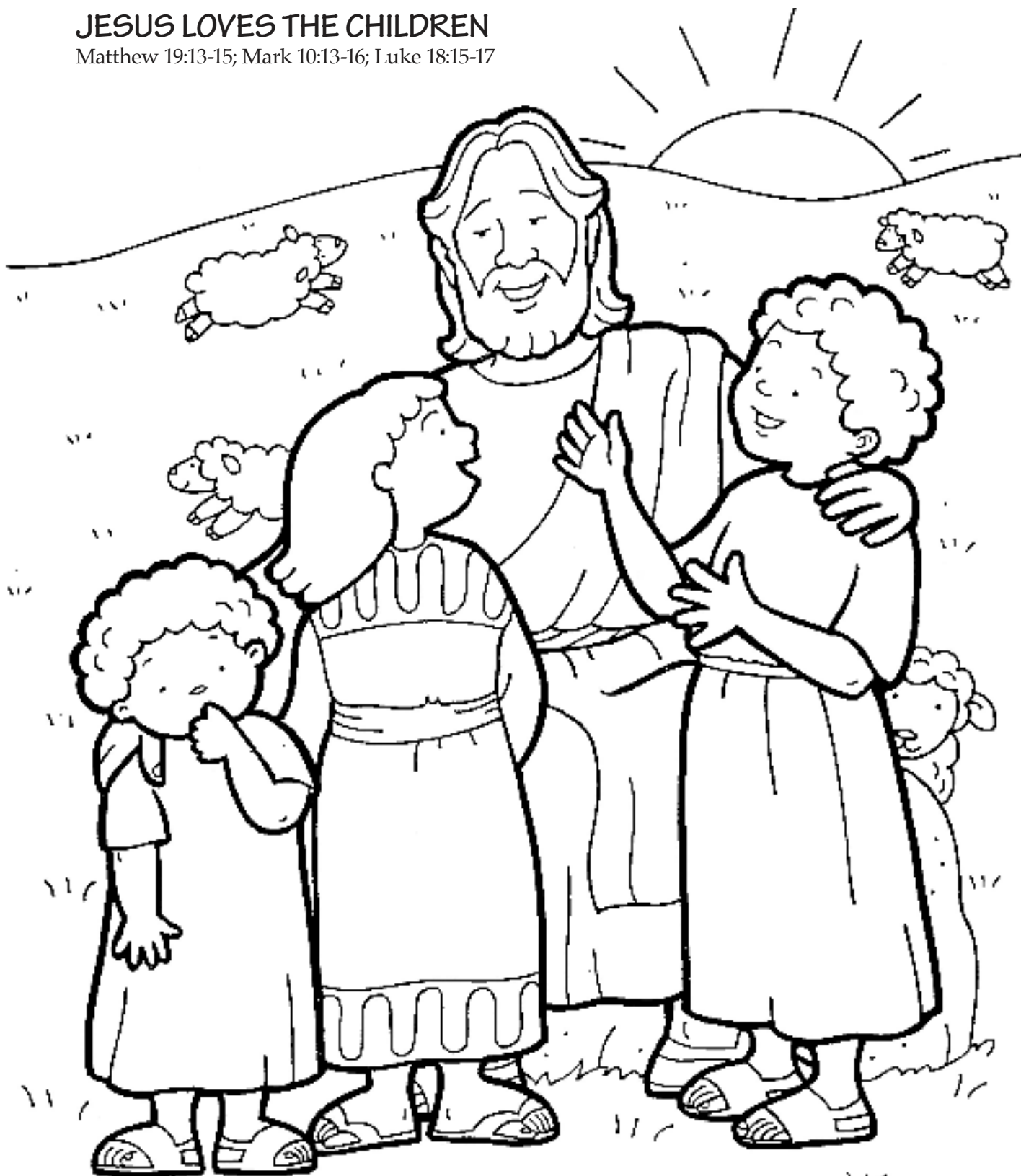
JESUS LOVES

Directions: Write the child's name in the space provided, and then let the child decorate the picture with crayons or markers.



JESUS LOVES THE CHILDREN

Matthew 19:13-15; Mark 10:13-16; Luke 18:15-17



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Holy Week Services

PALM SUNDAY

Palm Sunday is the Sunday before Easter and the beginning of Holy Week. On this day we bless the palms and have a special procession remembering Jesus' triumphal entry into Jerusalem. It is a joyous day of waving palms and shouting "Hosanna, Hosanna in the highest!" It is the day when we hear what is known as the Passion of Jesus Christ, a long passage from the Gospel in which we hear many of the events of Holy Week.



MAUNDY THURSDAY

The word "Maundy" comes from the Latin "mandatum novum" which is from the Gospel of John, referring to the ceremony of foot washing that took place that evening. This was also the evening in which Jesus instituted the Last Supper. He told his disciples one of them would betray him. After the foot washing and the Last Supper, they left the upper room and went to the Garden of Gethsemene where Jesus went to pray. Later that evening he was betrayed by Judas Iscariot for 30 pieces of silver and arrested by the authorities.

GOOD FRIDAY

This is the day on which we remember the crucifixion of Jesus. It is usually a day of fasting and penance. Jesus was crucified on the cross between two thieves. We memorialize the crucifixion traditionally between 12 noon and 3 pm, according to scripture. After his death, a man named Joseph of Arimathaea asked Pilate for Jesus' body and placed him in a tomb.



HOLY SATURDAY / EASTER EVE

Lighting of the paschal candle, prophecies, baptism, the great alleluia and the first Eucharist of Easter. Everyone is encouraged to ring a bell and join in the great fanfare.



EASTER DAY

Easter is the Feast of the Resurrection. It is on the third day when the tomb was found empty and Jesus made appearances, fulfilling the prophecy that he would die and be raised on the third day. Easter is a day of the triumph of life over death.

Holy Week Activities

THROUGHOUT
HOLY WEEK, THE BEST
ACTIVITY IS TO
COME TO CHURCH!

PALM SUNDAY

Make palms at home with green construction paper. Trace your hands on green construction paper and cut them out. Glue or tape them onto a paper towel roll for your palm branch.

MAUNDY THURSDAY

1. **Have a special meal** in remembrance of the Last Supper.
2. **Participate in the foot washing at church.** Or you may want to have a family foot washing at home, perhaps around bath time. Jesus taught us about being a servant as he washed his disciples' feet.
3. **Make a garden** on a table that everyone can see. Remember that Jesus went to pray in the garden. Have each family member make a prayer card or prayer picture with his or her own special prayers and leave them in the garden.

GOOD FRIDAY

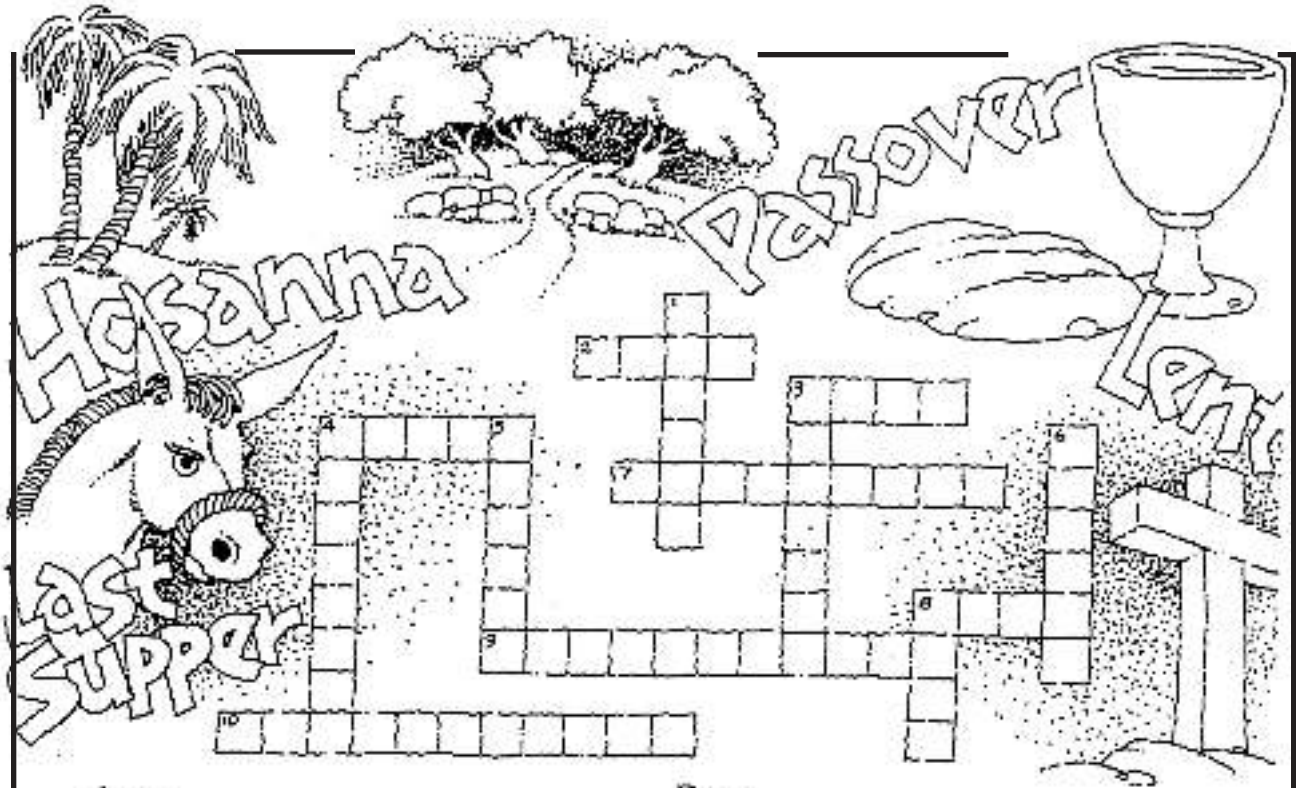
Make a cross with two pieces of wood (stick, popsicle, chopsticks) using thread or yarn to bind the two pieces together.

EASTER

1. **Plant something new in your garden** outside or see what has grown from the seeds you planted in the first week of Lent.
2. **Decorate the cross you made on Good Friday** with flowers to show new life and that something like the cross can be beautiful because Jesus is alive!
3. **Bring out the alleluias** you put away on Ash Wednesday.
4. **Listen to the Hallelujah Chorus** by Handel. Don't forget to stand! It is tradition that when listening to the Hallelujah Chorus everyone stands. This began when a king, whom everyone stood for, heard this beautiful piece of music about

Jesus as king. He stood while it was being played. Everyone else then stood because the king was standing. The king stood for the one true king, Jesus Christ.

5. Celebrate Life!



Across

2. Jesus went to the garden of Gethsemane to _____.
3. Jesus' last week on earth is called _____ Week.
4. As Jesus rode into Jerusalem the people waved _____.
7. Jesus went to the city of _____ to celebrate Passover with his disciples.
8. The cross is a sign of God's _____ for us.
9. On Holy Thursday, Jesus blessed the bread and gave it to his disciples, saying, "Do this in _____ of me."
10. God offers us _____ of our sins.

Down

1. Jesus prayed in the _____ of Gethsemane while his disciples slept.
3. When Jesus rode into Jerusalem the people shouted _____.
4. In the upper room, Jesus shared the _____ meal with his disciples.
5. At the Last _____, Jesus gave us a way to remember him.
6. Jesus rode a _____ into Jerusalem.
8. _____ is a special season of the Christian year that begins on Ash Wednesday and ends with Easter.



Jesus rode into Jerusalem on a colt. Many people put palm branches or their own cloaks on the road.



Jesus washes his friends' feet.

John 13:1-17

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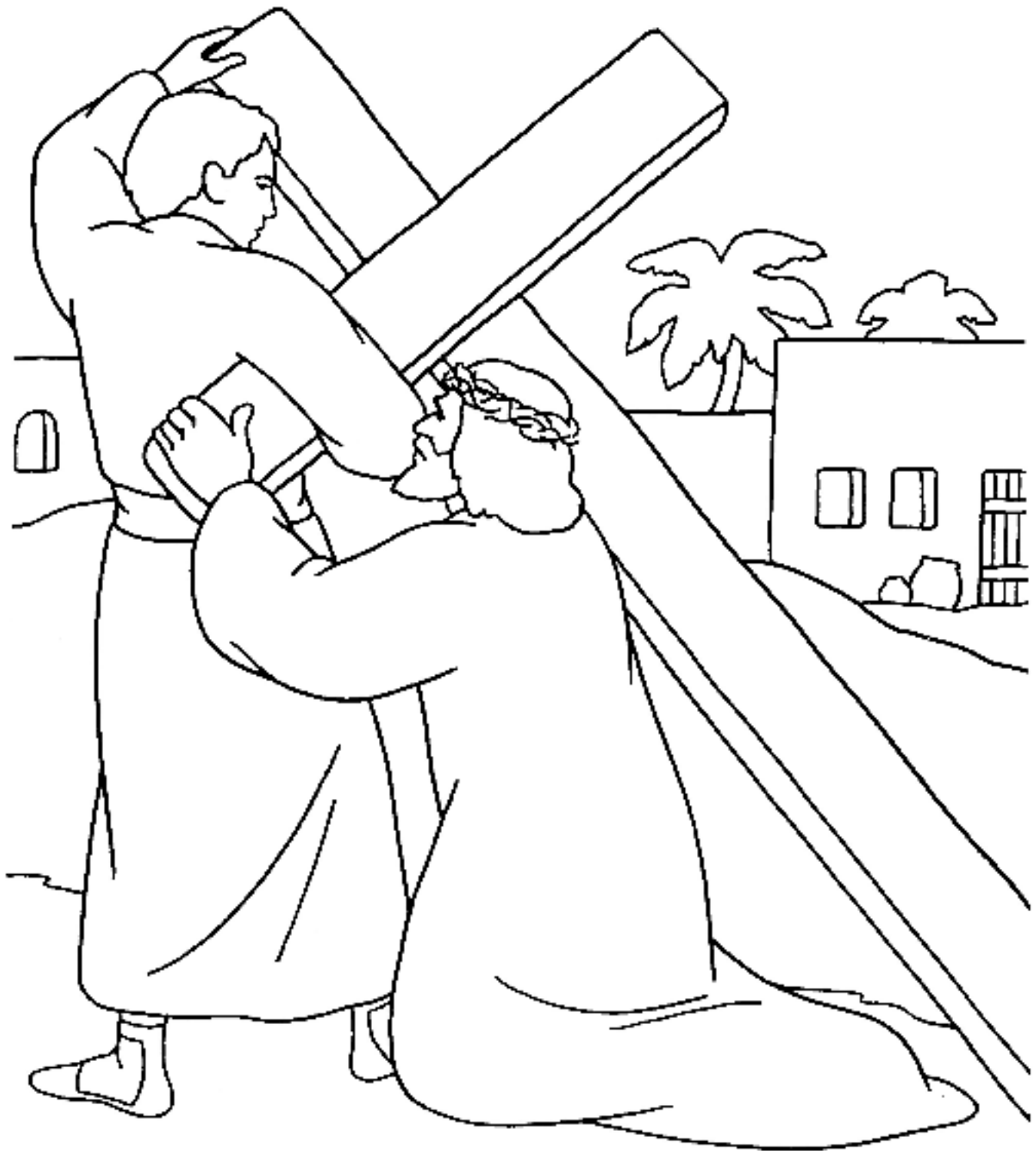
Jesus eats a special meal with his friends.

Matthew 26:17-30; Mark 14:12-26; Luke 22:7-38

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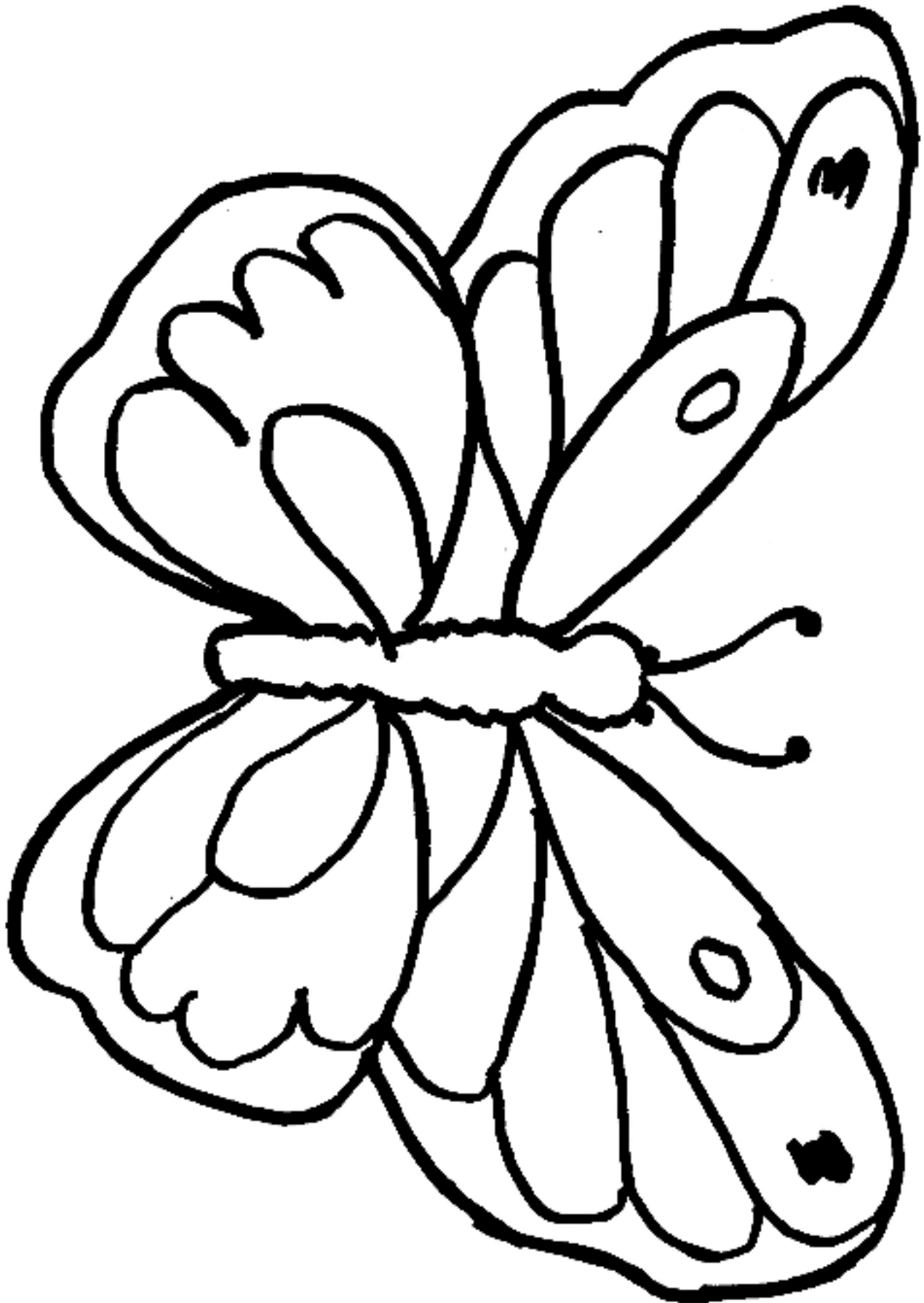
In a garden, Jesus prayed to God.
“Help me do what you want me to do,” he said.



The soldiers made a man named Simon
carry the cross for Jesus. Luke 23:26

“Jesus is alive!”







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Pattie Ames
Canon for Christian Formation
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Edited by:
Elizabeth Bishop
Administrative Assistant

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