

# Good Friday Journey

## Parents

Today is Good Friday. We know how difficult it is to try and teach kids about Good Friday and what Jesus has done for us. Phan and I have tried to put together some activities that take the kids through 4 places with Jesus. It's geared more for kids 3-8, but if you've got older kids, try and ask more questions about how Jesus might have felt during each of the stages, and adapt it how you think your kids would respond best.

I've simplified some of the Bible passages, so you can read the simpler version. Or feel free to read from the Bible too. Hopefully it can be a fun activity for the family. The most important part is sharing time with the family, and sharing your own relationship with Jesus with them through it.

We think it's fun if you have some supplies ready.

Place these in a little bag for each child

- pitta bread (or a crackers)
- grapes (or a little juice carton)
- the word search (easy & medium levels)
- a small sheet of paper (it represents a curtain)

## Introduction

Today is Good Friday. But it's also the day that we remember Jesus dying on the cross! Have you ever wondered why it's called Good Friday? Today we're going to go on a journey to learn about what happened on Good Friday. Are you ready?



Well, before we start we need to get our supplies. First, each of you are gonna get a special bag, but don't open them up yet!

Next, we've got to put on our special communicator helmets. So imagine putting it on your head. And as we do that, we're going to ask Jesus to help us understand what Good Friday means!



Helmets on? Well, let's ask Jesus for his help then!

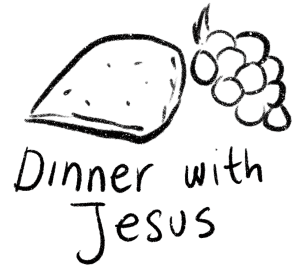
Let's pray, "Jesus, help us understand what Good Friday is all about! Amen!"

*Ready? Then let's go!*

## Station 1: Dinner with Jesus

**Activity:** Take out the pitta bread and the grapes.

**Ask:** Why is food important? Why is it important to eat healthy food? If you eat good food, you'll be healthy, if you eat bad food you'll be unhealthy.



**Read:** (Mark 14:22-25)

*It was the night before Jesus died and he was having a meal with his closest friends. This would be his last meal with them. While they were eating, Jesus took some bread. He thanked God for it and broke it. Then he gave it to his friends and said, "Take this bread and eat it. This bread is my body." Then Jesus took a cup. He thanked God for it and gave it to them. He said, "Drink this to remember that my life makes a new promise for forgiveness."*

**Share:** The meal that Jesus and his friends were celebrating together had a special name. It was called the Passover meal. They ate it to remember how God had taken his people out of slavery in Egypt to freedom. They had to eat simple bread and drink quickly that night.

Jesus gave a new meaning to the meal.

1. He broke bread to remind them that his body would be broken on a cross

2. He shared wine to remind them that his blood would be shed.

The broken bread and wine remind us that he loves us and has rescued the whole world by dying on the cross for us to save us.

**Ask:** When Jesus is telling his friends to eat and drink, what do you think he's saying? If you are what you eat, eating this is like becoming like me. You'll be part of my family forever.

**Activity:** Now go ahead and eat the Pitta bread and the grapes! Imagine you're eating with Jesus and he's telling you that when you eat it, you remember that you're part of his family forever! Yum Yum!

## Station 2: In the Garden with Jesus

**Activity:** If the weather is nice, head out into your garden. Play a game of *Simon Says*.

**Share:** Simon says is a fun game, because you're listening out for the instructions and making sure you're obeying them. But sometimes it's hard to obey, if it's something you don't want to do.

**Read:** Mark 14:32-42

*Then Jesus went with his close friends to a place garden called Gethsemane. He said to them, "Sit here while I go over there and pray." He told Peter, James and John to come with him. Then Jesus began to be very sad and troubled. He said to Peter, James and John, "My heart is breaking with sadness. Stay here with me and watch."*

*Then Jesus walked a little farther away from them. He fell to the ground and prayed, "My Father, if it is possible, do not give me this cup of suffering. But do what you want, not what I want."*

*Then Jesus went back to his friends and found them asleep. Jesus said to Peter, "You couldn't stay awake with me for one hour? Stay awake and pray for strength against temptation. Your spirit wants to do what is right. But your body is weak."*



*Then Jesus went away a second time. He prayed, "My Father, if it is not possible for this painful thing to be taken from me, and if I must do it, then I pray that what you want will be done."*

*Then Jesus went back to Peter, James and John. Again, he found them asleep, because they were tired. So, Jesus left them and went away one more time and prayed. This third time he prayed he said the same thing.*

*Then Jesus went back to them again and said, "You are still sleeping and resting? The time has come for me to be taken away by sinful people. Get up. We must go. Here comes the man who has turned against me."*

**Share:** In the garden with his friends, Jesus went to pray. He knew that he was going to have to sacrifice his life so we could be saved. But it was still sad for him. So he asked God if there was another way. But he was willing to obey, because he knew that was the right way, even if it was hard.

**Activity:** Just like Jesus was willing to obey, let's see if you can play *Follow the Leader* back into the house. (Parents can march, or skip, or squat walk, and the kid/s follow behind exactly as the parent)

### Station 3: Jesus on Trial

*Activity:* True or False Game (Ask the kids if the sentences are true or false. If you want to make it more interactive, you can have them move to the right if it's true. And move to the left if it's false.)



Some example questions:

1. Cinderella's carriage turns into a potato. (false)
2. Camels have three sets of eyelids (true)
3.  $5+9=14$  (true)
4. Psalms is the longest book of the Bible. (true)
5. The last book of the Bible is Genesis (false)
6. God created man and woman on the 7th day. (false)
7. Jesus never told a lie (true)

*Read:* Matthew 26:57-67

*In the garden, some men came to arrest Jesus. They took him to Caiaphas the high priest, where the teachers of the law and the elders had assembled. But Peter followed him at a distance, right into the courtyard of the high priest. He entered and sat down with the guards to see the outcome.*

*The chief priests and the whole Sanhedrin (leaders of the Jewish council) were looking for lies against Jesus so that they could put him to death. But they did not find any, though many false witnesses came forward. They wanted to find something to get Jesus in trouble.*

*Finally two men came forward and said, "This fellow said, 'I am able to destroy the temple of God and rebuild it in three days.'"*

*The high priest stood up and said to Jesus, "Are you not going to answer? What is this testimony that these men are bringing against you?" But Jesus didn't say anything.*

*The high priest said to him, "I command you under oath by the living God: Tell us if you are the Messiah, the Son of God."*

*"You have said so," Jesus replied. "But I say to all of you: After this you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven."*

*Then the high priest tore his clothes and said, "He's told the greatest lie. He is telling lies about God! Why do we need any more witnesses? Look, now you have heard the blasphemy. What do you think?"*

*"He should be sentenced to death," they answered.*

*Then they spit in his face and struck him with their fists. Others slapped him and said, "Prophecy to us, Messiah. Who hit you?"*

**Share:** Even though Jesus told the truth, the Jewish priests and leaders didn't believe Jesus. Instead, they got so angry at him, they wanted to have him put to death. It was really unfair! It's really important for us to still tell the truth, even when people don't believe. And Jesus really is the truth.

**Ask:** Finding the truth. Take out the word search, and find the answers!

## **Station 4: At the Cross**

**Activity:** Gather around together like a story time, and you can cuddle up together if you want for the next part.

**Read:** *Mark 15:16-41*

*The soldiers were going out of the city with Jesus. They forced another man to carry the cross to be used for Jesus. This man was Simon, from Cyrene. They all came to the place called Golgotha. (Golgotha means the Place of the Skull.)*

*The soldiers nailed Jesus to a cross. They threw lots to decide who would get his clothes. The soldiers sat there and continued watching him. They put a sign above Jesus' head. The sign read: "THIS IS JESUS THE KING OF THE JEWS." Two robbers were nailed to crosses beside Jesus, one on the right and the other on the left. People walked by and insulted Jesus. They shook their heads, saying, "You said you could destroy the Temple and build it again in three days. So save yourself! Come down from that cross, if you are really the Son of God!"*



*The leading priests, the teachers of the law, and the Jewish elders were also there. These men made fun of Jesus and said, "He saved other people, but he can't save himself! People say he is the King of Israel! If he is the king, then let him come down now from the cross. Then we will*

*believe in him. He trusts in God. So let God save him now, if God really wants him. He himself said, 'I am the Son of God.'" And in the same way, the robbers who were being killed on crosses beside Jesus also insulted him.*

*At noon the whole country became dark. This darkness lasted for three hours. About three o'clock Jesus cried out in a loud voice, "Eli, Eli, lama sabachthani?" This means, "My God, my God, why have you left me alone?" Jesus cried out in a loud voice. Then he died.*

*Then the curtain in the Temple split into two pieces. The tear started at the top and tore all the way down to the bottom. Also, the earth shook and rocks broke apart.*

*The army officer and the soldiers guarding Jesus saw this earthquake and everything else that happened. They were very frightened and said, "He really was the Son of God!"*

**Share:** Jesus didn't do anything wrong. In fact he was the most good, most pure, most loving person ever. And he could have come down from the cross at any time. But he knew that his death, was the only way it could save us from sin. And his heart desire was the same as God the Father.

In the Bible, it talks about the temple curtain being torn. And it was torn from the top to the bottom. In the temple there used to be this really really really big curtain. It might have been 15 meters tall. That's like four elephants tall. The curtain was a symbol that used to separate people from God. Because God is so perfect, no one could go close. So the temple had that big curtain to symbolise how we couldn't approach God. But when Jesus died, the curtain was torn from the top to the bottom! Who would have been tall enough to tear the curtain from the top?

See, when the curtain was torn, it mean that we no longer had to be separated from God. Jesus had made it so that we could be clean from sin, and we could come straight to God.

**Activity:** Take out that sheet of paper. Imagine that that's the curtain. And imagine that all the wrong things you've ever done is written on it. Imagine if that sheet of paper meant you couldn't get hugs from your parents. And you couldn't even come near them. Now tear that paper up and toss it in the bin. Jesus has torn that up, so that you can now come close to him. The same way that you can cuddle your parents, and be close to them, Jesus has made it so we can come close to God our heavenly father.

## **One More Thing: Waiting for Easter**

*Activity:* Share with each other one thing you're thankful for this past year. And then take some time to pray and thank God for that and for each other. It's nice if everyone can say a little prayer. Now that we can come to God, He loves to hear from us.

*Share:* Jesus was put into the tomb. And the disciples didn't know he was going to come back to life. They thought it was the end of the story. But we know that Jesus comes back alive – and that gives us the promise of eternal life too.

On easter sunday, we'll come together to celebrate the new life in Jesus! I hope you now understand how special Good Friday is, and how wonderful it is to know Jesus.

*Activity:* One final craft for fun  
Cardboard & Yarn Cross  
<https://youtu.be/4YwRf0IU58>

or simple egg colouring with washable markers  
<https://www.kitchentableclassroom.com/how-to-decorate-easter-eggs-with-washable-markers/>

# Word Search

F U W I Y L H G M K  
J T P L D B F X M H  
X I A T U G M T B R  
F Q E E B E F I V T  
H R X W K L S Q X C  
L J E S U S K Z H R  
O C L I F E W U L O  
V H S I R F E F X S  
E U V S A L I V E S  
X I I B G P M R L G

Jesus

cross

alive

life

love

# Easter

S	T	C	R	V	T	R	E	C	M	K	I	N	G
F	O	A	Y	R	T	R	H	S	B	T	N	P	R
I	M	T	A	T	J	I	E	E	B	O	S	R	J
P	B	P	C	P	M	K	F	O	I	S	S	O	E
F	S	E	R	A	E	O	F	T	O	U	T	M	S
I	S	T	A	A	M	S	C	R	T	E	A	I	U
T	B	T	E	S	Y	E	C	I	I	I	E	S	S
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R	C	T	C	R	I	A	P	E	E	S	I	A	E
P	T	O	A	R	T	N	G	S	O	O	A	O	N

PRAYER  
FAITH  
ALIVE  
PROMISE  
KING  
JESUS  
RESURRECTION  
TRUTH  
CROSS  
TOMB

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