

## Easter Sunday



Happy Easter everyone! This is the time when we remember that Jesus, who had died on a cross on Good Friday and who had been buried in a tomb in a garden, was suddenly found to be alive! Never before had this happened to someone. Now Jesus' friends knew that everything he had said was true. God really does change lives and brings life out of death.

### To begin...

*Needed: white cloth or bandage, stone, pot of spring flowers, candle.*

You might like to prepare a space on a table where you are going to do these activities. Place on the table the cloth or bandages, the stone, the spring flowers and the candle. With an adult helper, light the candle.

Think quietly about the objects on the table. Why are they there?

Because on this day the stone was rolled away from Jesus' tomb. The grave was empty, for Jesus is alive, risen from the dead. He is a light that no one can extinguish. The flowers speak of the new life that he brings.

### **We could say a prayer after we have done this:**

*Father God, we come to you because you turn doubt into hope, tears into laughter and fear into fearlessness.*

*We come to you because on Easter Sunday and on every other day, we can say, 'Jesus is alive!' Amen.*

### **OK, so what's the story?**

You can read it in the Bible in the gospel of Matthew, chapter 28 verses 1-10. It tells us how the risen Jesus appears to Mary Magdalene and her friend, and tells them to go and share the good news.

### **Act out the story?**

Beforehand, practise together the different facial expressions the people in the story might have made, such as: grief, shock, fear, joy, excitement.

Read the Easter story, pausing at the points marked by asterisks and encourage everyone to make the appropriate expression for that part of the story.

Alternatively, you can tell the story using sounds or by acting it out.

## The Easter story

It was early in the morning, on the first day of the week. Mary Magdalene and her friend, who was also called Mary, were on their way to Jesus' tomb. The tomb was in a garden. As they drew near, they saw two guards sitting there.\*

Without warning, an angel came down from the sky like a bolt of lightning.\* He was dressed in dazzling white clothes\*, and the earth shook as he landed and rolled back the stone at the entrance to the tomb.\*

The guards were terrified!\* First, they shook with fear\*, and then they fainted.\* 'Do not be afraid,' the angel said to the two Marys.\* He was sitting on the stone. 'I know who you're looking for\*. You came to see Jesus, who was killed on the cross. He isn't here any more; he's been raised from the dead. Come, and see where his body lay.'\*

The two Marys didn't know what to think. They were both scared of the angel\*, and excited by what he said.\* The angel continued speaking, 'When you have seen that Jesus is gone, go and tell the disciples the news. Jesus will go ahead of them to Galilee, and they will see him there.'\*

Still frightened, but also full of joy, the women ran from the tomb to find the disciples.\* They didn't get far, though, because suddenly, Jesus was there, standing in front of them.\* 'Greetings!' said Jesus. The women fell to the ground, took hold of Jesus' feet and worshipped him.\* Jesus spoke again. 'Do not be afraid,' he said. 'Go and tell my brothers to go to Galilee.\* They will see me there.'



## What about having a song and some music next?

*You'll recognise the tune! Try it on the recorder or the guitar.*

## Come and praise the Lord our King!

The image shows a musical score for the hymn 'Come and praise the Lord our King!'. It consists of two systems of music. The first system has four measures with a treble clef and a bass clef. The second system has five measures, starting with a measure rest (marked '4') and ending with a double bar line. Chord symbols are placed above the notes: C, F, Em, Dm, G7, and C.

*Come and praise the Lord our King, alleluia.  
Come and praise the Lord our King, alleluia.*

From him love and wisdom came, alleluia;  
all his life was free from blame, alleluia.

*Come and praise....*

Jesus died at Calvary, alleluia;  
rose again triumphantly, alleluia;

*Come and praise....*

He will be with us today, alleluia;  
and forever with us stay, alleluia.

*Come and praise....*

## **OK, so let's think a bit about the story...**

On the Sunday before all of this happened Jesus had ridden into Jerusalem, his capital city, on a donkey with people following him, full of happiness and waving branches in their excitement. They had thought Jesus was going to become their leader and change the way things were done in their country – for good.

Then Jesus and his friends had had a very special supper together. It was both wonderful, because Jesus taught them again how to love one another. But it was terrible because Jesus told them he had to leave them.

They learnt what he meant when those who hated Jesus, killed him by nailing him to a cross. Why did this happen? It was so awful. Only Jesus knew why. It wasn't because his enemies had won. It was because God wanted Jesus there – to take away all the bad things anyone had ever done.

Now it was the Sunday morning after that dreadful Friday and three women walked slowly towards a garden. Jesus was buried there. And the women were coming to visit his grave.

- **How do you think you would feel if you were one of the women who visited the tomb?**

Just as they reached the garden, the ground began to shake. The air began to tremble, an angel flashed down from heaven like lightening and rolled the stone away from Jesus' tomb. The women looked inside. The tomb was empty.

The angel told the women Jesus is not dead any more. He's come back to life and he wants them to tell all his friends.

It is at that point that they meet Jesus – fully alive! He said they did not need to be afraid. God had made everything all right. Now, he had a job for them. He wanted them to tell all of his friends that he is alive and was ready to meet them on the seashore where all their adventures had started.

- **What was the most amazing part of the story?**
- **How can we share the good news that Jesus is alive?**

## Time for a prayer?

This may be a good time to say thank you Jesus:

*Dear Jesus, thank you for beating death and for dying for all the bad things any of us have ever done. Thank you that we don't have to be afraid. Thank you for showing yourself to your friends and promising to be with them. Please show yourselves to us and be with us too and help us to tell other people all about you. Amen.*

## Now let's get creative!

There's several things we could do:

- When you take some exercise try to look for butterflies (3 identification sheets).
- Make a butterfly (2 sheets on how to make). You might like to colour it with the colour of one of the butterflies you have seen outside.
- Make an edible Easter garden (1 sheet). Why not upload a photo of your garden onto the Mulbarton Church or Mulbarton Community facebook page or the Hethel Church facebook page!
- Enjoy doing the colouring sheet (1 sheet).
- Explore the activity sheet (1 sheet).

## To end...

You could finish this activity time with this prayer:

*Father God, light up our faces, to pass the Easter joy to others;  
give us the words, to tell Jesus' story to others;  
make us the loving embrace that tells others of your love;  
fill us with courage to pass your joy and hope on. Amen.*