

# Good Friday Activities and Ideas

Choose some or none! It's whatever your family would like to do.

# Heavy Cross

- ▶ You will need: Any item around your house
- ▶ Is it heavier or lighter than the cross?
- ▶ Things to think about: Do you think it was easy carrying the cross?

# How...

- ▶ Step 1: Look around your house for different items
- ▶ Step 2: Point out the items you think are lighter than the cross (Pick them up if you can)
- ▶ Step 3: Point out the items you think are heavier than the cross (Do you think you can pick them up?)



Lighter



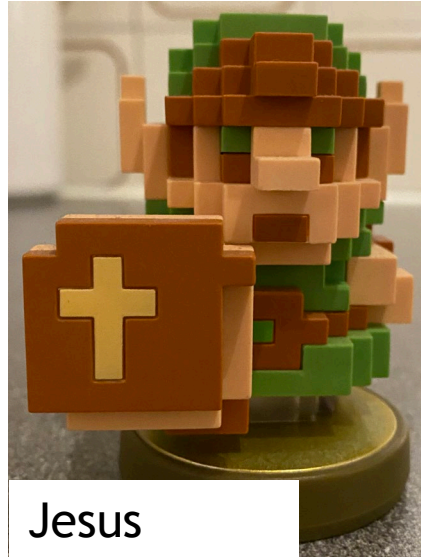
Heavier

# Retelling the Story

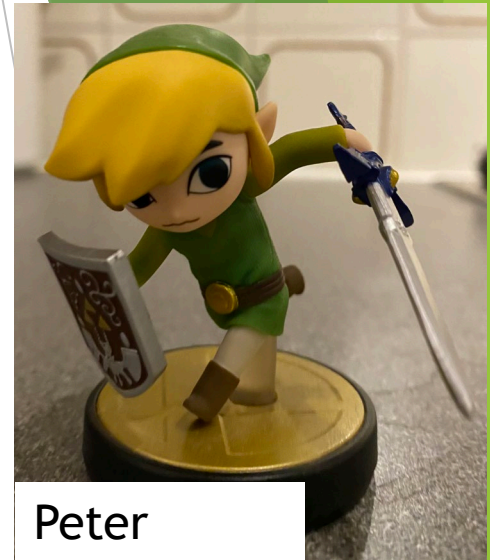
- ▶ What you will need: Different toys from around the house, bible
- ▶ You only need to pick one of the gospels to go through
- ▶ Bible references: Matthew 26: 36 to end and Matthew 27: 11 - 61, Mark 14: 32 to end and Mark 15, Luke 22: 39 to end and Luke 23, John 18 and 19
- ▶ Key Roles: Jesus, Peter, Judas, Caiaphas, Pontius Pilate
- ▶ Extra Roles: James, John, armed guards, chief priests, the crowd, Barabbas, soldiers, Pilate's wife, Simon, two rebels, Joseph (owner of the tomb)
- ▶ Things to think about: How do you think Jesus felt? What do you find hard about this story?

# How...

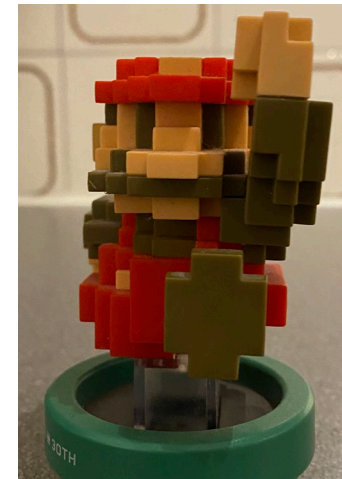
- ▶ Step 1: Using the bible and the previous slide, identify the key characters in the Good Friday story
- ▶ Step 2: Assign different roles from the Good Friday story to each toy. If you don't have enough toys, get creative!
- ▶ Step 3: Read the story and act it out with your toys



Jesus



Peter



Pontius Pilate

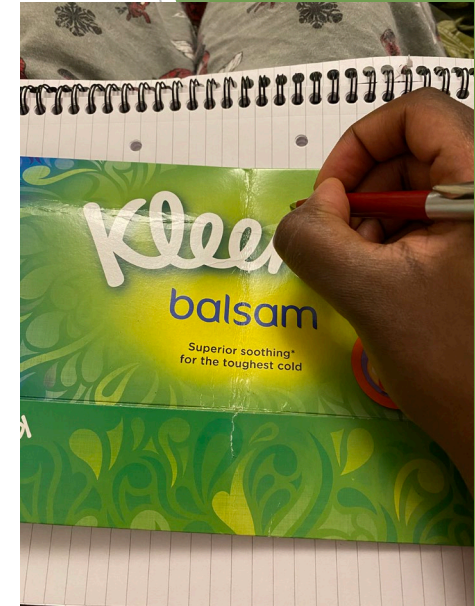
# Feeling Rubbish

- ▶ You will need: Clean piece of rubbish, something to write with
- ▶ Things to think about: Why did Jesus die on the cross?



# How...

- ▶ Step 1: Get a clean piece of rubbish
- ▶ Step 2: On your bit of rubbish, write down something that you've done wrong and want to ask God for forgiveness for
- ▶ Step 3: Say a prayer asking God for forgiveness
- ▶ Step 4: Place your bit of rubbish in the appropriate bin when you have finished



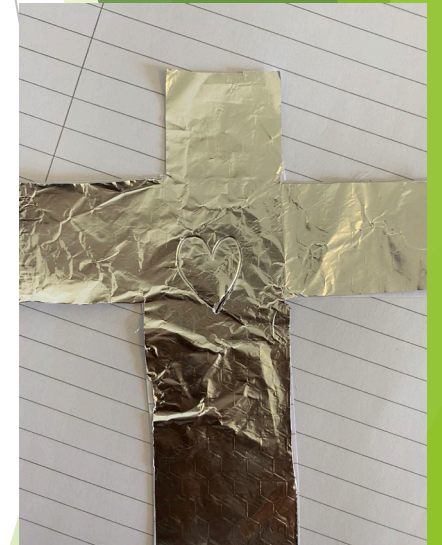
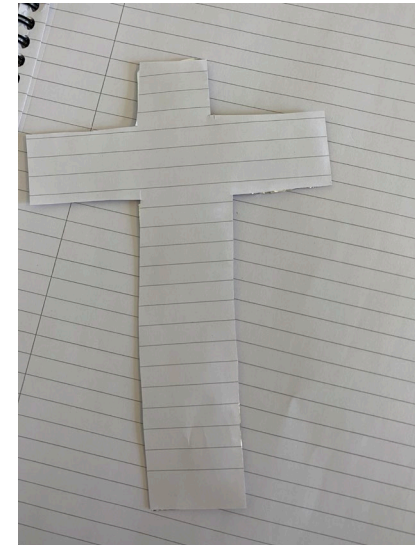
# Tin Foil Cross

- ▶ You will need: Foil, paper or card, scissors, glue or tape something to write/draw with
- ▶ Things to think about: What do you find encouraging about the cross?



# How...

- ▶ Step 1: Cut out some tin foil into the shape of the cross (the same size as your paper/card cross)
- ▶ Step 2: Stick the foil cross onto a piece of paper/card
- ▶ Step 3: Cut around your tin cross
- ▶ Step 4: Write down or draw some encouragements onto your cross

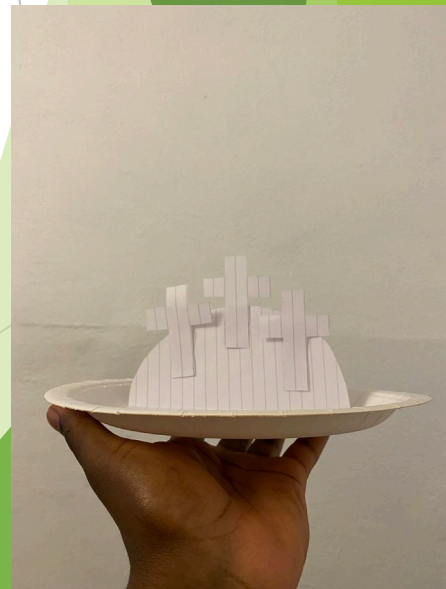
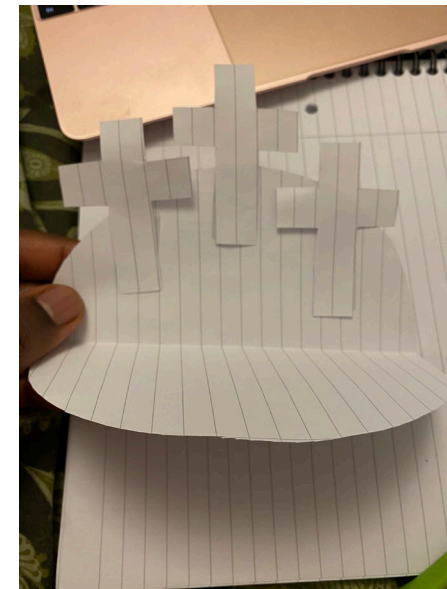
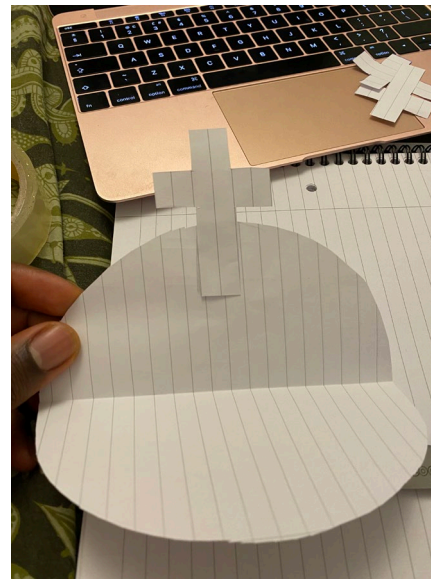
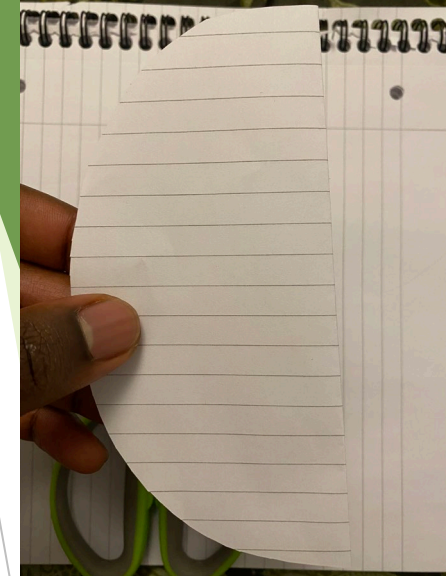
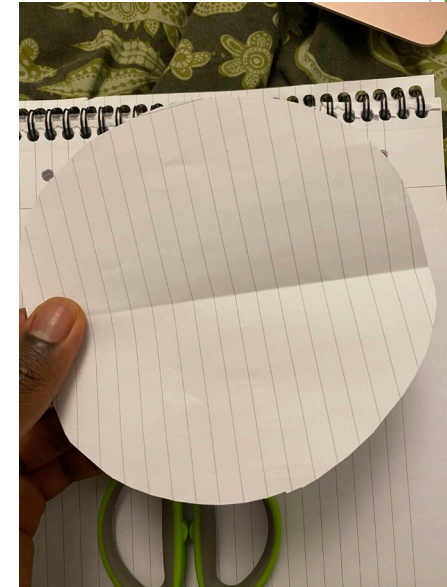
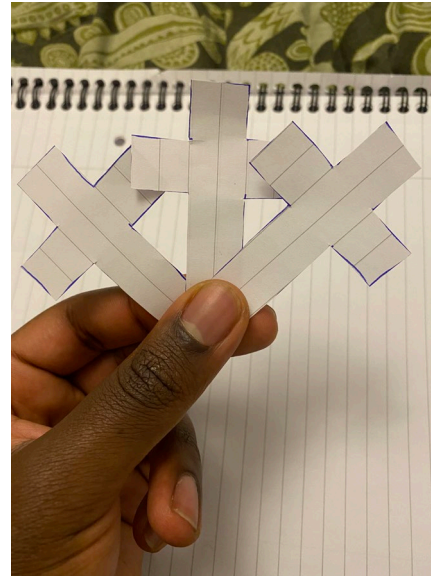


# The Cross on the Mound

- ▶ You will need: Paper, glue or tape, scissors (optional: paper plate, colouring pens)
- ▶ Things to think about: What does forgiveness look like

# How...

- ▶ Step 1: Cut out three crosses. Colour in the crosses brown if you wish
- ▶ Step 2: Cut out a circle big enough to stick the crosses on. Colour it in green if you wish
- ▶ Step 3: Fold the circle in half
- ▶ Step 4: Stick one cross on the top half of the circle, placing it central and towards the top
- ▶ Step 5: Stick the other two crosses either side of the first cross, but lower down than it
- ▶ Step 6: Stick the bottom half of the circle onto another piece of paper or paper plate



# Frank

- ▶ We hoped you enjoyed the activities
- ▶ Frank has a short message to share with everyone about Good Friday
- ▶ After this, there will be the chance to pray and you will need a candle

# Prayer

- ▶ You will need: A candle, a way to light the candle
- ▶ On the next slide you will find a copy of the Lord's Prayer which you can say along with the video

# Prayer

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.