

Easter

Welcome:

I have been doing some shopping for Easter and buying some special food. Can anyone guess what food I have bought?

Hopefully they will suggest Hot cross buns and Easter eggs, if not give some clues e.g. for the hot cross buns!

Show hot cross buns and explain that hot cross buns have been eaten for hundreds of years and were popular during holidays. **Can ask what the cross is a reminder of** or explain that they are now associated with Good Friday as the cross on them is a reminder of Jesus' death on a cross. We remember that Jesus, although he had done nothing wrong was put on a cross. It was a sad day, but it is not the end of the story.

Ask what other Easter foods do we know about? **Bring out Easter Egg.** Explain that in the past, eggs were considered a luxury food, so during Lent (the time before Easter) people used to give up eating them. At the end of Lent decorated hens eggs would then be given as gifts. Nowadays we tend to give chocolate eggs. **Can ask children how many eggs they think are eaten** – around 80 million eggs are eaten in the UK each year! Eggs are used to remind us of new life and the fact that on Easter Sunday just 3 days after Good Friday when Jesus' friends went to the tomb where he was buried they found it empty. Jesus was alive. The eggs look like a stone and remind us that the stone outside the tomb was rolled away and today some people still have egg rolling competitions (obviously the eggs are hard boiled!)

Now the last Easter food I have brought is Fish fingers!!!! **Show fish fingers box.** (Hopefully everyone will be surprised). Say often the Easter story ends with the empty tomb. Actually Jesus appeared to his friends and lots of other people to prove He was still alive. The third time He appeared (John 21: 1-14) some of Jesus' friends who were fishermen had gone to a lake and spent the whole night fishing. Get the children to pretend to throw nets out after the count of 3 in one direction and then haul them back in, but they are empty, then pretend to throw them out the other side, any luck? No still empty. The fishermen give up and head for the shore. Suddenly they see a stranger on the shore and He tells them to put their nets back in the water, and surprisingly they do. Get the children to try again. This time when they pull the nets in they are so full of fish the boat is nearly sinking. Get them to pretend to heave the nets in. The friends of Jesus (His disciples) realise that the stranger is actually Jesus and they are overjoyed to see Him again. Jesus had lit a fire on the shore and they all shared a fish breakfast.

In the Easter story when Jesus died on the cross His friends were very sad, disappointed and confused and felt that life was unfair just like we can feel sometimes. On the Sunday when His friends realised He was alive again they were

overjoyed with happiness. Christians believe that Jesus died to take away our 'badness', and that He is alive and our friend now, even though we can't see Him.

Prayer:

God we thank you for Jesus and that He is our friend.

**Help us to remember Him when we eat our Hot cross buns, our Easter eggs
and even our fish fingers!**

Amen