



Prayer Activities

Bitter Prayers

In John's account of the resurrection, Jesus asks Mary, 'why are you weeping?' He asks the same question to us today.

Pour a small cup of lemon water and taste its bitterness.

Think about something that is bitter to taste in your life or that you are crying about;
it might be something/someone you're finding difficult,
it might be pain that won't go away,
it might be something someone else is struggling with.

Cry out to God in prayer for these bitternesses.

Add a spoon of sugar, stir, and taste the sweetness.

Just as the sugar has turned the bitter water into sweet water, Jesus is able to turn bitter things sweet and on the cross he has changed the bitter sting of death into the sweetest victory of all!

Sweet Prayers

For each colour of egg/sweet, decide on one category of things to thank God for.

Take it in turns to take a mini egg/coloured sweet and thank God for something in that category before eating your egg.

Pass packet around taking it in turns to pray.

You could search for the colour you'd like to pray, or close your eyes and pick an egg, then pray.

Cadbury's mini eggs come in four colours, giving you four categories:

pink: people

purple: the world

yellow: Springtime things

white: things about Jesus

Butterfly Prayers

Butterflies start their life as caterpillars. Then caterpillars bury themselves in a chrysalis and their life seems to end. After some time, though, they burst from that tomb into new life as a butterfly.

3 days after he died, Jesus rose to new life!

Christians believe that Jesus brings us hope and new life.

What are your hopes and dreams?

Where in your life would you like a new start?

Write or draw your ideas on a butterfly shape, decorate it and hang it up to remind you that Jesus is able to bring new life to us.

Easter Garden

Get your tray or tin lid and put some soil, sand, pebbles or anything to make a soft base to stick things to, on or in.

Be creative with the things that you find around your house and garden to make a garden with empty tomb, stone rolled away; maybe even some disciples and Jesus meeting them.

Children - PLEASE ask permission from an adult before using any material.

