

## #Selfie with God

Resource Activity: Sunday 4<sup>th</sup> April



Hi lovely young people!

**We hope you are keeping well and that you've had a good week! We would like to wish you all a very happy and blessed Easter!**

**First let's start with a little fun! Can you guess the answers to the Easter quiz below? Answers can be found on the final page.**

1. What flower is most connected with Spring?
2. What is the Sunday before Easter Sunday called?
3. Who wrote The Tale of Peter Rabbit?
4. What is the name of the city that Jesus rode into, where those that welcomed him laid palms down before him?
5. What does a hot cross bun represent?
6. What is traditionally eaten on Good Friday?
7. What does the rabbit in Alice in Wonderland always carry with him?  
A – An egg  
B – A phone  
C – A pocket watch
8. What date does Easter usually fall on?  
A – 4<sup>th</sup> April  
B – 12<sup>th</sup> April  
C – It changes every year
9. What happens to the clocks in Spring? Do they go  
A – Back  
B – Forward
10. What does the Easter Egg signify at Easter?

**This week we will be focusing on Easter and Jesus, the man.**

So often, when we think of Jesus, the son of God. We can think of all of the wondrous things He did, His life changing spirit and the miracles He performed. We can sometimes forget that he was equally human too.

It is when we are reminded of Jesus’ humanity that we can find a way to connect with Him on a whole different level.

In our lives, there are so many emotions and experiences we can have and as followers of Jesus we so often lift them to Him, for His help and guidance. Understanding that Jesus actually understands and can relate to us brings things into a whole new perspective. To lift our pain to Him and feel understood is such a wonderful gift.

One of the biggest things we need as humans is to be understood.

At Easter, we can be reminded of Jesus’ humanity even more powerfully. God gave Jesus, His only son as a sacrifice for sin. Jesus would give His life for the salvation of all man-kind. This Easter Sunday, we celebrate that Jesus rose again and through His Holy Spirit remains with us and in us eternally. Through the crucifixion and the time that led up to this we can also see Jesus’s humanity even more clearly.

We witness Jesus feeling all of the human qualities that we experience. Fear, when he begged God to save Him from His fate. “Take this cup from me,” He called out. The “cup” representing the suffering He was about to endure. Betrayal when Judas gave Him the kiss that would seal His fate. Loneliness when His friends, the disciples, failed to stay awake with Him the night before His death as they rested in the garden of Gethsemane. Pain, as He endured the cruel torture of His persecutors and despair as He hung from the cross taking upon Himself the sins of all man-kind as He slowly died.

**Jesus understands us because He too has felt the things we feel. He himself knew the full range of human emotion. We can see this at so many times throughout the Gospel.**

When you think of Jesus, how do you imagine Him? Please write one sentence here that describes how you see Him.

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It is so important to remind ourselves that it wasn’t some super hero that was crucified on the cross but rather, a man, fully human while also being the Son of God. It is a powerful reminder of the level of sacrifice that was made for us all. And in His suffering, we as human’s can also, on some level, realise all of the difficult emotions Jesus would have experienced. Despite all of this, He still fulfilled God’s plan.

Easter Sunday represents new beginnings and new hope. It celebrates, and we rejoice in, the empty tomb as Jesus rose again and is alive with us today. At Pentecost Jesus’ ascended to Heaven and left His Holy Spirit with us but this didn’t mean that He lost all His understanding of the humanity he had experienced. He will have kept all of that with Him. He would have had such a wonderful understanding of the human heart and all of the feelings it feels.

What does the empty tomb mean to you?

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**A new beginning doesn't always mean all that took place before is lost, it is so often used to help others as. No pain, no loss and no sadness is ever wasted. God uses everything of what we experience.**

Understanding that Jesus was human too, has helped me so much in my own life. When talking to Jesus about the difficult times I am facing, I so often try and remind myself that I am talking to another heart that truly feels and connects with my pain because He too has experienced it. He has been in the wilderness; He has known despair and He also rose again. That is why Jesus loves us all to talk to Him about everything in our lives because His love has no limits. That is also why it is important to tell others of the good news that Jesus is alive today and that He wants each one of us to share our lives with Him.

1. Are there things in your life that you think Jesus may not understand?
2. How does the fact that Jesus was human help you connect with Him?
3. Does this fact help you to be more honest with Jesus about the place you are in?

Every day, Jesus wants us to rise again in Him. Just as he understands our sadness, our weaknesses and failures, He wants us to look to Him as we rise up out of them and leave them behind. He is the master of new beginnings, of rebirth and new hope. He trades our ashes for beauty and the sacrifice He made for us and His rising again on Easter Sunday can ignite hope in our hearts that in Jesus, it's never the end, there is always new life to come. And He wants to share in the joy and happiness of our lives. Every part of our human experience, He wants to share in and walk with us through.

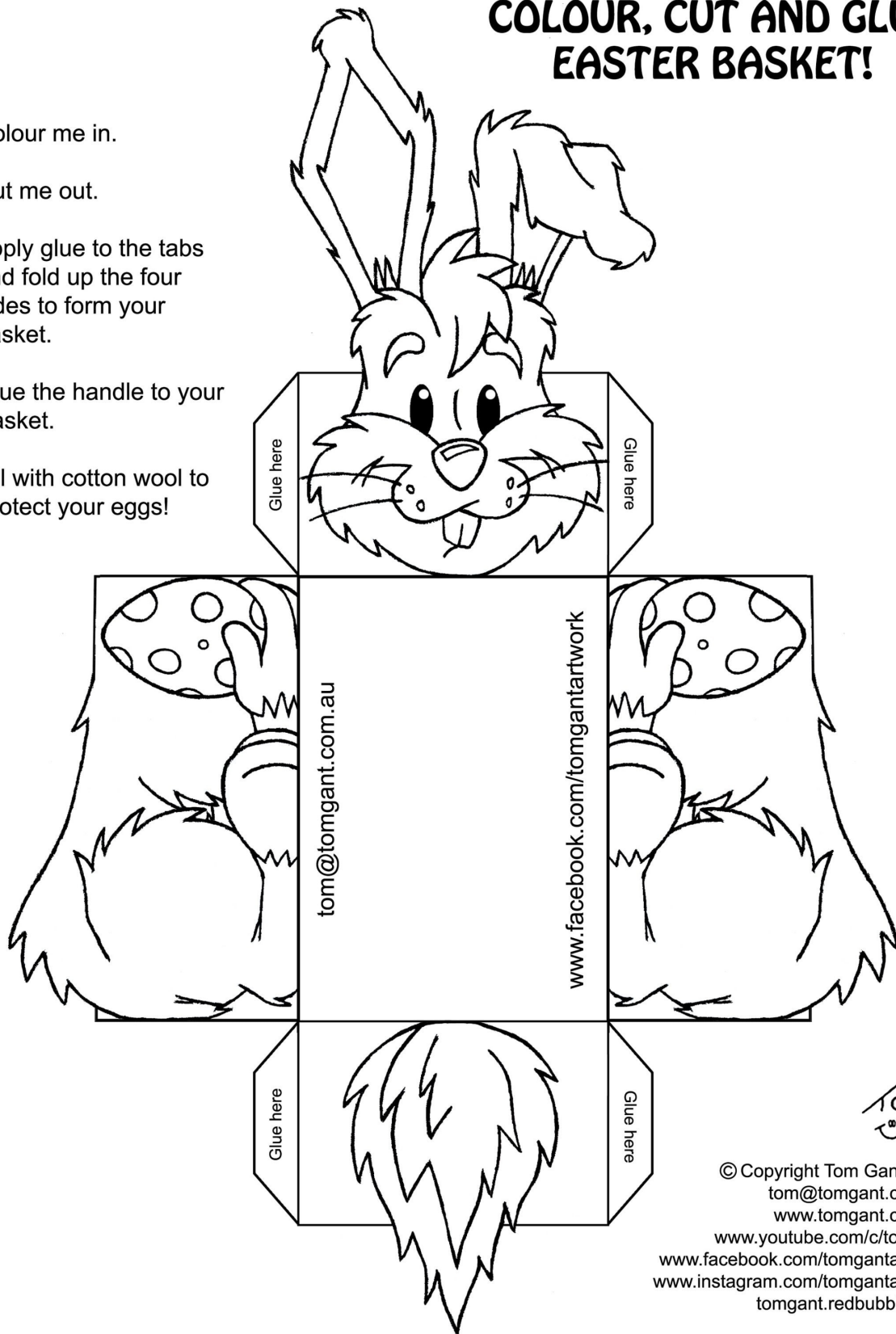
This Easter, may you be reminded of the wonderful love of Jesus, of all that He gave for you and the promise He has left with you, for new life and new hope.

**Prayer for this week: Dear Lord. On this Easter Sunday, let us be reminded of the sacrifice you made for us. Let us remember that Jesus is alive and His spirit is within us. We thank you Lord that you understand everything we feel. Lord bless us on this special day with such a renewed spirit and a renewed sense of hope for our lives. Amen**

***Please see following page for Easter Craft – colour, cut out and stick the basket together adding to it sweets or little messages of hope for this Easter that you can share with your family.***

# COLOUR, CUT AND GLUE EASTER BASKET!

1. Colour me in.
2. Cut me out.
3. Apply glue to the tabs and fold up the four sides to form your basket.
4. Glue the handle to your basket.
5. Fill with cotton wool to protect your eggs!



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# **Feel Good with Selfie!**

**(with updated links for your enjoyment)**



**To help you stay healthy and positive remember to:**

- Limit how much news and social media you look at to give your mind a rest.
- Do something nice that you love; read a good book, play a game you enjoy or do some baking.
- Exercise each day, it will help boost your mood.
- Get in touch with friends, connecting with others always makes us feel good.
- Speak to God about your thoughts and worries, find rest in Him.

**Something to make you smile:**

**<https://www.youtube.com/watch?v=BFNekjEgvuk>**

**A song for your spirit: Same God - Hannah Kerr**

**<https://www.youtube.com/watch?v=0aFzIDmQWhk>**

**A song for your feet: Counting Every Blessing - Rend Collective**

**<https://www.youtube.com/watch?v=w6Y91axwxfI>**

**Quotes to Inspire: “If you can dream it, you can do it” - Walt Disney**

## Answers to the Easter Quiz:

1. What flower is most connected with Spring?

Daffodils

2. What is the Sunday before Easter Sunday called?

Palm Sunday

3. Who wrote The Tale of Peter Rabbit?

Beatrix Potter

4. What is the name of the city that Jesus rode into, where those that welcomed him laid palms down before him?

Jerusalem

5. What does a hot cross bun represent?

The Crucifixion

6. What is traditionally eaten on Good Friday?

Fish

7. What does the rabbit in Alice in Wonderland always carry with him?

A – An egg

B – A phone

C – A pocket watch - Correct

8. What date does Easter usually fall on?

A – 4<sup>th</sup> April

B – 12<sup>th</sup> April

C – It changes every year - Correct

9. What happens to the clocks in Spring? Do they go

A – Back

B – Forward - Correct

10. What does the shape of an Easter Egg signify?

New birth/new life