

# The Rock, Sunday 19<sup>th</sup> April 2020

## John 20 19-29

### Warm up

Dance to, join in with the actions (if you can remember them) and sing our Rock song.

This video has the words:

<https://www.youtube.com/watch?v=dcAG4PbNXaA>



This video has the actions: <https://youtu.be/8dbOgbRxClM>

### Getting started

#### 1. Equipment

Tray, lots of various objects, a tea towel.

Gather together a collection of small objects – they can be anything but they must all be different – try a coin, a safety pin, a piece of lego, a small teddy, a spoon, a cup... you get the idea! Put all the objects on a tray and cover with a tea towel.

Show some objects for 30 seconds and the children should try and remember what's there. Show the items then re-cover them when the time is up. Now remove an item without anyone seeing what it is.

Show the items again and ask the children to see what's missing. Play as many times as you like.

At the end of the game, say that last time we saw that Jesus' body was put into the tomb, but when His friends went there three days later, it had gone!

**The Point:** Just for fun and to give a starting place for the teaching time.

#### 2. Equipment

Paper, coloured pens or pencils.

Ask the children to draw something normal but with a surprising twist. So, for example, you might draw a pig (which is normal) but add wings (which is surprising).

Remind the children that in last week's session, Jesus died on the cross. Do any of them know what's surprising about what happened next?

**The Point:** For fun and to open into the teaching time.



## Story/ teaching time

Sit the children in the middle of the room. Say that one side of the room is 'Believe' and the other is 'Disbelieve'. Say that you'll read out a list of things and they have to decide whether they believe them or not and run to the appropriate side of the room.

Some of the statements you'll need to make up yourself to make them personal to you, but here are some general ones to start you off:

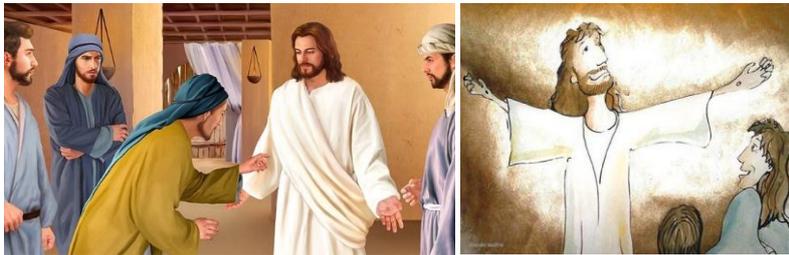
- I saw a pig flying through the air this morning.
- I had cornflakes for breakfast.
- I am secretly a superhero.
- I like to eat daffodils.
- The big bad wolf came last night and blew my house down.
- I can swim two lengths underwater.

It doesn't really matter whether the children get it 'right', what matters here is that they work out which things they believe and which they don't.

Say that some of the disciples had a hard time believing that Jesus really had come back from the dead.

Read John 20 v 19-29- see link below for a children's version

<https://www.biblegateway.com/passage/?search=John+20%3A+19-29&version=ICB>



At the end, ask the children who Jesus appeared to. Ask them if they can tell you which ones didn't really believe that Jesus could have come back to life.

What made them believe that He had? How would they have felt if they were the disciples? Would they have found it easy or hard to believe? What would have helped them to believe?

**The Point:** To tell some of the stories of this time and to get the children thinking about whether this was something that was easy to believe in.

## Craft ideas

1. Equipment

Copy of the Easter crossword (attached) and pens or pencils.

*Download*

[Easter\\_Crossword.pdf](#)

[Easter Crossword Answer Sheet1.pdf](#)

## 2. Equipment

Plain round biscuits, icing sugar, butter, milk, black food colouring, writing icing pens, other small edible decorations, spreading knives.

Make up a quantity of butter icing – this is double the quantity of icing sugar to butter and a few drops of milk to get the right consistency. (140g (5oz) of butter and 280g (10 oz) of icing sugar will cover a cake to give you an idea of quantity.) If possible, add a few drops of black food colouring to make the icing grey.



Remind the children that the entrance to the tomb was covered by a huge stone. Say that you are going to decorate biscuits to remind you of this.

Give each child a biscuit. Let them cover it in the grey icing. Ask them what we learned about Jesus today. He didn't stay dead – He rose again and the stone was rolled away. Let them write RISEN on the biscuit using writing icing and other decorations.

### 3. Spot the difference and colouring sheet:

<https://ministry-to-children.com/wp-content/uploads/2010/10/doubting-thomas-activity.pdf>

**The Point:** To give a take away reminder of the teaching time.

### Song

Listen, watch and reflect:

<https://www.youtube.com/watch?v=mEDcKZB7r2A>

Tell the children that one of things that Jesus did when He appeared to His disciples was breathe on them so that the Holy Spirit would come (John 20:22). Say that you are going to be quiet and listen to a song as you imagine Jesus breathing on you.

Get the children to lie down quietly. Afterwards you might like to ask them what they thought about or imagined as the song played.

**The Point:** To give the children a chance to reflect.

(Material taken from Energize by Urban Saints - <https://www.energize.uk.net/>)

