

星期日

棕枝主日
Zōng zhī zhǔ rì

-馬可福音 Mark 11:9
Mǎ kě fú yīn

星期一

主耶穌潔淨聖殿
Zhǔ yē sū jié jìng shèng diàn

-馬可福音 Mark 11:17
Mǎ kě fú yīn

星期二

耶穌的聖殿教導
yē sū de shèng diàn jiào dǎo

-路加福音 Luke 19:47-48
Lù jiā fú yīn

星期三

猶大出賣耶穌
Yóu dà chū mài yē sū

-路加福音 Luke 22:1-6
Lù jiā fú yīn

星期四

濯足節:洗腳和聖餐

zhuó zú jié: Xǐ jiǎo hé shèng cān

星期五

聖週五:十字架

shèng zhōu wǔ: Shí zì jià

-約翰福音 John 13:3-5

Yuē hān fú yīn

-馬太福音 Matthew 27:27-31, 45-49,
50-51

Mǎ tài fú yīn

星期六

墳墓

fén mù

星期日

耶穌復活了!

Yē sū fù huó le

-路加福音 Luke 23:50-56

Lù jiā fú yīn

-馬太福音 Matthew 28:1-10

Mǎ tài fú yīn

Holy Week

8 Activities to Experience Holy Week As a Family

Hi! I created this activity to help your family experience the power of Easter together.

The printable and readings will take you and your kids through the days leading up to Christ's crucifixion and resurrection. For each day of the Holy Week, there are verses or sections from Jesus Storybook Bible to read together plus an easy craft or family activity.

Kids love seeing their work displayed around the house. I encourage you to put up the printable in an area they can easily access. This will also provide more opportunities for discussions.

Please feel free to adapt it to your family and do what works for you! Perhaps that means reading the summaries instead of Scripture or maybe you need to skip an activity. You know what works for your kids.

Happy Easter! May His Risen Hope fill your home!

Sunny Horstmann

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聖週/Holy Week



Sunday: Palm Sunday/棕枝主日 (zōng zhī zhǔ rì)



人羣前呼後擁，高聲喊著說：“讚美上帝！奉上主之名來的是應當稱頌的！”
Rén qún qián hū hòu yōng, gāo shēng hǎn zhe shuō: “Zàn měi shàng dì! Fèng shàng zhǔ zhī míng lái de shì yīng dāng chēng sòng de!”
-馬可福音11:9
Mǎ kě fú yīn



Cut out some palm branches using green construction paper then glue it onto day the space for Palm Sunday. You can also have your kids draw the branches if they like to draw. Ask them how they would welcome a King ?

Monday: Jesus cleans the temple tables/主耶穌潔淨聖殿 (zhǔ yēsū jiéjìng shèng diàn)



他對他們說：“聖經宣告說：‘我的聖殿要稱為萬國禱告的殿’，你們竟然把它變成了賊窩！”-馬可福音 11:17
Tā duì tā men shuō: “Shèng jīng xuān gào shuō: ‘Wǒ de shèng diàn yào chēng wéi wàn guó dǎo gào de diàn’, nǐ men jìng rán bǎ tā biàn chéng le zéi wō!”
Mǎ kě fú yīn



Draw or cut out a table and coins and then glue it onto the space for Monday. You can even tape real coins if you prefer. Ask why they think Jesus was angry. Take time to say a prayer for your own country or for another country that’s in the news.

Tuesday: Jesus teaches in the temple/耶穌的聖殿教導 (yēsū de shèng diàn jiàodǎo)



“從那以後，耶穌天天在聖殿裏教導人。祭司長，律法教師和其他的民眾領袖卻開始畫”
Cóng nà yǐ hòu, yēsū tiān tiān zài shèng diàn lǐ jiào dǎo rén. Jì sī zhǎng, lǜ fǎ jiào shī hé qí tā de mǐn zhòng líng xiǔ què kāi shǐ huà
-路加福音 19:47-48
lù jiā fú yīn



Cut out or draw a scroll then glue popsicle sticks or pipe cleaners to the top and bottom of the scroll. Talk about how Jesus’ Word gives us strength and know what to do.

Wednesday: Judas betrays Jesus/猶大出賣耶穌 (yóudà chūmài yēsū)



除酵節，又叫逾越節，快到了。祭司長律法教師密謀要殺掉耶穌，但又害怕民眾的反應。那時撒旦進入了猶大的心，他是十二門徒之一。他去見祭司長和聖殿的守衛長，商議怎麼樣把耶穌出賣給他們。他們很高興，答應付錢給他。猶大同意了，就開始找機會出賣耶穌，好讓他們在周圍沒有羣眾的時候把耶穌抓起來 -路加福音 Luke 22:1-6 or Jesus Storybook Bible/故事聖經 page 291
Chú jiào jié, yòu jiào yú yuè jié, kuài dào le. Jì sī zhǎng lǜ fǎ jiào shī mì móu yào shā diào yēsū, dàn yòu hài pà mǐn zhòng de fǎn yīng. Nà shí sā dàn jìn rù le yóu dà de xīn, tā shì shí èr mén tú zhī yī. Tā qù jiàn jì sī zhǎng hé shèng diàn de shǒu wèi zhǎng, shāng yì zěn me yàng bǎ yēsū chū mài gěi tā men. Tā men hěn gāo xìng, dǎ yīng fù qián gěi tā. Yóu dà tóng yì le, jiù kāi shǐ zhǎo jī huì chū mài yēsū, hǎo ràng tā men zài zhōu wéi méi yǒu qún zhòng de shí hòu bǎ yēsū zhuā qǐ lái -lù jiā fú yīn



Cut out or draw a black heart to symbolize how Satan entered Judas’ heart. Talk about how when we dwell on things that are not of God, we allow darkness to come into our heart. But when we think about things of God, like being thankful and praising Him, His light will fill our hearts and make our hearts bigger! We can ask Jesus to help us have hearts full of His light.

Thursday: Maudy Thursday/濯足節:洗腳和聖餐 (zhuó zú jié: Xǐ jiǎo hé shèngcān)



“耶穌知道父已經將掌管一切的權柄交給他，並且知道自己是從上帝那裡來，要回到上帝那裏去；於是他起身離席，脫下外衣，把一條毛巾束在腰間，然後倒了一盆水，開始為門徒洗腳，並用束腰得冒警擦乾。”-約翰福音 John 13:3-5 or Jesus Storybook Bible 故事聖經 pg.286-289, 292



Cut out or draw bread and fish or food your kids enjoy, glue it onto the space for this day. Then fill a small basin with warm soapy water and a towel. Then take turns washing each other's feet. Talk about how Jesus is a servant and came to serve us, setting an example for us as a servant King. In those days people's feet were stinky and dirty from walking on dusty roads. Feet washing was done by servants, it was something people don't like to do. Ask your kids what's something they can do to help around the house or help their friends that may not necessary seem fun?

Friday: Good Friday The Cross/聖週五：十字架 (shèng zhōu wǔ: Shízìjià)



“總督的士兵把耶穌帶進總督府，叫來全營的士兵。他們剝掉耶穌的衣服，給他披上一件鮮紅色的袍子，又用荊棘枝條編成冠冕，戴在他的頭上，還把一根蘆葦桿塞在他右手裏給他作權杖。他們跪在他面前，挖苦、嘲弄他：「萬歲！猶太人的王！」他們向他吐唾沫，又抓起蘆葦桿打他的頭。他們戲弄夠了，就剝下那件袍子，再給他穿上他自己的衣服，就把他帶去釘十字架。”-馬太福音 27:27-31

正午時分黑暗籠罩了全地，一直持續到下午三點。大約三點的時候，耶穌大聲呼喊：「以利，以利，拉馬薩撒巴各大尼？」意思是「我的上帝，我的上帝，為什麼離棄我？」-馬太福音 27:45-49

耶穌又大叫一聲，就交出了靈魂。那一刻，聖殿聖所的幔幕從上到下裂成了兩半。大地震動，岩石崩裂 -馬太福音 27:50-51 or Jesus Storybook Bible/故事聖經 page 302-307



Use some popsicle sticks or pipecleaners to make three crosses. Glue it onto the space for Good Friday. You can also have your kids draw them. Then talk about how sad Jesus and His Father was on that day. But how they knew, the suffering on the Cross will open the way for people's sins to be paid so we can have a relationship with God again!

Saturday: Grave/墳墓 (fénmù)



“有一個名叫約瑟的人，為人善良正直。他雖是猶太最高公議會的成員，卻不贊同其他宗教領袖的決議和做法。他是猶太的亞利馬太人，一直期待上帝國的來臨。他去見彼拉多，想要領取耶穌的遺體。他把遺體從十字架上取下來，用長馬布裹好，安放於一個在岩石中鑿成的新墓穴裏。他們在星期五的黃昏做完了這些事。那天是預備日，安息日就要到了。”-路加福音 Luke 23:50-56 or Jesus Storybook Bible/故事聖經 page 308-309



Cut out or draw a big black rock representing the stone that was rolled in front of Jesus' tomb. Talk about how Jesus' friends were sad and very discouraged about what took place. Ask your kids if they've felt discouraged or sad about something. Then talk about how this is not the end of Jesus' story! Invite them to guess what happens next!

Sunday: Jesus is Alive! 耶穌復活了！Yēsū fùhuóle!



“星期日清晨，新一天到來的時分，抹大拉的馬利亞和另一位馬麗利亞來看耶穌的墳墓。突然，發生了劇烈的地震！原來是主的一位天使從天上下來，將幕口的大石頭挪開，坐在上面。他的臉光亮如閃電，衣服潔白如雪。衛兵看見他，都嚇得發抖並昏倒過去。天使對婦女說：「不要怕！我知道你們在找那個被釘十字架的耶穌。他不在這裏！就像他曾經說過的那樣，他已經從死人中復活了。來，看看這曾經安放過他的地方！現在，你們快去告訴他的門徒，他已經從死人中復活了，並會在你們之前之前到加利利去，你們會在那裏見到他。記住我對你們說的話。」這些婦女趕緊離開了墳墓，她們非常驚慌，卻又滿心歡喜，跑去向門徒報告天使的信息。耶穌在路上迎見她們，跟她們打招呼，她們便跑去抱住他的腳拜他。耶穌對她們說：「不要怕！去告訴我的弟兄，叫他們到加利利去，他們會在那裏見到我。」-馬太福音28:1-10 or Jesus Storybook Bible/故事聖經 page 310-317



Leave this day on the printable blank to represent Christ' resurrection.

Resurrection Rolls

Ingredients: jumbo marshmallow, cinnamon, sugar, crescent rolls, butter

Directions:

1. Melt a half stick of butter on the stove or in the microwave. Let it cool for a few minutes.
2. Mix 1/4 cup of sugar with 2 Tablespoons of cinnamon. Roll a marshmallow in the butter, then in the cinnamon sugar mixture. Then roll it up in a crescent roll.
3. Bake in the oven at 350 degrees for 10-12 minutes or until golden brown.

Explain: As you make these rolls with your kids, talk to them about how the white marshmallow represents Jesus, the sinless son of God who died for our sins. As you roll the marshmallow in the crescent roll, explain that it represents the tomb Christ's body was laid in. After baking and letting it cool, let your kids open the roll or bite into it to reveal the empty roll, just like how the Jesus' tomb was empty because He is risen! 他已復活了(tā yǐ fù huó le) !

Other options: If you prefer not to make this, you can also use an easter egg and have your kids open it to see how it's empty like Jesus' tomb. You can also simply buy another type of sweet roll from the bakery that is either empty or has space between the roll and filling on the inside.





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