

星期日

棕枝主日

-马可福音 Mark 11:9

星期一

主耶稣洁净圣殿

-马可福音 Mark 11:17

星期二

耶稣的圣殿教导

-路加福音 Luke 19:47-48

星期三

犹大出卖耶稣

-路加福音 Luke 22:1-6

星期四

濯足节:洗脚和圣餐

星期五

圣周五：十字架

-约翰福音 John 13:3-5

-马太福音 Matthew 27:27-31

星期六

坟墓

星期日

耶稣复活了！

-路加福音 Luke 23:50-56

-马太福音 Matthew 28:1-10

Holy Week

8 Activities to Experience Holy Week As a Family

Hi! I created this activity to help your family experience the power and hope 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 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 where they spend most of their time. This will also open up opportunities for further discussion.

Please feel free to adapt it to your family and **do what works for you!** Perhaps that means giving a summary instead of reading every verse or maybe you need to skip an activity. Remember that you know what works for your kids.

Happy Easter! May His Risen Hope fill your home!

Sunny Horstmann

www.spotofsunshine.com



圣周/Holy Week



Sunday: Palm Sunday/棕枝主日



“人群前呼后拥，高声喊着说：“赞美上帝！奉上主之名来的是应当称颂的！”-马可福音11:9



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 or glue real leaves you found outside. Ask them how they would welcome a King, invite them to pretend Jesus is walking into your house and act out how they would welcome Him. Remember to be silly and have fun!



Jesus we welcome you! We like you and want to be with you. Please come be in our home. 耶稣我们欢迎你！我喜欢跟你在一起。请你住在我们的家里！

Monday: Jesus cleans the temple tables/主耶稣洁净圣殿



他对他们说：“圣经宣告说：‘我的圣殿要称为万国祷告的殿’，你们竟然把它变成了贼窝”
-马可福音1:17



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? Talk about how much Jesus wants everyone be able to come to Him and receive His help and love no matter rich or poor. Pray together, thanking Jesus that He doesn't want anything to get in the way of us knowing His love for us:



Lord Jesus, thank you. You love us so much. You don't want anything to keep us from coming to you. Help us remember
主耶稣，谢谢你，你是如此的爱我们，不希望我们中间有人和隔绝。帮助我记得你是喜爱帮助我领受你的爱的神。奉主耶稣的名祷告，阿门！

Tuesday: Jesus teaches in the temple/耶稣的圣殿教导



“从那以后，耶稣天天在圣殿里教导人。祭司长，律法教师和其他的民众领袖却开始谋划怎样杀害他，却苦于无从下手，因为耶稣讲的每一个字对众人都有莫大的吸引力”
-路加福音 19:47-48



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 help us in our lives. His Word is different from our words. His Word, the Bible gives light and life when it's spoken. When God created the world, He spoke and it came to being. In the same way when we speak His Words, we're bringing God's light and life where we are! You can also try going into a closet or a room. Turn off the lights and then turn them on again to experience together what happens when we speak God's Word (words of encouragement and life)!



Pray Together: Jesus thank you for Your Word that makes me happy and helps me know You and Your love for me. Help me speak Your words. Help me speak words of life!
亲爱的耶稣，谢谢你，你的道帮助我有喜乐也帮助我知道你爱我。帮助我讲出生命和祝福人的话，奉主耶稣的名祷告，阿门！

Wednesday: Judas betrays Jesus/犹大出賣耶穌



“除酵节，又叫逾越节，快到了。祭司长律法教师密谋要杀掉耶稣，但又害怕民众的反应。那时撒旦进入了犹大的心，他是十二门徒之一。他去见祭司长和圣殿的守卫长，商议怎么样把耶稣出卖给他们。他们很高兴，答应付钱给他。犹大同意了，就开始找机会出卖耶稣，好让他们在周围没有群众的时候把耶稣抓起来” -路加福音 Luke 22:1-6 or Jesus Storybook Bible/故事圣经 page 291



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 and more able to love! We can ask Jesus to help us have hearts full of His light.



Jesus fill my heart with your light! Help me have a thankful heart, a heart that praises you. In Jesus' name I pray, amen!
亲爱的主耶稣，让你的光充满我的心。帮助我有一个感恩的心，赞美你的心。奉主耶稣的名祷告，阿门！

Thursday: Maudy Thursday/濯足节:洗脚和圣餐



“耶稣知道父已经将掌管一切的权柄交给他，并且知道自己是从上帝那里来，要回到上帝那里去；于是他起身离席，脱下外衣，把一条毛巾束在腰间，然后倒了一盆水，开始为门徒洗脚，并用束腰得冒警擦干。”-约翰福音 John 13:3-5 or Jesus Storybook Bible 故事圣经 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 and help us. 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 the family or help their friends.



Jesus thank you that You love to help me. Help me know how to share Your love with myfamily and friends.
耶稣谢谢你，你喜欢帮助我。帮助我知道怎么跟我的家人和朋友分享你的爱。奉主耶稣的名祷告，阿门！

Friday: Good Friday The Cross/圣周五：十字架



“总督的士兵把耶稣带进总督府，叫来全营的士兵。他们剥掉耶稣的衣服，给他披上一件鲜红色的袍子，又用荆棘枝条编成冠冕，戴在他的头上，还把一根芦苇秆塞在他右手里给他作权杖。他们跪在他面前，挖苦、嘲弄他：「万岁！犹太人的王！」他们向他吐唾沫，又抓起芦苇秆打他的头。他们戏弄够了，就剥下那件袍子，再给他穿上他自己的衣服，就把他带去钉十字架。”-马太福音 27:27-31 or Jesus Storybook Bible/故事圣经 page 302-307



Use some popsicle sticks, branches 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 Jesus went on the Cross because He loves us so much and wanted to help us be His friends again! Go around sharing a game of “I spy” looking for evidence of God’s love for us. Ex: “I know God loves me because He made water, I love playing in water!”



Thank You Jesus that You love me so much you stayed on the Cross and died for my sins. Thank You that when I tell you I’m sorry for doing something wrong, You forgive me. 耶稣谢谢你，你那么爱我，待在十字架上为我的罪死。谢谢你，当我跟你分享我做错的事，你会饶恕我。奉主耶稣的名祷告，阿门！

Saturday: Grave/坟墓



“有一个名叫约瑟的人，为人善良正直。他虽是犹太最高公议会的成员，却不赞同其他宗教领袖的决议和做法。他是犹太的亚利马太人，一直期待上帝国的来临。他去见彼拉多，想要领取耶稣的遗体。他把遗体从十字架上取下来，用长马布里好，安放于一个在岩石中凿成的新墓穴里。他们在星期五的黄昏做完了这些事。那天是预备日，安息日就要到了。” -路加福音 Luke 23:50-56 or Jesus Storybook Bible/故事圣经 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. Let them share about it.



Thank You Jesus for dying on the Cross and washing my sins away so I can have a new life in You! 亲爱的耶稣，谢谢你在十字架上为我死，洗净我的罪，给我新的生命。奉主耶稣的名祷告，阿门！

Sunday: Jesus is Alive! 耶穌復活了！



“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



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/他已复活了 (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



Thank You Jesus that You saved us because You love us! You are the only one who can!
耶穌謝謝你救了我因為你愛我！你是唯一可以救我們的神！奉主耶穌的名禱告，阿門！





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