

星期日

棕枝主日

-馬可福音 Mark 11:9

星期一

主耶穌潔淨聖殿

-馬可福音 Mark 11:17

星期二

耶穌的聖殿教導

-路加福音 Luke 19:47-48

星期三

猶大出賣耶穌

-路加福音 Luke 22:1-6

星期四

濯足節:洗腳和聖餐

-約翰福音 John 13:3-5

星期五

聖週五：十字架

-馬太福音 Matthew 27:27-31

星期六

墳墓

-路加福音 Luke 23:50-56

星期日

耶穌復活了！

-馬太福音 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

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聖週/Holy Week



Sunday: Palm Sunday/棕枝主日



“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！”-馬可福音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. Rememeber 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.
耶穌我們歡迎你！我喜歡跟你在一起。請你住在我們的家裡！

Monday: Jesus cleans the temple tables/主耶穌潔淨聖殿



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



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
主耶穌，謝謝你，你是如此的愛我們，不希望我們中間有人和隔絕。幫助我記得你是喜愛幫助我領受你的愛的神。奉主耶穌的名禱告，阿門！

Tuesday: Jesus teaches in the temple/耶穌的聖殿教導



“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謀劃怎樣殺害他，卻苦於無從下手，因為耶穌講的每一個字對眾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!
親愛的耶穌，謝謝你，你的道幫助我有喜樂也幫助我知道你愛我。幫助我講出生命和祝福人的話，奉主耶穌的名禱告，阿門！

Wednesday: Judas betrays Jesus/猶大出賣耶穌



“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



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!
親愛的主耶穌，讓你的光充滿我的心。幫助我有一個感恩的心，讚美你的心。奉主耶穌的名禱告，阿門！

Thursday: Maudy Thursday/濯足節:洗腳和聖餐



“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 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.
耶穌謝謝你，你喜歡幫助我。幫助我知道怎麼跟我的家人和朋友分享你的愛。奉主耶穌的名禱告，阿門！

Friday: Good Friday The Cross/聖週五：十字架



“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 or Jesus Storybook Bible/故事聖經 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. 耶穌謝謝你，你那麼愛我，待在十字架上為我的罪死。謝謝你，當我跟你分享我做錯的事，你會饒恕我。奉主耶穌的名禱告，阿門！

Saturday: Grave/墳墓



“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. 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! 親愛的耶穌，謝謝你在十字架上為我死，洗淨我的罪，給我新的生命。奉主耶穌的名禱告，阿門！

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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Sunny @ SpotofSunshine.