

Loved - Free - Forgiven

When Jesus arrived at the place which was outside the city called Calvary, there he was crucified between two criminals - one on his left and one on his right. His hands and feet were nailed onto the cross.

A sign was fastened above Jesus' head, that read 'This is the King of the Jews'. Jesus' friends and mother Mary watched Jesus die in agony. Whilst the Roman soldiers and high priests continued to mock him.



On the cross Jesus said, ***"Father, forgive them, for they don't know what they are doing."***

Sometimes, it is very hard to forgive, especially when we are still hurting. But when we are wounded by someone, Jesus is hurt too.



- What rubbish in our lives prevents us from fully experiencing the love of God?
Hold a nail in your hand (real or picture)

Is there anyone you need to forgive? Who do you need to make peace with?
Are there things you need to say sorry for?

- Ask God to give you the strength to be able to forgive the way he did.
- ★ You may like to write a situation or someone that needs your forgiveness onto tissue paper. Then place the tissue into the water and recognise your fears, doubts and guilt washed away.

The Cross

After many hours of suffering the sky darkened and Jesus cried out 'It is finished!' before he died.

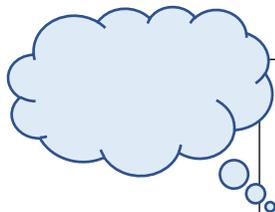
Jesus' death on the cross is the most important part of Christianity which is why the cross is the Christian symbol. Good Friday seems like an odd name for the day Jesus died, but his death is 'good news' for us because it shows us that he loves us and gave his own life so we can be free.

For God so loved the world, that He gave His one and only Son. Whoever believes in Him shall not perish but have eternal life – John 3:16



We can ask for forgiveness, say sorry and know we are forgiven.

We all do and say things wrong that we regret and wish we hadn't.



- Is there anything you have said or done wrong?
- ★ Write a sorry prayer onto the paper-cross and stick it onto a cross or picture of Jesus.
- Spend some time with God talking about whatever you wish.

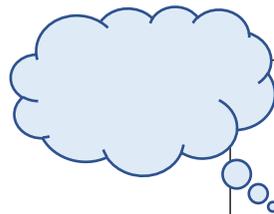
The Body in the Tomb



Later on that Friday, once Jesus was dead, Joseph and Nicodemus took Jesus' body and laid it in a tomb.

Nicodemus brought myrrh and aloes to anoint his body. Taking Jesus' body, the two of them wrapped it with the spices in strips of linen. The Kingdom has come into view and even the grave has become a garden of new creation.

It is hard for us to contemplate how devastated the disciples must have been feeling, because we know what happened next.



- Take some fabric and spray it with perfume or scented oils.
- Hold the scented fabric, close your eyes and pray for all those who have lost someone close to them recently.