



Sunday, 19th April
Seeing is believing!

Hello everyone! We do hope you are all OK. We miss seeing you face to face but this is one way we can still all feel connected to each other!

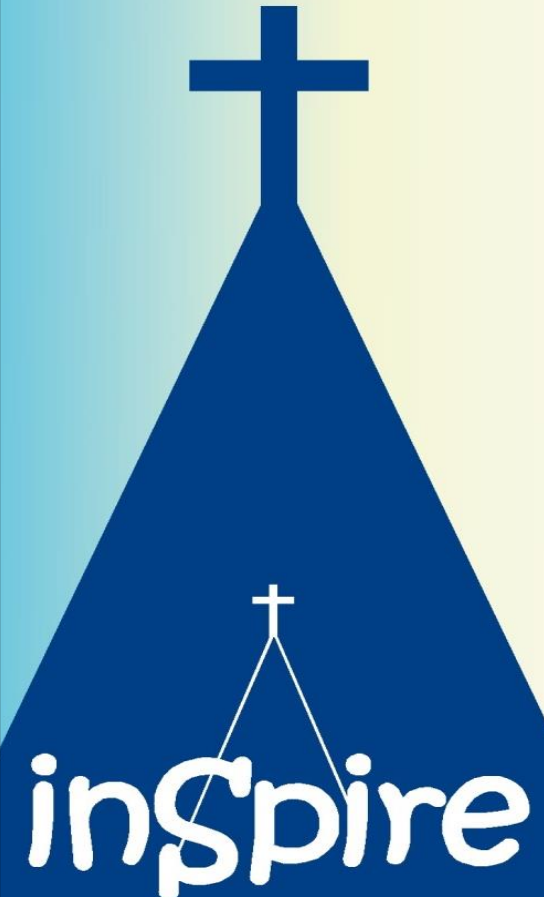
This Sunday we are thinking about how the disciples must have felt when Jesus appeared to them after he had risen.

Wow! It must have been SO exciting!

Let's start by playing a couple of fun games as a family :

One of you (person A) stands at one end of the room or the garden and the rest (the creepers) make a line at the other end. The creepers have to creep up sneakily to person A and touch him on the back. Person A can turn round at any point and if he/she sees someone moving, he shouts their name and that person has to go back to the starting line again. If you can sneak up and touch person A, you then become person A!

Or play Follow the Leader make a chain and walk around the garden following each other. The leader has to add an action like waving her hand/ jumping/hopping/ making a sound . Everybody has to copy. To make the game harder, have a new leader after each action but keep all the old actions going too!



Today's story is about when two of Jesus' friends were walking to a town called Emmaus.



We don't always see things as clearly as we should! And these disciples definitely didn't!

Older children might like to look at the picture below. What do you see? (Some people see an old lady, some see a glamorous young woman!) The disciples in today's story certainly couldn't see what was right in front of them!



Read the story together. (It's from Luke 24 v 13 but here's a version below .) You could act it out, each of you taking on the part of a different character.

Younger children might like to make the paper plate first and use it in the story. **(See the activity in, Let's get Creative)**

In the evening of the day Jesus rose from the tomb, two of Jesus' friends were walking to the town of Emmaus which was about 11 kilometres from Jerusalem. As they were walking, they talked excitedly about all that had happened that day. *(Why don't you make up the conversation they had!)*

They were so involved in remembering everything that had happened, that they didn't really notice a man join them and walk with them. It was actually Jesus, but somehow they didn't recognise him.

The man said, "What are you talking about?"

The two friends stopped walking, stood still and looked very sad.

"Don't you know what has happened in Jerusalem in the last few days?" asked one called, Cleopas. "You must be the only person who doesn't know!"

"What things?" asked the man.

"All the things that happened to Jesus of Nazareth, that wonderful man who was so powerful in all that he said and all that he did. We had hoped he would set us free, but the authorities crucified him and that is why we are sad."

The friends went on to tell the man how their friends had gone to the tomb early that morning, how they had found the tomb empty and how one of the women had even seen Jesus in the garden and how Jesus had spoken to her, telling her to go and tell the disciples not to worry because he had risen!"

The man started to tell the two friends how all these things were meant to happen, how it had all been prophesied in their holy writings, the Scriptures. As he spoke to them, the friends felt their hearts warm, in fact they felt like they had a fire burning in their hearts. They felt super happy and safe in his company and they asked him to stay with them for longer and have a meal with them.

What happens next is really amazing! As they were about to eat, the man takes the bread in his hands, gives thanks to God breaks it and gives it to them. And at that very moment they realise it is Jesus who is with them but he disappears from their sight.

Chat about it with older children

Why do you think the friends didn't recognise Jesus? Do you think there are times when we don't recognise Jesus either? When might these times be?

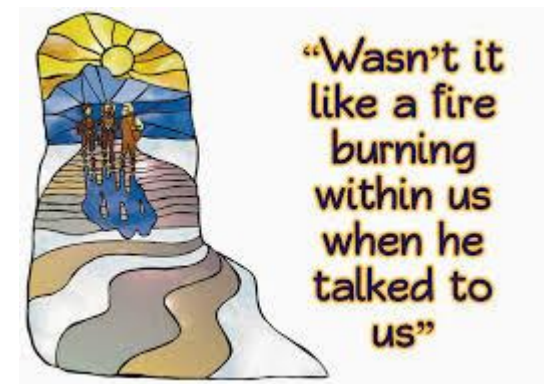
What do you think the friends remembered when Jesus took the bread and broke it?

What do you think the message is for us from this story?

Do you think we can recognise Jesus in the same way when we come to take communion? Do you feel you meet Jesus and see him when we break bread together at our Communion services? Do you feel Jesus "burning in your heart" in the same way the two friends did?

If you want you can watch a Youtube video of this story.

Very young children might like to watch <https://www.youtube.com/watch?v=5uck3U3nnOI>



Let's get creative!

Let's make some things to remind us of this story.....

Happy/sad faces

Take a paper plate and on one side draw a happy face and on the other draw a sad face. Attach your face to a stick or a wooden spoon so you can swivel it. You can always use it as you listen to the story or watch the video to show how the two friends were feeling.



Footprints

Draw around each of your feet and cut them out. On each footprint write "Follow Jesus!" You might like to make a set of footprints and blue tac them on your bedroom door or across your bedroom wall (ask your parents first!) Remember how the friends felt as they walked with Jesus and how they wanted him to stay with them for longer.

You can decorate your footprints to make them special.



Make bread.

If you have the ingredients make some bread for your tea.

If you haven't got the ingredients for making bread, why not make sandwiches for everyone in your family and have a picnic together later!

Let's thank Jesus for all the times we can see him have some quiet chat time with God.

Dear Jesus,

Open our eyes so that we can see you more clearly

Open our hearts so that we can love you more dearly

Open our minds so we can follow you more nearly, every day

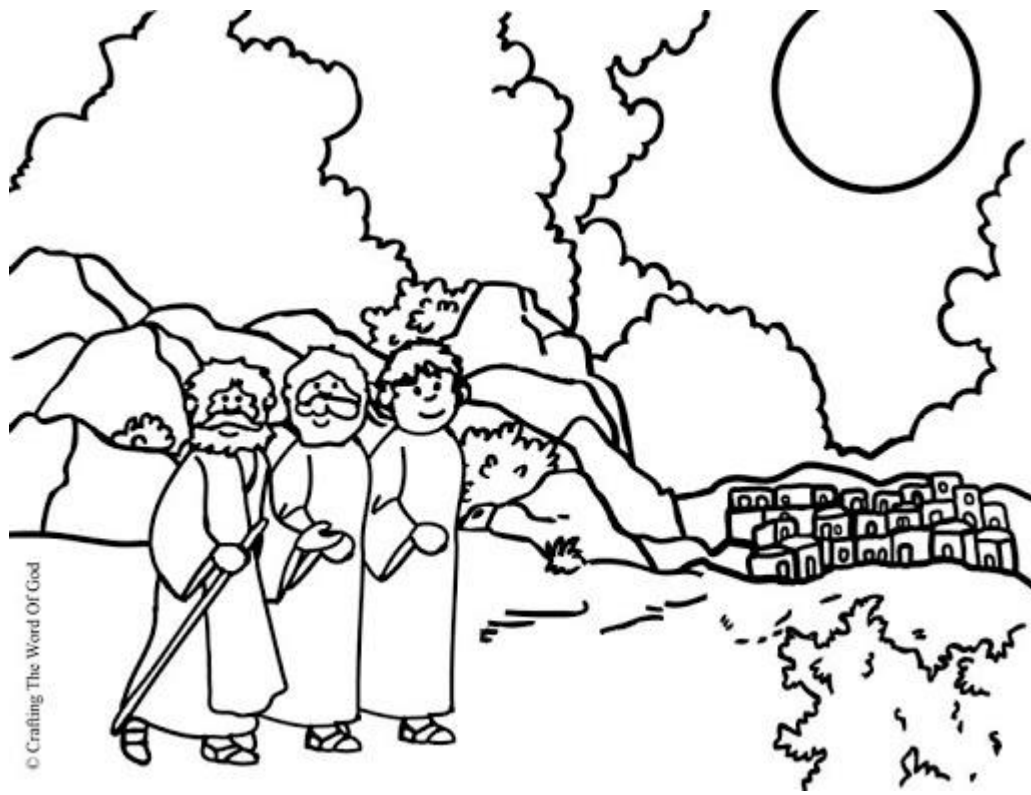
Amen.

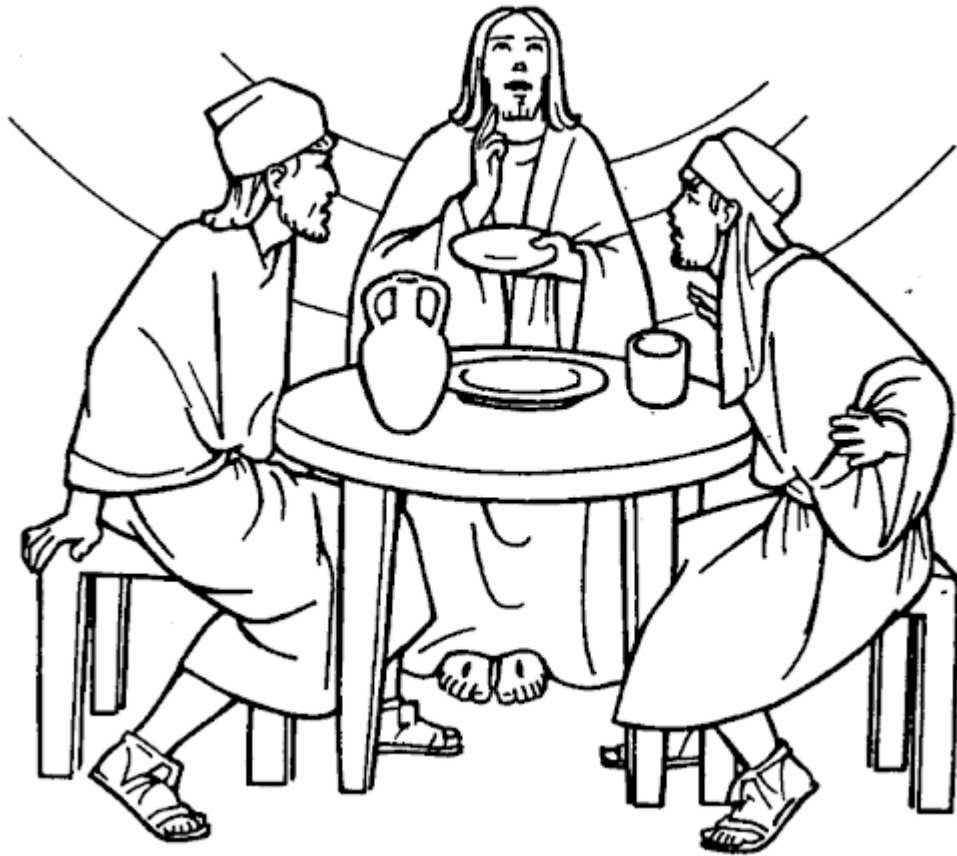
Let's say the Lord's Prayer together.

Let's sing: Use the Youtube link to sing one of our favourite Easter songs <https://www.youtube.com/watch?v=ovUPYvJ22PY> **Sing a song, sing a joyful song.** The words are there....hope you can remember all the actions!

And of course, another favourite <https://www.youtube.com/watch?v=gUZpjh5mvwo> **Why do you look her for the living?**
Don't forget to do the dancing at the end!! This is a great video!

(there's some colouring sheets on the next page!)





You can always watch a Youtube video of Jesus rising from the tomb. This one comes from The Beginners Bible.

https://www.youtube.com/watch?v=bkNTU_Vv5Ew

We hope you are all keeping safe and well.

With love and blessings,

Hilary and the Sunday's Cool Team