



Track 34

APPROACHING EASTER



10-14s meet real life head on

APPROACHING EASTER

n:counta 10-14s

Meeting Real Life Head On!

Life Skills

10-14s will develop new talents and skills that enable them to make positive contributions to real life.

Life Issues

10-14s will explore some of the real life issues that they encounter day by day.

WHY USE THIS TRACK?

Through using this track, young people will have an opportunity to engage with the Easter story and consider what it means to live as a follower of Jesus.

Week 01:	What does it mean to be a friend of God?
Aim:	To understand what it means to be a friend of God, by using Jesus' example and spending time with Him.
Week 02:	How can I pray?
Aim:	To explore different ways of praying, and to consider how to be a good friend.
Week 03:	How can I read the Bible?
Aim:	To understand how the Bible can be useful to us in our daily lives, and the different ways we might choose to read it.
Week 04:	What does God's forgiveness mean?
Aim:	To explore the idea of forgiveness, to understand God's forgiveness of our sins through Jesus' crucifixion, and to understand why we should forgive others.
Week 05:	What can I tell my friends about God?
Aim:	To reflect on what Jesus' resurrection means to us personally, and how and why we might share that with others.

APPROACHING EASTER

In order to achieve these aims young people will:

: PLAY

engage in activities and games which are a fun and an interactive way of introducing or developing the track.

: PAUSE

look at how God's word, Jesus' example and an active spiritual life, can help them develop their skills and understanding of the track.

: REWIND

develop a new skill or way of thinking that will help them to have a greater understanding of the issues or skills related to the track.

: FAST FORWARD

learn to relate what they have learnt through the track to their day to day life.

MAKE THE TRACK YOUR OWN:

You know your group best and it is you who must adapt the material provided to make it work in your setting. For example:

Timing: Each activity in the track has been given an approximate time scale. Estimate how much time to allocate to each activity based on the time you have each week, the size of your group and their interests.

Resources: In places, modern technological resources are recommended for use. These are culturally relevant to young people so use them if you can. If, however, you cannot access the resources adapt the session or use alternative approaches.

Flexibility: If there is an activity which does not make sense to you, or which you are not comfortable with then adapt it. Beware, however, of changing something just because you do not like it – consider the young people's likely response as well as your own.

CELEBRATE THE YOUNG PEOPLE'S ACHIEVEMENTS:

At the end of each track, take time to recognise and celebrate the achievements of the group.

APPROACHING EASTER

 : SWITCH ON...

What advanced preparation is needed?

As well as general resources the following more specialised equipment and preparation will be needed, such as:

Week 01:	A list of items linked to the story of Jesus' entrance into Jerusalem, a Bible e.g. Youth Bible, paper, pens/pencils, a pancake recipe such as https://www.bbcgoodfood.com/recipes/easy-pancakes , cooking equipment, ingredients, and the koko blog <i>Exercising the muscle of self-control</i> , available at https://www.girlsbrigadeministries.org.uk/koko/exercising-the-muscle-of-self-control .
Week 02:	The koko film <i>I've got your back</i> , available at https://youtu.be/lzx11-9RU2U , paper, scissors, something to make a large circle, decorations, a pencil, a Bible e.g. Youth Bible, and a list of creative prayer ideas.
Week 03:	A Bible e.g. Youth Bible, internet access or information researched in advance, materials to create a bookmark such as plastic canvas/felt/card, needles, thread or wool, scraps of felt, buttons etc., a length of ribbon for the bookmark tassel, and a Bible for each young person.
Week 04:	Resource Sheet A (70 x 7), a Bible e.g. Youth Bible, the content on and the content from https://www.positivityblog.com/10-inspirational-quotes-on-forgiveness , black construction paper/card, white printer paper or tracing paper, scissors, glue, mini tissue-paper squares, and an un-inflated balloon.
Week 05:	A Bible e.g. Youth Bible, the means to play Rend Collective's <i>Resurrection Day</i> , available at https://www.youtube.com/watch?v=9u7V-g_cJaU or another suitable upbeat Easter worship song, white card, masking tape (or other tape which will peel away easily from the paper), watercolour paints/fingerpaints/crayons/coloured pens/pencils, a Bible, internet access, and the article at https://yfc.co.uk/sharing-jesus-how-youth/ .

APPROACHING EASTER

 : SWITCH OFF...

At the end of each track...

Pray together:

- That people will be open to hearing and exploring the good news
- That the young people will have the courage to step out, discover, and give hope
- That all will have the opportunity to utilise their skills and time to make a difference.

Review the five week programme and identify:

- Which activities went down really well with your young people?
- Were there any areas where you, as leaders, felt uncomfortable or ill equipped?
- Were there any areas that it would be good to revisit in a deeper way?

Use this information to help you:

- Make an informed choice about your next track
- Make changes to your approach to the next track.

APPROACHING EASTER

WEEK 01 - What does it mean to be a friend of God?

Aim: To understand what it means to be a friend of God, by using Jesus' example and spending time with Him.

▶:PLAY (5-10 minutes)

Simon Says You'll need:

Play Simon Says to introduce the idea of following instructions, and paying attention.

Make this as fun and active as you like, within your setting. The rules are simple, instructions must be followed if it starts with 'Simon Says' (use your own name if you would rather), and instructions should be ignored if this phrase is missing. If someone moves to follow the instruction without hearing 'Simon Says', they're out.

At the end of the game, talk briefly about how easy or hard it was to listen for the instruction, and how easy the instructions were to complete. Draw a parallel between whether it's good to always do what your friends say – why or why not? The disciples, Jesus' friends, did what He said. If we're a friend of God we can listen carefully to what He tells us.

**Note to leaders/
parents/carers:**
If you're face-to-face in a GB group, make sure you play this in a socially-distanced manner. If you're doing this online, you can get the young people to do the actions on the spot in front of their camera.

▶:PLAY (5-10 minutes)

Scavenger hunt

You'll need: A list of items linked to the story of Jesus' entrance into Jerusalem (Matthew 21 1-11), such as a donkey, a rope, a crown, a coat, and a tree branch or leaves.

You can either list the items one at a time and wait for each person to return with it, or give a list of items and they have to see how many they can find. Encourage them to be creative, for example allow photos, drawings, whatever they can think of.

**Note to leaders/
parents/carers:**
As this game requires a lot of physical movement and touching objects, think carefully about how you'll accommodate those in your group who are less physically able and social distancing. If you're playing this online, try and pick items that might be found around the house – representations of objects are welcomed. If you're playing this face-to-face, you might have to hide selected items in the room/hall where you meet.

APPROACHING EASTER

⏸: PAUSE (20 minutes)

Matthew Ch.4:1-11, and Matthew Ch.21:1-11

You'll need: A Bible e.g. *Youth Bible*, paper, and pens/pencils.

Read through Jesus' time in the desert and His journey to Jerusalem together. Encourage the young people to tell one of the stories in their own words, perhaps using images, puppets, rap, poetry etc.

Ask how Jesus acted in both these situations you've just read in the Bible e.g. prayerful, calm, humble. If we want to be a friend of His, is it important we follow his example?

Note to leaders/parents/carers:
If you're delivering this session online you may wish to share your screen with the Bible passages written out. If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

⏮: REWIND (25-30 minutes)

Flipping good fun

You'll need: A pancake recipe, such as

<https://www.bbcgoodfood.com/recipes/easy-pancakes>, cooking equipment, and ingredients.

Explain that the period of time approaching Easter is called Lent, and reminds us of Jesus' time in the wilderness being tempted by the devil. Lent lasts for 40 days, and starts on Ash Wednesday. Traditionally on the day before this, Shrove Tuesday, people used up all the 'rich foods' in the house to take away the temptation of eating them during Lent. The ingredients make pancakes – Shrove Tuesday is also known as Pancake Day.

Follow your recipe's instructions and help the group to make some tasty pancakes.

Note to leaders/parents/carers:
You might want to swap this activity with one in a later week, to give you time to prepare.

It would be good to have an adult in the kitchen to help out at the tricky parts, including using the frying pan over heat. If you're doing this session online, ask parents/carers to be present on the call.

Note to leaders/parents/carers:

If you're meeting face-to-face, consider a COVID-19 secure way to enjoy pancakes together, perhaps with store-bought pancakes and a selection of toppings. Some supermarkets sell individually-wrapped pancakes. If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand. If you're leading this on Zoom, consider if you can have two devices on your Zoom call, your usual one with your face, and another (perhaps a phone) with a fixed view of what you're doing to show the activity closely. On the device being used to show the activity mute the sound to reduce audio feedback.

APPROACHING EASTER



▶▶ :FAST FORWARD (5-10 minutes)

Where am I at?

You'll need: The koko blog *Exercising the muscle of self-control*, available at <https://www.girlsbrigadeministries.org.uk/koko/exercising-the-muscle-of-self-control>

The Bible story about the temptation of Jesus shows us how focused He was on doing the right thing. He couldn't be persuaded to give it all up for fame or wealth. The disciples listened to Jesus' instructions and followed them, even though they might have thought them strange. We call this ability to stay focused 'self-control'. Take a look at the koko blog on self-control as a group. Then ask the young people:

- What areas of your life do you struggle to exercise self-control over?
- Which of these ideas might you try?
- If we want to be a friend of God we need to spend time with Him. This might be giving yourself time for prayer, reading the Bible, going to church etc. What areas do you need more self-control in in order to do this?

Note to leaders/
parents/carers:
*If you're delivering this session
online you may wish to share
your screen with the blog on it.*

RECAP

Through the stories of Jesus' temptation, and His triumphant arrival in Jerusalem, we can reflect on His example of self control and the disciple's obedience.



APPROACHING EASTER

WEEK 02 - How can I pray?

Aim: To explore different ways of praying, and to consider how to be a good friend.

I:PLAY (5-10 minutes)

Who am I?
You'll need:

This is a virtual spin on a classic game. Choose a person from the group (player 1) and get them to leave the room. During that time, the rest of the group decide on a name of a famous person for player 1 to be. Player 1 is then brought back in to the room/call. Player 1 asks questions to find out which famous person they are. The rest of the group can only answer with 'yes' or 'no'. The aim is to discover who you are with the least number of questions. Pick a few famous people from the Easter story too.

Note to leaders/parents/carers:
If you're delivering this session online you can put your chosen player into a 'breakout room' or waiting room for a minute.

II:PAUSE (10-15 minutes)

Jesus eats and prays with His friends, before being betrayed

You'll need: A Bible e.g. *Youth Bible*, and a list of creative prayer ideas.

Read through the descriptions of the last supper, praying in the garden at Gethsemane, and Jesus' betrayal in Matthew Ch.26:17-13 and Matthew Ch.26:36-56.

There's a lot going on in these Bible passages, spend some time talking through the different parts of the passages.

Jesus asked the disciples to wait while He prayed. We know that there are lots of different ways we can talk to God. Talk about different ways of praying, and perhaps try something new individually or as a group.

Note to leaders/parents/carers:
If you're delivering this session online you may wish to share your screen with the Bible passages written out. If you'd prefer a visual summary, there are plenty available online such as the Brick Bible LEGO version at The Brick Testament – http://thebricktestament.com/the_life_of_jesus/the_last_supper/mt26_17.html.

APPROACHING EASTER

◀:REWIND (10-15 minutes)

A circle of friends

You'll need: Paper, scissors, something to make a large circle, decorations, and a pencil.

Talk your young people through making a circle of friends by following these instructions.

1. Draw and cut a large circle in the middle of the paper. Place a bowl with its rim down on the middle of the paper. Trace it lightly with a pencil, and cut out the circle as perfectly as possible. The bigger the circle, the better. The final product will be like a wreath of people.
2. Fold the circle in half four times. You want to create a symmetrical isosceles triangle with the small side rounded. It will roughly resemble a perfect slice of pizza.
3. Draw either a single or multi-figure person in the middle of the triangle. You can draw half a person on both edges of the triangles with their hands holding in the middle, or you can draw a person in the middle of the triangle with the person's hands touching the edges.
4. Cut out the person. As you cut, you can trim out any imperfections from the drawing. Cut carefully in order to keep the chain intact.
5. Unfold the paper. A circle of paper people should be holding hands.
6. Decorate the circle chain. The benefit of this style is that the chain can stand on its own.

Note to leaders/parents/carers:

The bigger your piece of paper and circle, the easier it will be to make. If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

▶:FAST FORWARD (10-15 minutes)

What does it mean to be a good friend?

You'll need: The koko film *I've got your back*, available at <https://youtu.be/lzx1I-9RU2U>.

Watch the short koko film about friendship. What strikes you about the film? What's the main message? Do you think you're a good friend? What would you do if you saw someone being a bad friend?

Note to leaders/parents/carers:

Use this opportunity to have a discussion about healthy relationships, what is it reasonable to expect of our friends, and for them to expect of us? Try to give good examples from your own personal experience. Don't condemn anything they do, but try to focus on positives and improvements.

RECAP

Sometimes we think we know people really well, but then they surprise us or let us down. Jesus was very close to His disciples, but still one of them betrayed Him. It's important to think about how we can be a good friend to others, and know that whatever is going on in our lives, God listens to our prayers.

APPROACHING EASTER

WEEK 03 - How can I read the Bible?

Aim: To understand how the Bible can be useful to us in our daily lives, and the different ways we might choose to read it.

▶:PLAY (10-15 minutes)

Sword drill

You'll need: A Bible for each young person.

Explain the Bible consists of 66 different books and letters. It's divided into the Old Testament (the first 39 books) and the New Testament (the last 27 books). This game is a fun way to learn the books of the Bible and where they're located by turning quickly to a specific verse in the Bible.

1. The leader explains the rules.
2. Everyone should have their Bible closed, holding it in one hand and tucked under the opposite arm.
3. The leader holds up their Bible and says, 'Swords ready.'
4. Everyone lifts their closed Bible with the spine in the palm of their hand, to head level or higher.
5. The leader says the book, chapter and verse (for example Genesis Chapter 6, Verse 8) and everyone repeats the book, chapter and verse.
6. The leader says 'Ready' and then shouts 'Go!'
7. Everyone brings their Bibles down and turns to the verse as quickly as possible.
8. As soon as a person finds the verse they stand up. The leader recognises the first person to stand and that person reads the verse out to the others.
9. The person who finds the most verses first wins the round. Choose 10 verses to find that can be easily read by the young people.

Note to leaders/parents/carers:
If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand. If you're online and the young people don't have Bibles you could show them a picture of the contents page of a Bible and instead of playing the Sword Drill game you could learn the books of the Bible song instead this YouTube link – <https://www.youtube.com/watch/K9DodTR13yU>

||:PAUSE (10 minutes)

Matthew Ch.26:69-75 and Ch.27:11-26

You'll need: A Bible e.g. Youth Bible.

Read through the Bible passages or summarise them in a retelling of your own words.

This is a very dramatic time for Jesus and the disciples.

Ask the group what jumped out at them from the passages, and talk about why this caught their attention.

If appropriate to your group, have a conversation about Jesus' reaction to His trial, particularly how difficult it is to stay calm.

Note to leaders/parents/carers:
If you're delivering this session online you may wish to share your screen with the Bible passages written out.

APPROACHING EASTER

◀: REWIND (20-30 minutes)

A bookmark for your Bible

You'll need: Materials to create a bookmark such as plastic canvas, felt or card, needles, thread or wool, scraps of felt, buttons etc., plus a length of ribbon for the tassel.

Decorate the bookmark as appropriate either by sewing or gluing or colouring. Add an inspiring or encouraging Bible verse to it. Add a tassel of ribbon at the bottom. Encourage the young people to keep it in their Bible, if they have one.

Note to leaders/parents/carers:
If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand. If you're online, you may wish to display some inspiring or encouraging Bible verses on your screen for the young people to copy.

▶: FAST FORWARD (10-15 minutes)

Multi-media Bible

You'll need: A Bible e.g. *Youth Bible*, and internet access or information.

As Christians we know it's important to engage with the Bible. There is lots for us to learn about God, and passages which can answer tricky questions about life. We can also find encouragement and hope.

Ask how each young person engages with the Bible - regularly, religiously, occasionally, or not at all? Help them know the contents of the Bible can help them, and there are lots of different ways to read it. Discuss the merits of youth Bibles, online Bible websites e.g. [BibleGateway](#) or [Good News for Everyone](#) (formerly Gideons UK), and apps and podcasts. Explore some of these ideas together.

Remind your group that it's important not just to read the Bible, but also to understand it. One of the ways we can do this is by listening to people explain it to us e.g. in a church service or at GB, or talking about it with other Christians.

If your young people don't have their own Bible, GB-crested New Testaments are available for free for GB members across England and Wales from Good News for Everyone, formerly Gideons UK. Good News for Everyone branches can deliver a box to a GB Team Leader to reduce the risk of any of the Testaments being handled – contact them via <https://goodnewsuk.com>.

Note to leaders/parents/carers:
If you're delivering this session online you may wish to share your screen with various websites on display.

RECAP

There are lots of different ways we can read the Bible, and we might all choose different ways. The most important thing is to make sure we understand it, and how it relates to our lives today.

APPROACHING EASTER

WEEK 04 - What does God's forgiveness mean?

Aim: To explore the idea of forgiveness, to understand God's forgiveness of our sins through Jesus' crucifixion, and to understand why we should forgive others.

▶:PLAY (10-20 minutes)

70 x 7

You'll need: Resource Sheet A (70 x 7).

Make sure your young people understand what forgiveness is.

The aim of this activity is to reinforce Jesus' teaching that we should forgive those who have wronged us and it doesn't matter how many times – just keep on forgiving, even though this can be difficult.

Use the sheet to record daily exercise for this week and to discover the answer to 70 x 7. If your context allows, you could do all or some of the activities at your GB meeting – with breaks in between.

Note to leaders/parents/carers:
If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

⏸:PAUSE (10 minutes)

Matthew Ch.27:27-56 – Jesus is mocked, carries the cross, and is crucified

You'll need: A Bible e.g. *Youth Bible*, and the content from <https://www.positivityblog.com/10-inspirational-quotes-on-forgiveness>.

Look at Matthew Ch.27:27-56 – the story of Jesus being mocked, carrying the cross, and being crucified to death.

Although in church we hear the Easter story told every year, this passage is always horrible to listen to and think about. The baby we celebrate at Christmas has been taunted and killed as a young man. It's important to remember that Jesus wasn't an ordinary man, He was also God, come to earth as a human to save us from our sins, the bad things we do. Christians believe that through His death our sins, even today – 2,000 years later, are forgiven.

Look at the quotes on the specified website and see which ones your group agree with. Why or why don't they agree?

Note to leaders/parents/carers:
This Bible passage is not pleasant reading. You know your young people, summarise or choose a version you feel they can cope with. If necessary announce a 'spoiler alert' and reassure them it will all be alright in the end.

APPROACHING EASTER



◀◀: REWIND (15-20 minutes)

Make a stained glass cross

You'll need: Black construction paper/card, white printer paper or tracing paper, scissors, glue, and mini tissue-paper squares.

Help your young people make a stained glass cross by following these instructions.

Cut a large cross out of the black construction paper. Then cut out the inside of the cross, to make it like a black 'border' for the cross. Place it on the white paper and trace the inside. Put the black cross to the side.

Fill the whole cross shape on the white paper with glue and stick on the mini tissue-paper squares. Make any pattern you like! Then glue the black cross the outline in place. Lastly, cut around the cross, cutting off all of the excess white paper. Hang your cross on a window and the light will shine through!

Note to leaders/parents/carers:
If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

▶▶: FAST FORWARD (10 minutes)

Why forgiveness is important

You'll need: An un-inflated balloon.

Ask the young people what happens if you don't forgive someone. Explain that sad or angry feelings can stay with us. Illustrate these feelings by blowing some air into the balloon to represent them inside us.

However, if we talk about it and forgive someone, the feelings don't stay inside us and we feel better. Illustrate this by letting some air out the balloon.

Ask the young people what happens if we never forgive anyone? Blow into the balloon several times to illustrate this. After a short time let go of the balloon so it deflates and flies off rather than explodes.

Say a prayer asking God to forgive us and to help us get close to Him, then pray for us to forgive people who've hurt us, and lastly pray for somebody that we've hurt or upset that we need to ask for forgiveness from.

RECAP

As Christians we believe that Jesus' death on the cross means our sins are forgiven. We must still be sorry for the wrong or bad things we do, and ask to be forgiven. As we ask God to forgive us, we must also be willing to forgive people who do wrong or bad things to us. Sometimes this is very difficult.



APPROACHING EASTER

WEEK 05 - What can I tell my friends about God?

Aim: To reflect on what Jesus' resurrection means to us personally, and how and why we might share that with others.

▶:PLAY (5-10 minutes)

What's changed?

You'll need:

Choose a player to start. Everyone stares at them/their screen for 30 seconds. Then everyone closes their eyes/the player stops their video and has 30 secs to change something e.g. they change their hair, or move something that was in the background etc. Then, when they open their eyes/turn on their camera again, the first person to notice the change wins. Use this to explain that a really big change for the disciples was when they discovered Jesus was missing from His tomb and had come back to life!

⏸:PAUSE (10-15 minutes)

Matthew Ch.27:57-66 and Ch.28:1-20.

You'll need: A Bible e.g. *Youth Bible*, and the means to play Rend Collective's *Resurrection Day*, available at https://www.youtube.com/watch?v=9u7V-g_cJaU, or another suitable upbeat Easter worship song.

Note to leaders/parents/carers:
If you're online and young people want to sing or dance along then let them know they can turn their cameras off and mute themselves.

Ask the young people to think of their favourite film or story. Just before the end, when everything looks like it's going very wrong, does something incredible happen and after much drama there's a happy ending?

This section of the Bible is an extreme version of that. Jesus, the Son of God, who we've welcomed to earth as a baby, has grown up, performed miracles, healed the sick, and taught fantastic things about life and the world around us. But the people in charge really didn't like Him. He was betrayed by Judas, one of his followers, then mocked and killed. It couldn't get much worse. But then the most amazing thing happens. When the women go to tend to His body, they find it's not there! They go and share this news with His followers, who have locked themselves away in a room... and Jesus appears to them! He is risen!

Christians believe that Jesus rose from death and is with God at His right hand. This is a reason for massive celebration! This is good news and it was news that the disciples shared with their friends. Christians are so happy knowing that death wasn't the end for Jesus that they're bursting to share it with their friends.

Play some worship music and encourage singing and dancing along as your young people feel comfortable.

APPROACHING EASTER

◀:REWIND (15-20 minutes)

Make an Easter card

You'll need: White card, masking tape (or other tape which will peel away easily from the paper), and watercolour paints/fingerpaints/crayons/coloured pens/pencils.

Your young people are going to make an Easter card, which they send to someone to remind them the real meaning of Easter. Get them to use the masking tape to make a cross shape on the white card. Then can paint/colour the area around the cross. When they've finished, they should peel the tape away from the card leaving a plain white cross in the middle of their design.

Encourage them to write a suitable Bible verse and message on the inside, and send it to someone.

Note to leaders/parents/carers:
If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

▶:FAST FORWARD (10 minutes)

Sharing can be a struggle

You'll need: A Bible, internet access, and the article at <https://lyfc.co.uk/sharing-jesus-how-youth/>.

Discuss with your young people if they find it easy to tell their friends about Jesus. Do their friends know they go to church/GB? Why or why not?

Share that in Matthew Ch.28:19 we read that Jesus says: 'You must go to people in every country of the world. Teach them to become my disciples.' and verse 20 says 'You can be sure that I will be with you always.'

Sometimes it can be hard to tell our friends and family about Jesus, but the two key things we hear from Matthew are that Jesus has asked us to tell other people about Him and we shouldn't be afraid because God will be with us always. Telling other people about Jesus is called evangelism. Read the YFC article from the link above, if appropriate.

Can the young people think of some ways they could tell others about Jesus? Get them to write them down and then share them e.g. inviting them to Girls' Brigade, praying for them, sending them a link to a Christian song YouTube, inviting them to an online church service.

Note to leaders/parents/carers:
Be open and honest with your young people. If sharing your faith is something you struggle with, tell them. Remind them that often it's not what we say but what we do which makes people notice us – and how as Christians we're different.

RECAP

As Christians we believe that Jesus' death and rising from death shows us just how much God loves us and cares for us. When we have good news to celebrate we want to share it with other people.

APPROACHING EASTER

RESOURCE SHEET A

70 X 7

Day	Activity	Running total
Day 1	70 star jumps	$70 \times 1 = 70$
Day 2	70 steps	$70 \times 2 =$
Day 3	70 sit-ups	$70 \times 3 =$
Day 4	70 skips	$70 \times 4 =$
Day 5	70 squats	$70 \times 5 =$
Day 6	70 toe-touches	$70 \times 6 =$
Day 7	70 hops	$70 \times 7 =$

One day Peter asked Jesus how many times he should forgive someone.
Was it 7 times?

Jesus said no, it was 70 times 7!

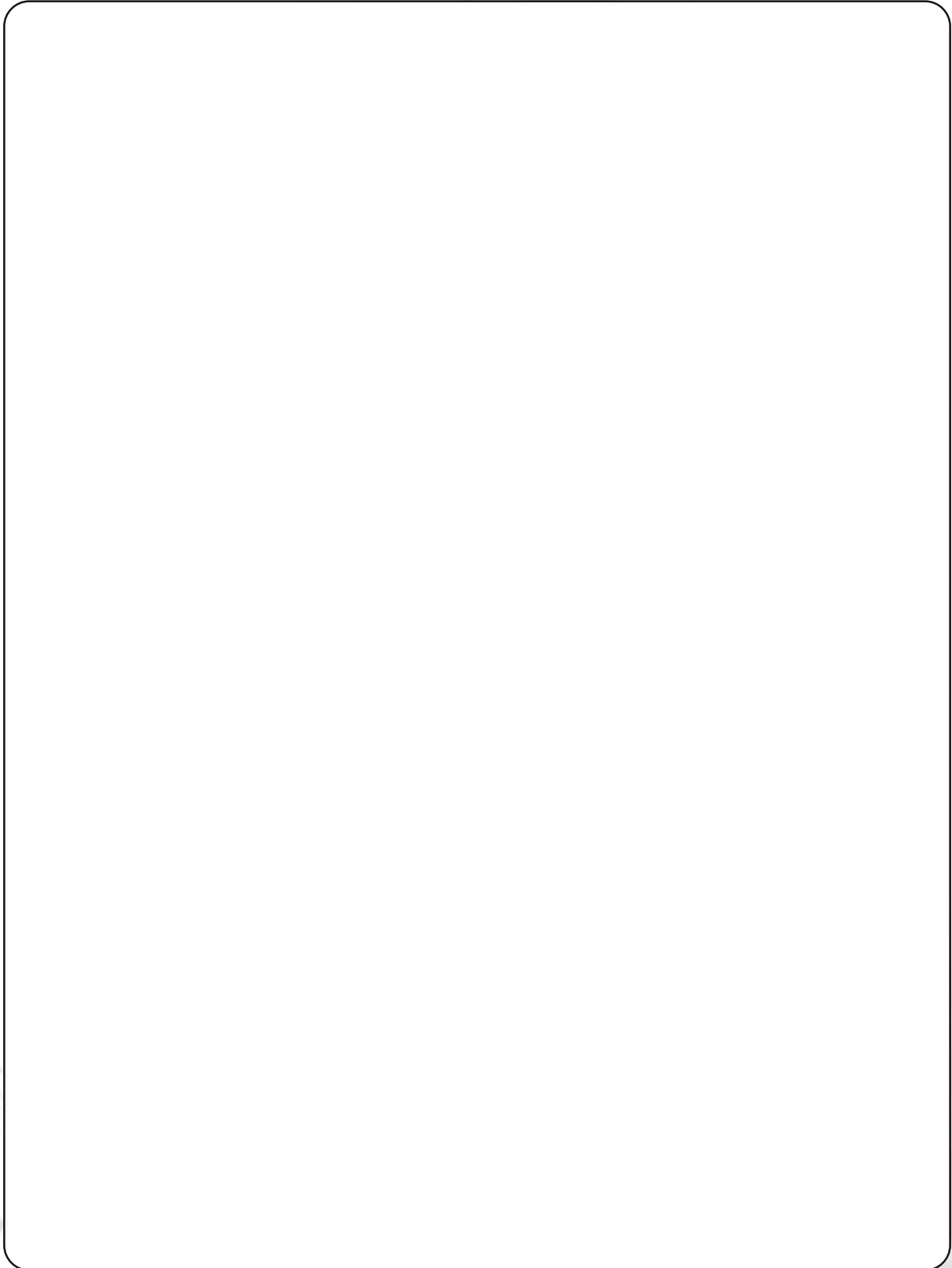
Jesus didn't expect us to count the number of times we forgive someone
but we should always be ready and willing to forgive.

70 times 7 is a big number!

Find out how big...

APPROACHING EASTER

NOTES:



Approaching Easter

Through using this track, young people will have an opportunity to engage with the Easter story and consider what it means to live as a follower of Jesus.



Published by GB Trading for:
The Girls' Brigade England & Wales Network
Cliff College, Calver,
Hope Valley, Derbyshire,
S32 3XG
Tel: 01246 582322
Web: www.girlsbrigadeministries.org.uk
A company limited by guarantee
Registered in London no 206877
Charity reg no 206655