

An Easter Walk

This Easter walk follows the events of Holy Week. The walk can take place close to home, in the woods, in a park, or around a housing estate. You will need to plan your own route but there are suggested points to stop walking to read a Bible passage, to do an action and to reflect and pray.

This Easter Walk can be done on your own, with family or friends, depending on the COVID-19 restrictions in place when you choose to do it. You could split it up into sections if the walk is too long for your group. Everyone will need to observe social distancing.

You will need:

- A snack and a drink
- A few 1p or 2p coins
- Some string or wool, a piece for each person, (some scissors might be helpful.)
- These instructions and readings – either printed or on your phone

Before you leave home, plan out a circular route with places to stop on the way. To help you to plan your walk these are the type of location you need for each stop on your walk.

There are 9 stops on this walk.

Stop 1 - Do this at home before you leave.

Stop 2 – You will need to be able to gather some leaves here.

Stop 3 – If possible make this stop in the grounds of a church.

Stop 4 – You will need to find some small stones at this stop.

Stop 5 – You will need a small patch of open earth where you can bury something.

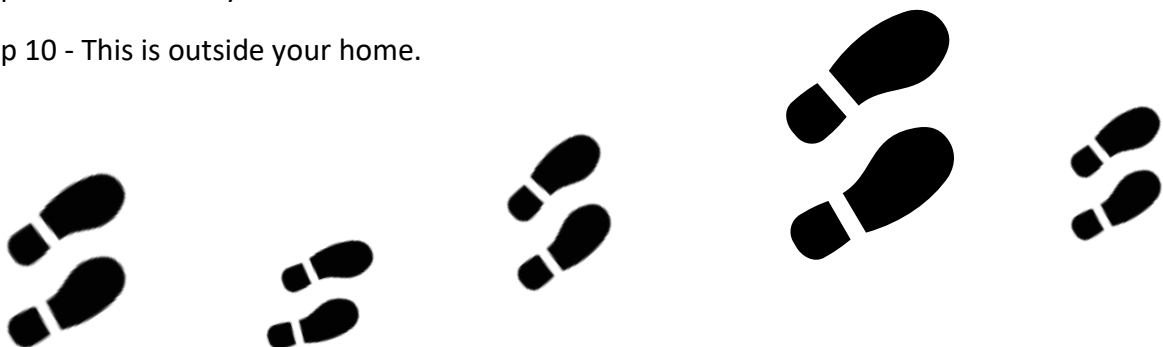
Stop 6 – This is where you stop for your snack and drink, somewhere to sit would be comfortable.

Stop 7 – You will need to pick up some twigs at this stop.

Stop 8 – You will need to find a stone at this stop.

Stop 9 – This is nearly back home.

Stop 10 - This is outside your home.



1. Before you begin



Instruction: Before you leave home, plan out a circular route with places to stop on the way, including a place to stop and have a snack and drink about halfway. If your walk can include a church and a park or garden that would be brilliant.



Action: Collect all you need and get ready to go out for the Easter walk.



1st Reading: Easter is the time when Christians all over the world

celebrate new life through the person of Jesus. For three years Jesus had been going around the area with his 12 close friends, known as the disciples, telling people about God, performing all sorts of miracles, healing people and forgiving them from the bad things they had done wrong.



Reflection: Before you leave home, pause for a moment in silence to invite God to show you something new about the Easter story.

2. Start your journey



Instruction: Walk for a while until you find a safe place to stop.



2nd Reading: Holy Week began with Jesus and two of his friends travelling to a place called Jerusalem. They were on their way to Jerusalem to celebrate a special time for Jews called Passover. Jesus sent his two friends ahead of him to fetch a donkey that was tied up, saying “If anyone asks you why you need it, say the Lord needs it”. Jesus and his friends entered Jerusalem and Jesus was riding on the donkey. People lined the streets shouting ‘*Hosanna*’ (which means saviour) and they took palm branches and waved them at Jesus, some even took their coats off and laid them on the ground. The crowd were pleased to see Jesus as they were expecting a new king of the Jews.



Action: Collect some fallen leaves and put them in a pile. This is to remind you of the palm branches that people waved before Jesus as they shouted ‘*Hosanna*’.



Reflection: Think about a time when you have sung a song to God in a church or at school, you might want to share what song comes to mind. At the end (if you are not too embarrassed) you can all shout out ‘*Hosanna*’ together (loudly or quietly).

3. Off to the Temple



Instruction: Walk a bit further until you find a safe place to stop, this could be the grounds of a church if there is one on your route.



3rd Reading: The following day Jesus went into the temple. When he got there, he got very upset because people were using the temple as a marketplace, selling all sorts of goods and exchanging money. Jesus told the market traders that the temple was a place of prayer and he overturned the tables and threw them out of the temple. Over the next few days Jesus continued to teach both his disciples and the crowds who came to listen to him. He also said people needed to turn away from the bad things they were doing and turn back to God.



Action: Find some loose stones laying on the floor and turn them over, some may be small stones, some may be larger. As you turn the stones over observe if anything scrambles away, these could be bugs or small insects. This symbolises, Jesus turning over the tables and the people running away.



Reflection: Think about a time when you might have done something wrong or not been kind to someone. This is a bit like the people in the temple. In silence say sorry to God because he always offers everyone a new start. Then turn the stones back over to how they originally were. This symbolises God giving you a new start.

4. Making plans



Instruction: Walk some more until you find a safe place to stop.



4th Reading: Many of the religious leaders didn't like what Jesus was saying, so they decided to find a way to hand Jesus over to the Roman authorities to kill him. While Jesus was talking to the people, one of his 12 disciples planned with the religious leaders to capture Jesus and hand him over to the Roman authorities. The close friend who plotted against Jesus was called Judas Iscariot. The religious leaders gave Judas 30 silver coins to help them capture Jesus. Jesus knew that the religious leaders were plotting against him. Jesus knew that he would be handed over to the Roman authorities and that he would die.



Action: Take out the coin you brought with you, and either hide it somewhere, or make a small hole in the ground and bury it.



Reflection: Think about Judas and have a conversation about him turning against Jesus. You might want to ask each other why you think Judas did this?

5. Refreshments time



Instruction: Walk on until you find a safe place to stop and have your refreshments, this could be the halfway point of your walk. If you have hand sanitizer or wipes please use them.



5th Reading: On the Thursday evening before Passover, Jesus shared a special meal with his 12 disciples that we now call The Last Supper. This was because it was the last meal Jesus would have with his disciples before he was to die. During the meal Jesus took bread and blessed it. He gave it to his disciples and said to them, *“Take this bread and eat it This is a symbol of my body that will be broken for you”* He did the same with the wine and said, *“This is a symbol of my blood that is shed for you”* Jesus told his disciples that he knew one of the 12 would betray him by handing him over to

the Roman authorities to be killed. Jesus also said that Peter, one of his closest disciples would say three times that he didn't know Jesus and this would happen before a cockerel crowed. After they had eaten the bread, Jesus took the cup filled with wine and said a prayer. He gave it to his disciples saying, *“This wine is a symbol of my blood, it is poured out for many so that all the bad things they do wrong (sins) can be forgiven”*.



Action: Have your snack and a drink.



Reflection: As you have your refreshments, you might want to think about the meal Jesus shared with his friends, especially the significance of the bread and the wine.

6. In the garden



Instruction: After your refreshments you might want to walk a bit further until you find a safe place to stop, ideally this could be a garden or park.



6th Reading: When Jesus and his disciples had finished their meal, they got up and walked to a garden close by called Gethsemane, where they went to pray. Judas had left the others earlier. Jesus walked a little ahead of his disciples and prayed three times. Each time when he went back to see his disciples, they had fallen asleep. After the third time Jesus prayed, he went to his disciples and said, *“Wake up, the time has come for me to be handed over to the authorities”* Just then Judas arrived with some men carrying clubs and swords to arrest Jesus. Judas went up to Jesus and kissed him on the cheek. This was the sign to show the men who to arrest. After Jesus was arrested, all the disciples ran away because they were scared. It was during this time that Peter, one of Jesus’ closest disciples denied knowing Jesus three times. This is exactly what Jesus said would happen: Jesus was first taken to the religious leaders where he was falsely placed on trial. Many people told lies about Jesus to the religious leaders as they were scared or paid money to lie.



Action: In this part of the reading, Jesus knew what was about to happen and he was sad, so he spent some time in prayer. In silence or out loud you might want to pray for others or yourself, or just think about them. The pandemic has brought so many sad things, you can silently talk to God about these sad things. There are also some good things that have happened through the pandemic, so you might want to give thanks for these things.



Reflection: Bring all your prayers together with the prayer that Jesus taught us, the Lord’s Prayer. This can be said by one person or all together. Below is a version you could use:

**Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those
who sin against us.
Lead us not into temptation but deliver
us from evil.
For the kingdom, the power, and the
glory are yours, now and for ever.
Amen**

7. Not such a good Friday



Instruction: Walk on a bit further and find a safe place to stop. On this part of the walk find some twigs or small sticks to make crosses.



7th Reading: The next day was Friday, Jesus was taken by the religious leaders to the Roman Governor, Pontius Pilate. They told Pilate that Jesus should die. Pilate finally agreed. After the Roman soldiers had made fun of Jesus and beat him up, they led Jesus out to a hill called Golgotha to crucify him. They nailed Jesus to a cross through his hands and feet and after a while he died. After Jesus had died his body was placed in a tomb and a large

stone was placed over the entrance to the tomb.



Action: Using the twigs you have gathered and the string you brought with you, make some crosses. You can make as many as you like.



Reflection: Sit in silence for 2 minutes before rushing off on the next part of the walk. You could time the two minutes on a phone.

8. A fantastic Sunday



Instruction: Walk without talking for the next part until you find a safe place to stop. On this part of the walk find some small stones that can be used in a game.



8th Reading: Early on Sunday morning some of Jesus' friends who were women went to the tomb to sit and cry because they were very upset. When they got to the tomb, the stone was rolled away, and Jesus' body was not there. Then the women saw an angel who told them, *"Don't be afraid, you are looking for Jesus who was crucified, but he has been brought back to life. Go, and tell his disciples that Jesus is alive and not dead"*.



Action: The stone that covered the tomb was rolled away because Jesus was alive. Use the stones you have collected to play a game of who can roll their stone the furthest. You can play as many rounds of this as you like.



Reflection: Have a conversation about the good things in life; this can include people and pets.

9. Nearly Home



Instruction: You should be close to home by now, so find a final safe place to stop.



9th Reading: Over the next few days, Jesus appeared to the disciples and other people many times. He spent time with them and ate with them. Jesus told his disciples that it would soon be time for him to leave them and be with God, but that he would send them a helper called the Holy Spirit, who would help them tell others about him. After Jesus met with his disciples one final time, he was taken up to Heaven. This is called the Ascension.



Action: This is the part of the story where Jesus returns home to be with God in heaven. Each say 3 things that you like about your home.



Reflection: Thank God for your home.

10. Back at home



Instruction: When you eventually reach home, don't rush off to different rooms as there is the final part of the reading.



Action: Talk about the walk and what you have learned about the Easter Story.



10th Reading: But this is not the end of the Easter story, Jesus told the disciples that one day he would return, but until then all Christians should tell others across the whole world about

Jesus. And this is how we join in with the Easter Story.



Reflection: At church people often give each other a hug as a sign of peace. If you are able (depending on current restrictions) give each other a massive hug.

This walk was originally created by The Go Team, part of the Diocese of Bath and Wells, 2021