# GOOD FRIDAY PRAYERS AROUND THE CROSS FAMILIES FO

SHREWSBURY YOUTH MISSION TEAM

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#### INTRODUCTION

It can be hard for children to fully grasp what happened on Good Friday, and even harder for adults to want to talk with them about events that are sad, painful and even traumatic. We hope that this time of prayer allows you to introduce Good Friday to your children at a level they can access while being true to the Gospel. Remember, without the sadness of Good Friday there wouldn't be the joy of Easter Sunday.

You may want to prepare by creating a prayer space in your home. It may be helpful to light a candle (and put it out of the way of young children), play some reflective music or take a moment to help your family slow down and think.

Please know, just making the effort to stop and reflect today is amazing! This time doesn't have to be perfect; the children don't have to stay still, or the adults know all the answers. It is an opportunity to reflect on how much God loves us and the difference it makes to our lives.

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#### QUESTIONS

To gain an insight into what your children already know about today you could start by asking them these questions:

- What happened on Good Friday?
- How must people have felt?
- What difference does it make to our lives?

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### THE STORY OF GOOD FRIDAY

Here is a video to watch:

The Story of the Three Trees by XT3.com https://www.youtube.com/watch?v=z5qRzTOpOnk

If you're not able to watch this video you may want to read the Good Friday account in the Bible (John 19:1-42). Use a translation you think is appropriate for your family.

#### ADORATION OF THE CROSS

Normally Churches today would have a time of 'Adoration of the Cross'. This is where the people come forward and venerate the Cross in some way, normally by kissing the feet of Jesus or with a bow. Obviously, that's not possible this year.

Now is a great time for you to make your own crosses with your family. Get creative! You could bind together twigs, make one out of play dough or colour a cross in. Use whatever you have available to you at home. If you do make a Good Friday cross, make sure to share your photos with us @shrewsbury\_ymt!

It is important to emphasise to children that the whole point of Good Friday is that God loves us very much and wants to be our friend. He also wants us to share His love with those around us.

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#### INTERCESSIONS

Traditionally on Good Friday, the Church prays special prayers of intercession for different groups of people. At home, this is a wonderful opportunity for you to encourage your children to pray out loud. You can explain that you are going to pray for other people now, that God will help them and show them His love.

Open the intercessions by saying something like 'God, thank you for allowing us to be together today to remember how much you love us. We pray now for all the people we love and those we would like you to take care of.'

Have you children name as many people as possible that they would like to pray for.

#### THANKSGIVING

This Holy Week is particularly unusual as we are not able to go to church or receive Holy Communion. However, the word Eucharist (meaning Jesus' body and blood that we receive in Holy Communion) means 'thanksgiving'.

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Explain to your children to write a letter to Jesus (or help them write) to thank Him for everything that He has done for them and for loving them. You can allow them to be as specific as they like.

### CLOSING PRAYER

#### Dear God,

We remember today everything that Jesus has done for us, especially on Good Friday. Help us to never take His love for granted. Thank you, God for all of the blessings you have given us. Please look after our family and all those we love. Amen

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