

The Passion of Christ

Resources based on seven paintings by Nebiyu Assefa

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With short meditations adapted by Wendy Lidgate, April 2020.

Each meditation can be done in 5 to 15 minutes, encouraging children to join in if they are in the mood. Traditionally, Christians have meditated and prayed on Maundy Thursday and on Good Friday. Try each short meditation on its own, then do the next one a few hours later.



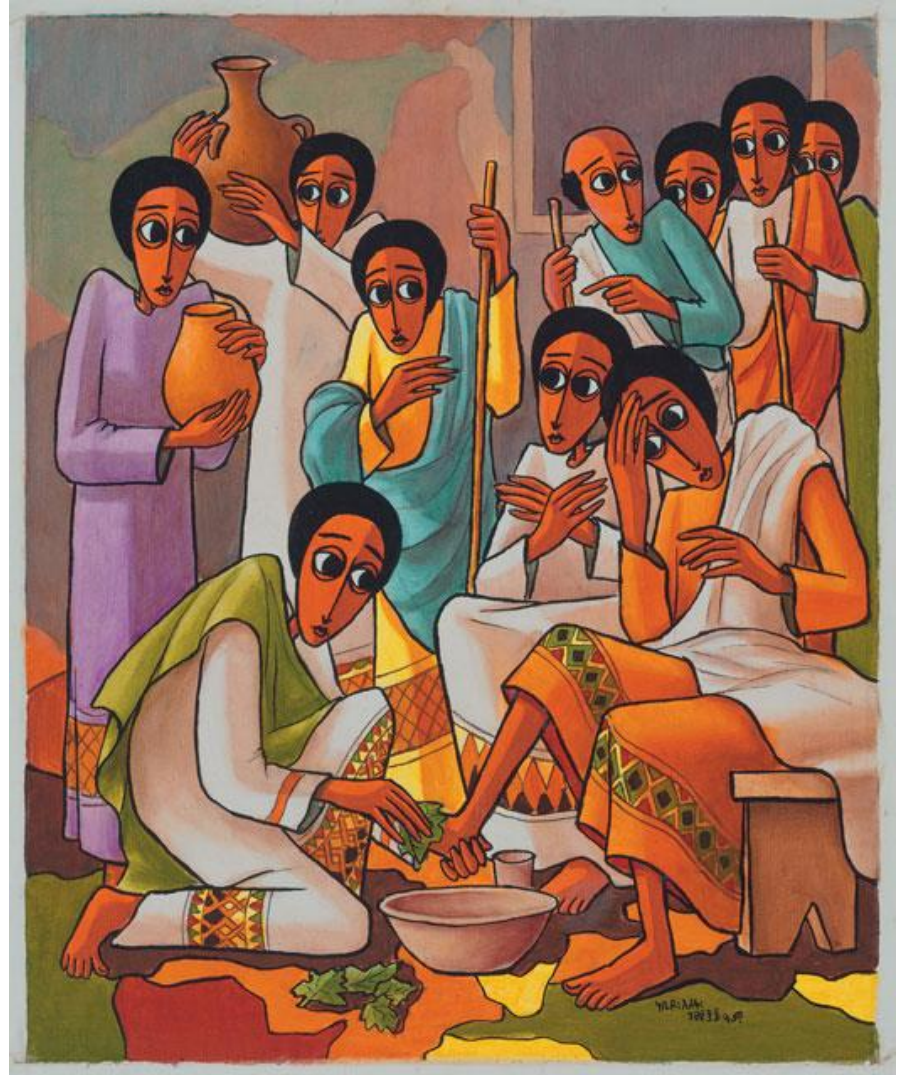
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Meditate – study the picture. Jesus washes his disciples' dusty feet. He wants to show them that no one is more important than anyone else. 'Do as I have done', he says.

1 Foot washing

based on John 13.1-15

Prayer - Take a piece of string and think of 3 people you could treat more kindly. Tie 3 knots in your string, one for each person, to remind you to care for them.



Meditate - look at every detail in the picture. Jesus has supper with his friends for the last time. He takes bread and wine and holds them up – this is my body and blood given for you....

2 The Last Supper

based on Luke 22.14-20

Prayer - Break off and eat a piece of bread and drink a small cup of juice. Remember Jesus as you eat and drink. Say thankyou.



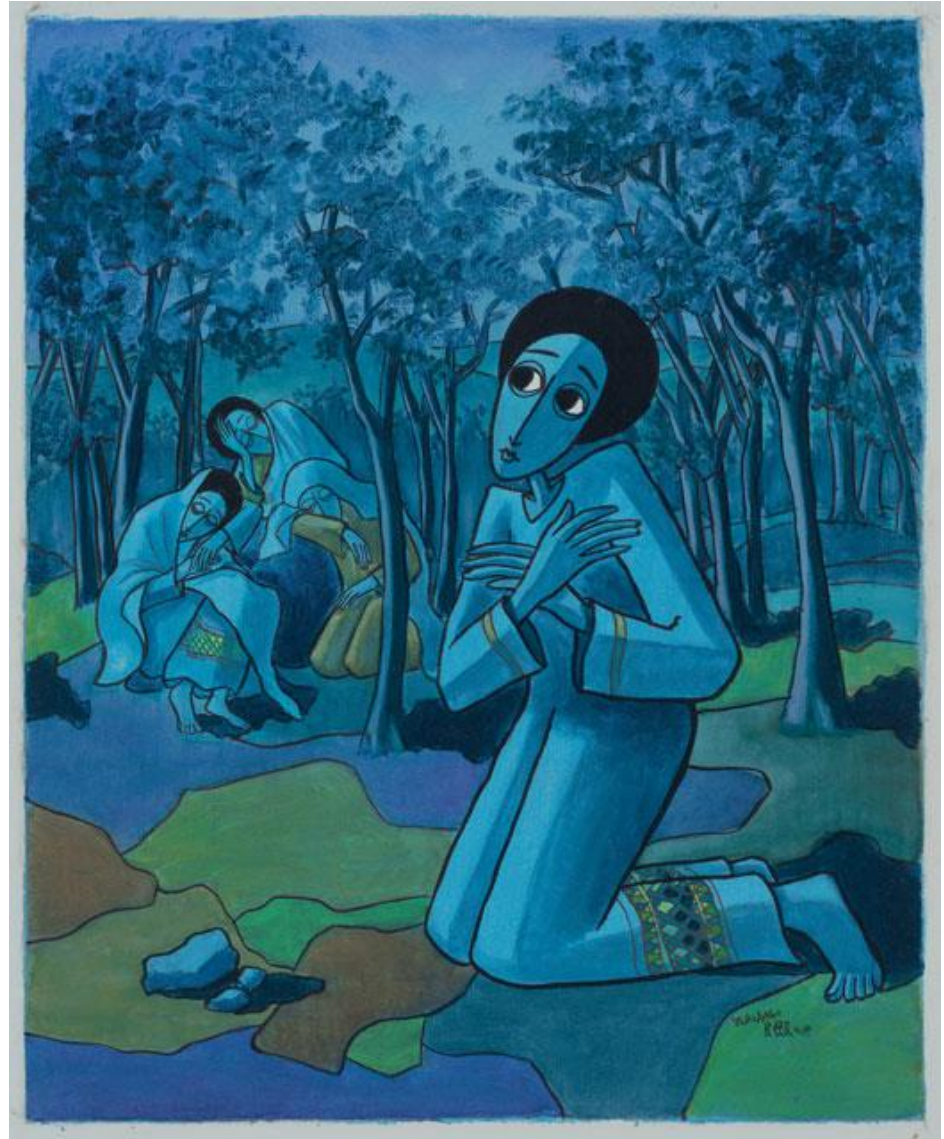
Meditate – on the picture.
Jesus' disciples can't stay awake while Jesus prays in the dark garden. Jesus feels alone, knowing he will die. 'Father save me, but not what I want - your will be done.'

3 The Garden of Gethsemane

based on Luke 22.39-46

Prayer - Listen to the the Taizé chant, 'Stay with me, keep watch with me'.

<https://www.youtube.com/watch?v=zktivkORaeJA>



Meditate – on the picture.
Where is Peter? Jesus?
Peter followed after Jesus’
arrest. But Peter is
recognised as a disciple.
Why does he deny it? The
cock crows and Peter
remembers Jesus’ words,
‘you will deny me’. How is
he feeling now?

4 Peter denies Jesus

based on Luke 22.54-62

Prayer – Take some play
dough, blu tack or icing.
Roll it on your hand.
Now scratch it. We all
make mistakes. What are
yours? Now make a
heart shape for forgive-
ness and love God pours
into us through Jesus.

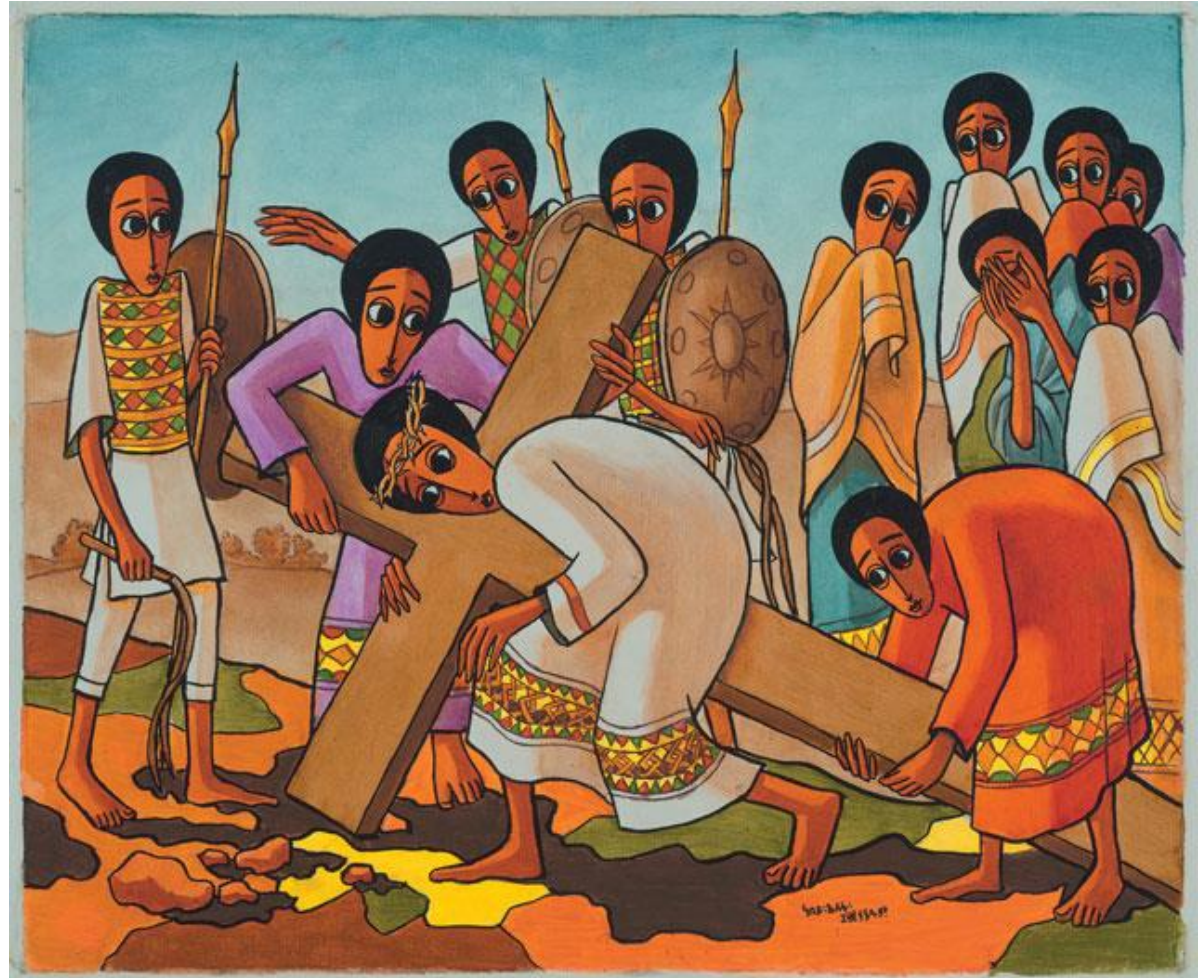


Meditate – on the picture.
Imagine you are in the crowd, watching Jesus carry his cross. Then Simon is made to carry it, because Jesus is hurt from being whipped. The cross is heavy. The person expected to save the world is going to die....

5 Jesus carries his cross

based on Luke 23.26-27

Prayer – Make a cross - anyhow. Place a tealight or torch on it, and think about Jesus.
He gave everything for us.

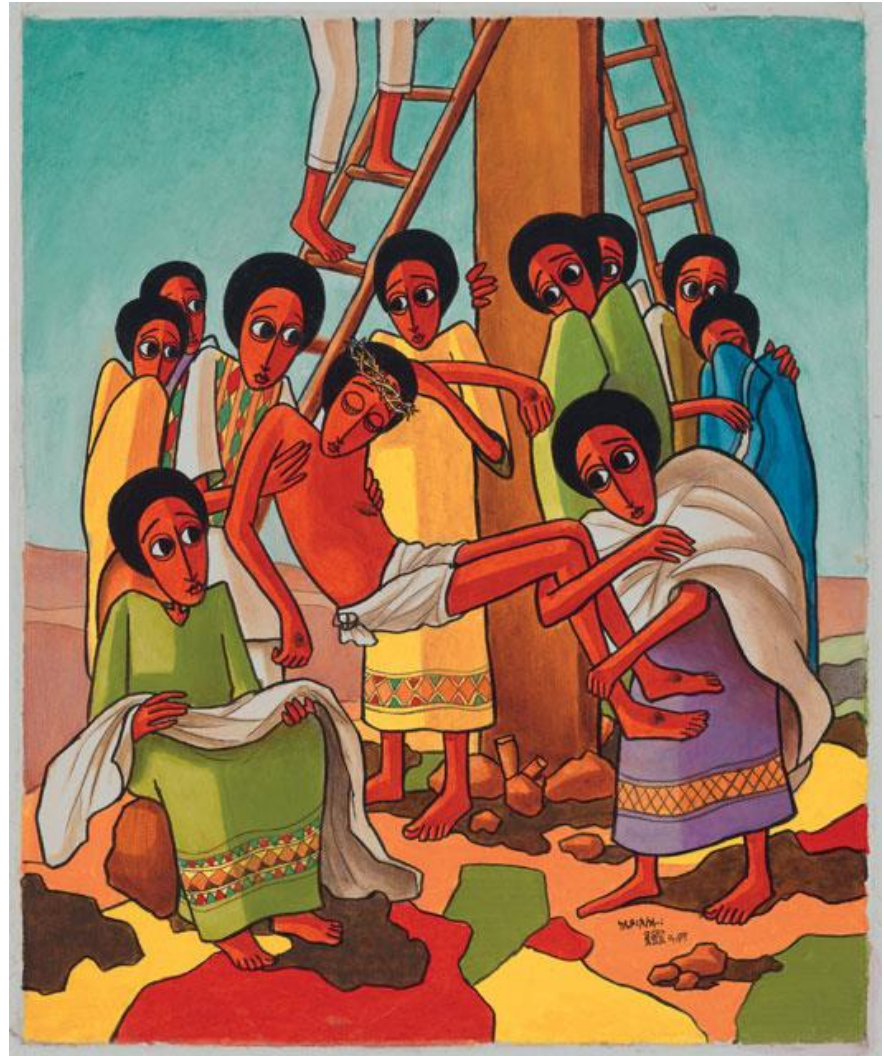


Meditate – on the picture.
Joseph of Arimathea is ready to wrap Jesus' body in linen. Mary and John are crying behind. See Jesus' wounds.
'Father, into your hands I commend my spirit,' Jesus cried at the last.
He is dead and all is dark.
We do not understand.

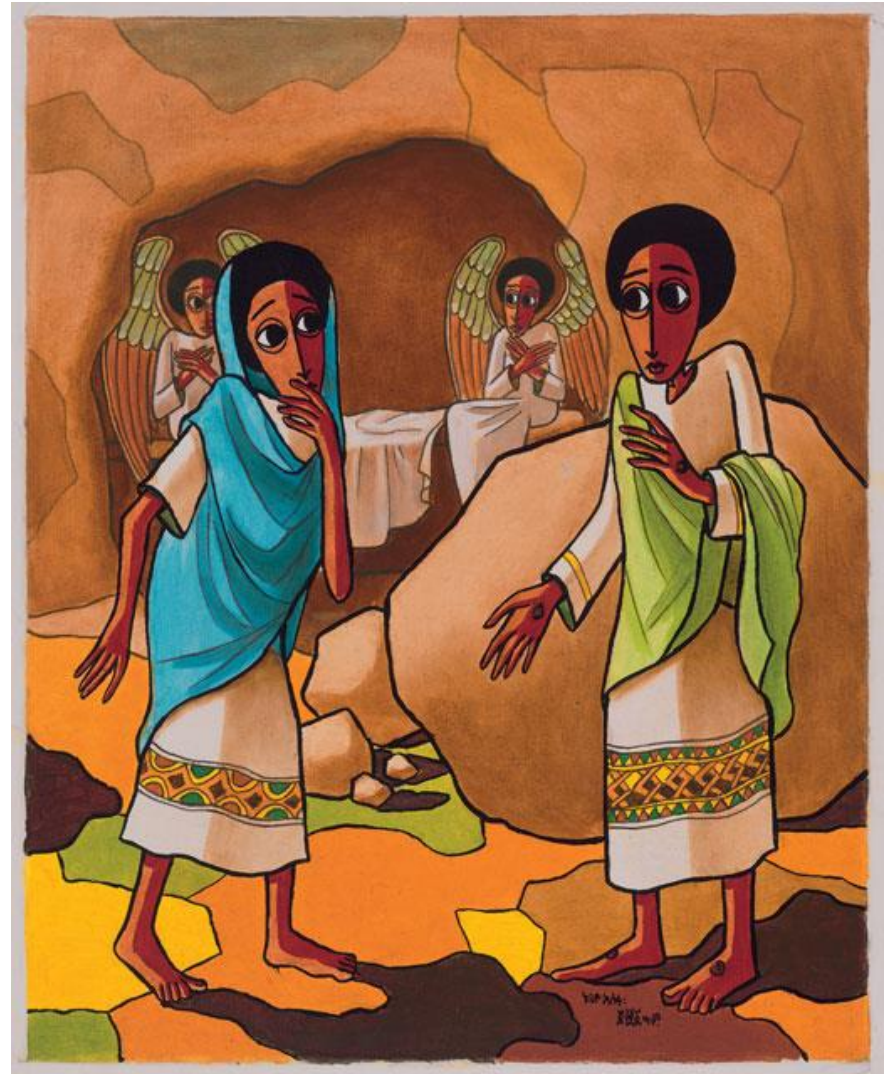
6 Jesus is dead

based on Luke 23.44-56

Prayer – Take something to represent a person – a doll, a shaped pipe cleaner, or paper cut-out. Wrap it in a cloth. Hold it gently. Then let it go.



Meditate – on the picture.
Mary is crying outside the tomb. She sees two angels. 'Why are you weeping?' they ask. 'They have taken my Lord.' Then Mary sees someone she thinks is the gardener. 'Tell me where he is,' she begs. But Jesus calls her by her name: 'Mary.' 'Teacher!' Mary cries, and runs to tell others: 'I have seen the Lord!'



7 The empty tomb

based on John 20.11-18

Prayer – Do you want life with Jesus? Make a flag*, write on your name and place it in a plant-pot, or tape it to your window.

* make your flag with a cocktail stick and label, or with a pencil, paper and sellotape