

# LORDSBRIDGE TEAM OF CHURCHES



**Third Sunday of Easter – 18<sup>th</sup> April 2021**  
**Read Luke 24.36b-48**

*You may like to use this material as a basis for discussion in your family.*

His Royal Highness, Prince Philip, the Duke of Edinburgh has recently died. He was nearly 100 years old and had been married to the Queen for 73 years. Just imagine all the different things he has seen and done in his long life! His family and friends have described their feelings about his death and have talked about the impact he had on their lives. Some of the emotions they described were: shock and sadness, concern about how the Queen would cope, and anxiety about the funeral arrangements.

When anyone dies it is hard for their family and friends to cope with it. They feel sad and confused, often shocked, and sometimes angry. Lots of different emotions or feelings may occur. Have you had to face the sadness of a relative or friend dying? Or has one of your pets died? How did you feel? Who helped you when you were feeling sad?



It was the same for the disciples when Jesus died. They felt shock and grief because of his death. Then they were confused and worried because the tomb was empty and his body had disappeared. Then they saw Jesus again after he had risen from the dead and they were amazed and full of joy. Jesus helped them to cope with all these mixed-up feelings by explaining what was happening and telling them about what it said in the Scriptures (in the Bible). Jesus said “Peace be with you” and the disciples then felt much calmer and happier.

What do you do to help you to feel calm if you are upset or worried or angry?

Do you feel peaceful when you talk to God?

## Activities

- Make a “Feelometer”

**You will need:** ruler, coloured pens, plain paper plate, small piece of card, scissors, split pin.

Use a ruler to divide the plate into 8 sections.

Write one of these emotions in each section: Happy, Sad, Confused, Worried, Fearful, Excited, Angry, Shocked.

Draw an emoji for each of these feelings.

Around the edge of the plate write the words “Jesus appeared and said peace be with you.”



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Make a small arrow out of coloured card and attach it in the middle with a split pin, like a clock face.

Spin the arrow and make your face show the emotion that the arrow points to. Try out the feelometer on your friends and family. How good are they at expressing the emotion?

## **Prayer**

**Jesus, sometimes we are sad,  
sometimes we are amazed,  
sometimes we are happy.**

**Help us to remember that however we feel,  
you are always with us. Amen.**