

Sense of the Resurrection Exercises in One Day

These exercises and Resurrection Egg items coordinate with the Sense of the Resurrection e-Book written by Amanda White.

Have an intro discussion about why they're there... What "Easter" celebrates... How it's all about Jesus...

But before we can get to the good part of the empty grave, let's go back a bit...

1. Perfume sample from a magazine or essential oil spritzed on a cotton ball

John 12:1-8 –Mary pours a pint of expensive perfume on Jesus's feet. She simply wanted to show Jesus how important he was to her. Some people were upset that she didn't sell the perfume and give the money to the poor, but Jesus understood she wanted to show him how much she loved him.

But can you guys smell this? Have you ever smelled really strong perfume? And when there's a really strong smell in the air, what do you typically do? WAVE YOUR ARMS IN CIRCLES to blow that smell away!

2. Green leaf, piece of greenery from floral arrangement

Matthew 21:1-11 Jesus rides into Jerusalem on a donkey, with crowds of people laying their cloaks and cut palm branches on the road – shouting:

Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!

So now we can hear and listen for the shouts as people wave their palm branches and we MARCH in place while saying, "Blessed is He who comes in the name of the Lord". Then JUMP when you say "Hosanna!"

3. Small piece of soap

John 13:1-17 Jesus shows the disciples how to love and serve others – He washes their feet! (which really was a pretty big deal because remember that they didn't have closed shoes then and they walked everywhere!) He set the example. Serve others. Be blessed.

And he gave us an even bigger example of serving and loving others when he died on the cross for us soon after this event.

So we can stand up and LIFT ONE FOOT at a time as if presenting your feet to be washed. (Can be quick for stretching or slow for balance).

4. Piece of bread

Matthew 26:26-30 The Last Supper. Jesus gathers the disciples together in what's known as the Upper Room for one last meal together. During this time, he takes bread, breaks it, gives thanks and tells the disciples to remember his forever.

Since we are at the Last Supper, we need a table! PLANK position to make a table (or HANDS and KNEES).

**Jesus (with Peter, James, and John) went to the Garden of Gethsemane to pray. Meanwhile, Judas told the Roman officials where Jesus was so that they could arrest him, betraying Jesus in exchange for 30 pieces of silver.

5. Purple Ribbon (Robe)

John 19:1-16 The soldiers mocked Jesus saying, "Hail, King of the Jews!" In those days, the color purple was used to represent royalty – kings and queens. So they put a purple robe on him and then twisted together a crown of thorns for his head.

Put your arms out wide like you're putting on a robe. Then, KNEEL in surrender to royalty and stand back up. (Switch lead legs halfway).

6. Feather- Hmm.... Feathers come from birds. Anyone know any birds in this story? Yes, there's a A ROOSTER!

Matthew 26: 31-35, 69-75 Jesus predicts that Peter will deny him three times before the rooster crows. Peter claims he would never pretend to not know Jesus, but sure enough, after Jesus is arrested, Peter lies and says he doesn't know him. Just as Peter denies him for the third time, the rooster crows. Peter remembers Jesus' prediction and cries.

Just so we don't forget about the bird in our story, SQUAT and WADDLE like a chicken while FLAPPING YOUR WINGS!

7. Cross

Matthew 27: 32-44 Jesus is led away to be crucified as if he were a criminal (even though he'd never done anything wrong!) It was an awful way to die – but he did it because he loves every single one of us that much!

This one might be the trickiest one yet – Cross Burpees.

1. Crouch. Say "Jesus".
2. Jump legs back to Plank position. Say "Died"
3. Crouch. Say "On a."
4. Stand with arms open wide. Say "Cross."

8. Sponge

John 19: 28-29 While on the cross, the soldiers soaked a sponge in wine vinegar, put it on a stick, and lifted it to his mouth. Jesus had said, "I am thirsty." And then he said, "It is finished."

SQUAT JUMPS. Squat down like you're soaking a sponge in a bucket, then jump as if trying to get it up to Jesus' mouth. (*For safety purposes, please don't jump with a stick of course).

9. Several little rocks

Matthew 27:50-56 At the moment Jesus died, the curtain of the temple was torn in two from top to bottom and there was an earthquake. Rocks split. Tombs broke open. There was shaking everywhere!

So STOMP your feet – FAST FEET like an earthquake!

10. 1 large rock

Matthew 27:57-66 A man named Joseph of Arimathea took Jesus's body and placed him in a tomb. The Roman soldiers rolled a giant stone in front of the opening of the tomb so that no one could go in and steal his body.

Run 1,2,3 then a QUICK STOP, as if there's a giant stone blocking your way!

11. Aluminum Foil

Matthew 28:1-10 The next morning, Mary Magdalene and another Mary (not his mother), went to the tomb and an angel came and rolled the stone away. His appearance was like lightning! His clothes super white! It was dawn, the sun was beginning to shine! Just like this shiny bright aluminum foil. Jesus defeats the dark and makes everything bright in His light!

JUMPING JACKS (or AIR JACKS – jumping jack in the air) to celebrate the excitement of seeing the angel and an empty tomb!

12. Goldfish Cracker

John 21 After Jesus came back to life, he appeared to many people, including the disciples one day as they were fishing. Jesus reminds them to feed and take care of his people. If we know Jesus, we should now do the same. Similar to the reminder from Matthew 4:19: Follow him and be fishers of men.

BOW POSE. (Lying on belly, bend knees, grab ankles, and make your best fish lips just for fun!)