

Elementary

Take a look at the list of emotions below felt by Jesus, His followers and those within the experiences of Holy Week.

ASK: What of these emotions do you think you feel most often?

CHOOSE: one of the more positive emotions, and one of the more negative or hard emotions and look up the verse or verses beside it.

DISCUSS: Who was feeling the emotion in this part of the story?
Why do you think they felt that way?

Excited: John 12:12-13

Angry: Matthew 21:12-14

Loved: John 13:1-5

Thankful: Matthew 26: 26-28

Overwhelmed: Mark 14: 34-36

Frustrated: 23: 20-24

Scared: Matthew 27:54

Sad: Isaiah 53:5-6 , Luke 23: 27

Surprised/Afraid/Startled: Matthew 28: 5-8, Luke 24: 37-39

Joyful: Luke 24:40-41

LASTLY: Take a small piece of paper of any kind and draw a cross. Then write the 2 emotions you discussed on the piece of paper as well. Then slip it into your bible as reminder that because Jesus died on the cross for our sins our sin does not have to separate us from God anymore and we can know He is with us, listening and caring for us in the joys and sorrows that we face in this life.