

## Activity instructions

Today we are looking at how Jesus met some of his disciples after he rose from the dead and how they were changed because of this. The stories are from Luke 24: 13-43.

### Activity 1: Walk and talk

Cleopas and his friend were walking and talking about everything that had happened to Jesus. Go for a walk together and talk about the story of Easter. Imagine what it would be like for the Disciples not to understand that Jesus had indeed risen and was alive again. Then talk about what it was like for them to meet and talk to him again.

*That same day two of Jesus' followers were walking to the village of Emmaus, seven miles out of Jerusalem. As they walked along they were talking about everything that had happened. Luke 24: 13-14*

### Activity 2: Prophecies about Jesus

Jesus explained to the men, as they walked along, all that had been said about him in the Scriptures (that's the Old Testament in our Bibles) There are so many references in the Old Testament about Jesus. Here are just some of them to look up in your Bible or you can check them out on [www.biblegateway.com](http://www.biblegateway.com). If you are wondering which translation to read you might try the New Living Translation (NLT), Contemporary English Version (CEV), or New International Version (NIV).

Jesus would be born in Bethlehem	Micah 5:2	Matthew 2:1
Jesus would be heir to King David	Isaiah 9:7	Luke 1: 32-33
Jesus would be called Immanuel	Isaiah 7:14	Matthew 1: 23
Jesus would be called a King	Zechariah 9:9	Matthew 21:2-5 & 27:37
Jesus would remain silent when wrongly accused	Isaiah 53:7	Mark 15:4-5
Jesus would be crucified with criminals	Isaiah 53:12	Matthew 27:38

*Wasn't it clearly predicted by the prophets that the Messiah would have to suffer all these things before entering his time of glory? Then Jesus quoted passages from the writings of Moses and all the prophets, explaining what all the Scriptures said about him.*

*Luke 24: 26-27*

### Activity 3: Peace

The Disciples were all together in the room and then suddenly Jesus was with them and he said 'Peace be with you.' What does peace look like or feel like for you? Draw a picture of PEACE and how you experience it.

*And just as they were telling about it, Jesus himself was suddenly standing there among them. He said, 'Peace be with you.'* Luke 24:36

#### **Activity 4: Making faces**

There are lots of different emotions mentioned in today's story: sadness, fear, peace, doubt, joy, wonder. We usually show how we are feeling in our facial expressions. Play a game where you take it in turns to make faces and see if others can work out which emotion you are trying to express. You could use other emotions too – not just the ones mentioned in the story!

*They stopped short sadness written across their faces. ... They said to each other, 'Didn't our hearts feel strangely warm as he talked with us on the road and explained the Scriptures? ... But the whole group was terribly frightened, thinking they were seeing a ghost! ... Still they stood there doubting, filled with joy and wonder. Luke 24: 17b, 32, 37 & 41*

#### **Activity 5: Amazing change**

You will need a bottle of cola and a packet of mentos.

We do like our messy activities at Lighthouse and this is definitely one! Maybe best to take this one outside!!

Make a funnel from some paper, making sure the opening is large enough for the mentos to fit through. Open the bottle of cola (don't shake it) and place the funnel in the top. Now as quickly as possible pour several mentos into the funnel and move back. (DO NOT look into the bottle) Now watch. (I used 7 mentos in 1.5l bottle but wondered afterwards if it would have been better if I had used the complete packet of mentos)

The Disciples were changed in the moment they saw Jesus and realised it was him. Talk about moments in your life when everything has changed for you.

*They said to each other, 'Didn't our hearts feel strangely warm as he talked with us on the road and explained the Scriptures? And within the hour they were on their way back to Jerusalem, where the eleven disciples and the other followers of Jesus were gathered. When they arrived, they were greeted with the report, 'The Lord has really risen! He appeared to Peter!' Luke 24: 32-34*

#### **Activity 6: Which songs?**

When Jesus came alongside Cleopas and his friend, they didn't recognise it was Jesus. As you listen, I wonder will you recognise these very well-known songs? If something has changed it is often now easy to recognise things. Listen to the songs and talk about what song you think it might be?

*Suddenly, Jesus himself, came along and joined them and began walking beside them. But they didn't know who he was, because God kept them from recognizing him. Luke 24: 15-16*

#### **An extra activity for your next meal time**

Eat some bread together and wonder together about what it was like for Cleopas and his friend to recognise Jesus as he broke the bread.

*As they sat down to eat, he took a small loaf of bread, asked God's blessing on it, broke it, and gave it to them. Suddenly, their eyes were opened, and they recognised him. And in that moment he disappeared! Luke 24: 30-31*