



BIG IDEA

Jesus knows what it's like to be hurt.

GOD STORY

To His Death (John 18–19)

KEY VERSE

Lead a life of love, just as Christ did. He loved us. He gave himself up for us. (Ephesians 5:2a, NIRV)

1 | Conversation Starter

INSTRUCTIONS

- a. Let the kids know that today's story is a sad one but it's also super important!
- b. Discuss:
 - Who's your favourite person to talk to when you feel sad?
 - Do you know what it means to empathize with someone?
- c. Clarify that empathy means understanding and sharing another person's feelings.
- d. Remind the kids that Jesus was a person just like us. He knows exactly what it's like to feel sad, happy, scared, and hopeful. We can always tell Jesus about our feelings—good or bad! He understands them all.
- e. Introduce today's Big Idea: **Jesus knows what it's like to be hurt.**

2 | Watch

SUPPLIES

- Media player

INSTRUCTIONS

- a. Watch this week's video from the Now Playing Kids playlist on the One Story YouTube channel.

3 | Discuss & Pray

SUPPLIES

- None

INSTRUCTIONS

- a. Review and discuss the video teaching:
 - What stood out to you in today's Life Story?
 - How did the Life Story connect with the God Story?
 - **Jesus knows what it's like to be hurt.** Why do you think this fact matters?
 - How do you think Jesus felt as he went through so much on the day he died?
- b. Pray together. Thank God for sending Jesus to be with us, show us God's love, save us from sin, and set up God's kingdom!



4 | Activity

SUPPLIES

- Bibles
- Bookmarks
- Colouring materials

INSTRUCTIONS

- Guide the kids to look up John 19:23–30.
- Read the passage together and encourage everyone to imagine what this would have been like for Jesus.
- Explain that Jesus could have stopped everything that happened to him. However, he chose to experience it because he knew what it would mean for us.
- Discuss: How does that make you feel about Jesus?
- Give each of the kids a bookmark and some colouring materials.
- Direct them to colour in the squares to create their own pixelated designs that highlight what Jesus did for us (e.g., form a cross or a heart, or write “Jesus”).

5 | Key Verse

SUPPLIES

- Key Verse sign
- Ball

TIP

- It might be helpful to do this activity outdoors, so the ball can be tossed high into the air.

INSTRUCTIONS

- Read aloud the Key Verse together a couple of times.
- Place the sign where everyone can see it.
- Toss the ball up in the air and try to say the first part of the verse (e.g., “Lead a life of love”) before catching it.
- Pass the ball to someone else.
- Prompt them to toss it up in the air and try to say the next part before catching it.
- Repeat until everyone is familiar with the verse.