



## “Carrying the Cross of Love” – A Good Friday activity

### Leader’s guide

#### Aim of the session:

To help children understand the significance of Good Friday and how Jesus carried the cross for us, encouraging them to show love and care for others in need.

#### Materials Needed:

Paper cross cutouts (one for each child – see last page)

Colouring pencils and felt tips

Stickers or small decorative items (optional)

Glue

Small pieces of paper or index cards with space to write simple examples of ways to help others (e.g. “Give a compliment,” “Say a kind prayer for someone,” etc.)

Children’s Bible or access to John 19:16–30

#### Introduction:

Begin by reading a short passage from Good Friday (John 19:16–30) and discussing Jesus’ sacrifice on the cross: “On Good Friday, we remember how Jesus carried a heavy cross to show His love for us. Even though the cross was heavy, Jesus showed us how much He loves us by carrying it. Jesus made a sacrifice for us and in small ways we can make sacrifices by giving up our time and putting other people’s needs before our own.”

#### Reflection:

Ask the children to think about ways they can show love to others, just like Jesus did. Some ideas might be helping someone who is sad, sharing, or caring for someone in need. Discuss the importance of kindness and helping others.



St Vincent  
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### **Decorate the Cross:**

Give each child a paper cross cut-out. Encourage them to decorate it using colouring pencils, felt tips, or stickers to make their cross special. As they work, remind them that this cross represents the love Jesus showed for us.

### **Add Acts of Kindness:**

On small pieces of paper or index cards, write down simple ways to help others (e.g., "Hold the door for someone," "Give a hug to a friend," "Help someone with their homework"). Ask each child to pick one act of kindness that they can commit to doing during the week. They can glue this note to the back of their decorated cross.

### **Reflection and Prayer:**

Once everyone has finished their crosses, gather the children in a circle. Encourage the children to put what they've chosen into action over the next week, and to keep thinking about other acts of kindness they can do in their daily lives. Then lead a short prayer, thanking Jesus for His sacrifice and asking for help to show love and kindness to others every day.

### **Conclusion:**

Conclude by saying, "Just like Jesus carried His cross for us, we can carry out small acts of kindness and love to help others in need. Let's remember Jesus' love and share it with the world!"



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