



SPACE2BE

Before you start....

Sit somewhere comfortable.

Turn off or move away from distractions like the TV or your phone to help you focus on God.

These resources are to help you spend time with God when you can't go to church or youth group. They are designed for young people aged 11-18. You might want to write or draw something to remember how God speaks to you during your time with Him, or you could send a message to your youth leader to let them know you've been praying!

Read the Bible.....

You probably know the Easter story well – Jesus ate his last supper with his friends, prayed to God in the garden of Gethsemane, was betrayed by Judas and arrested and was crucified on the cross.

Remind yourself what happened next - read Matthew 28 in your Bible.

If you don't have a Bible at home, you can read it here:

<https://www.biblegateway.com/passage/?search=Matthew+28&version=NIV>



Look at the image....

Do you ever feel like you need rescuing? What from?

Why do you think Jesus chose to die?

Watch this video called 'Rescue':

<https://gochattervideos.com/rescue/>

Think about.....

+ How do you think the women felt when they saw the angel and the empty tomb? How do you think the disciples felt when they heard the women's story?

+ Some of the disciples doubted what they heard. Do you ever have doubts about what Jesus did? Does it ever feel unbelievable to you?

When we doubt what happened to Jesus, sometimes it's because we can't believe that anyone would make a sacrifice as great as that for ordinary people like us. Jesus was God's rescue plan to save us from sin and life apart from Him.

+ Do you feel like you are worthy of God's rescue? If not, why not?

+ God sent Jesus to rescue you because you are valuable to Him – He created you and there is no-one else like you. What do you think God loves most about you?



Pray.....

(you will need a blank piece of paper and a pen)

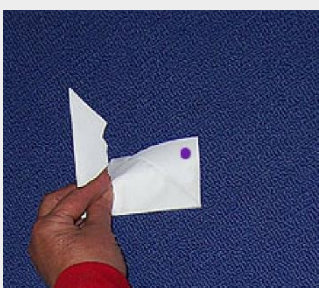
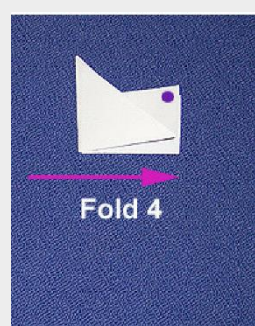
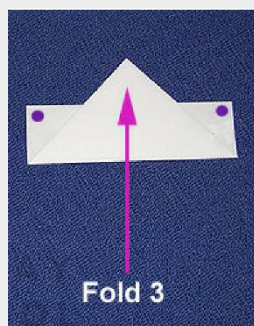
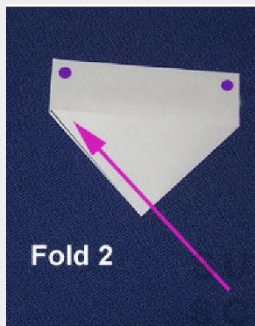
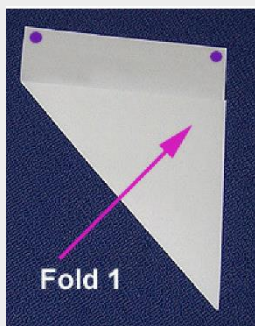
Jesus died on the cross so that we could be rescued from sin and have new life.

God loves us and wants to share our lives with us. But we all make mistakes and do things wrong, and when we do this we're separated from God.

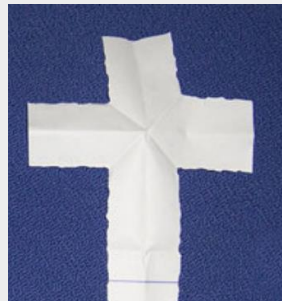
When Jesus died on the cross, He said that he would take the punishment for all the things we do wrong so that we don't have to – this doesn't mean there won't sometimes be consequences for our mistakes. But it does mean we won't suffer the punishment of being separate from God – if we are truly sorry and ask for God's forgiveness, we can have a fresh start with Him.

On a blank piece of paper, write down anything you want to say sorry and ask forgiveness for – any mistakes or bad choices you have made.

Now follow these instructions to fold and then tear your piece of paper:



Now unfold your piece of paper and turn it over to the blank side.....



When Jesus died on the cross, he made the ultimate sacrifice for all of us to rescue us from life without God. He gave us a fresh start – a blank piece of paper to start again.

Hold your cross and in the quiet, read this prayer and say the words in **bold** out loud.

God, thank you that you love us and want to share our lives with us, the good and the bad, the times of joy and the times of struggle – **I love you God**

Thank you that you gave your Son Jesus to pay for our mistakes and to rescue us from life without you – **I praise you God**

Thank you that we can choose to be forgiven for the choices we've made – **I'm sorry God**

Thank you that Jesus rose again to offer us new life with you – **I choose you God**

Amen