

# WILD EASTER



## SOME IDEAS FOR REFLECTION

### CREATURES

In the Christian Tradition, the Sunday before Easter is known as Palm Sunday. Jesus rode on a donkey into the key city of Jerusalem, choosing to ride on a donkey rather than a stallion, coming with a deep challenge about how to hold power, and how to use it. Jesus comes in service and humility, his power is love.

Take a moment, to notice the animals, birds (and maybe fish!) around us today- if you had to speak a truth to others today, which animal/bird would you choose and why?

### WATER

Focus on the feeling of cool water on your skin, even if you dip your hands or feet into the water (or simply sit and imagine it)

On the Thursday before Easter Sunday (Maundy Thursday), Christians remember Jesus sharing a meal with his closest friends – this meal is known as the Last Supper. During the evening, Jesus washed his friends' feet. It wasn't unusual for feet to be washed in this culture, but it was normally a task done by a servant, it was unheard of for a Teacher/Rabbi to do this. Jesus shows he came to serve and was willing to get involved in the messiness of our lives.

Who around you needs help? What needs do you have at the moment that you could share with others?

### GRASS

Focus on the sensation of grass under your feet.

On the night before Jesus was crucified on a cross, he spent time in a garden, agonising about the decision he had to make – to obey his father or not.

Do you have any difficult decisions to make?

As you go for a walk along the bank, swim, paddle or sit by the river – you could imagine giving your difficult decision over and allowing some of the angst around it to flow down stream.

If prayer is something you would like to try, you could try the above by letting go of a stick or leaf, watching it flow away perhaps praying,

'Not my will, but yours Lord'

## RIVER BANK

Notice the shape of the river bank, the way in which the water has shaped this natural environment. Think about the journey the water takes and how the river bank changes throughout the seasons & yet it's a firm foundation for the water to run where it needs to go.

Our bodies are little bit like the river bank & river! Changing & adapting through the seasons of life.

Where are you on your journey of life? How is this season?

If you could describe the season you are in by the stretch of the river, which bit of the river and river bank would it be?

Where would you like to be?  
How might you get to this part of the river?

## NAILS

On Good Friday, Christians remember Jesus being nailed to a cross and dying. His body was placed in a borrowed tomb. Feel free to take a nail from the pot to symbolise this.

Christians believe that Jesus is God's son, and so is both human and divine (God himself). His death was devastating to his followers, like any loss of a loved one. However, what they didn't fully understand was that because he was God's son, His death changed things forever. Christians continue to believe it brought restoration, in order that humanity and all creation would be renewed.

If helpful, reflect on how this compares with your belief or faith tradition?

## LIGHT

On Easter Sunday, Christians celebrate the resurrection of Jesus. The Christian message is a message of hope – that when we die, it isn't the end, that we will enjoy eternal life in heaven. But, even better than that, Christians believe in life before death & life in all its fullness here on earth. In the midst of darkness there is light.

What signs of hope and light do you notice around you today?

You might like to express your gratitude for this hope in whatever way is natural to you

We'll finish with refreshments around a small fire pit, wrap up warm and relax!

# HAPPY EASTER!