

STEP ONE: Watch the EC video at hillsideonline.com/kids

STEP TWO: Repeat the verse twice with the motions!

“How wide

(hold arms out wide)

and long

(hold arms up and down)

and high

(jump high)

and deep

(crouch low)

is the love

(hug yourself)

of Christ.”

(point up)

Ephesians 3:18

(open hands like a book)

STEP THREE: Have fun with the activity "One, Two, Three!"

What you do:

Have your children stand with you in an open area of your home. Invite them to count to three then do a movement. For example, “One, two, three, jump!”

Possible movements: jump, twist, clap hands, stomp, run in place, jazz hands


Say, “What an amazing story! Can you remember how many days went by after they put Jesus in a tomb? (Pause.) Yes, three days went by. Let’s play a fun game while we count to three. We’ll count to three and then do a fun movement. Let’s try one together. First, we will jump. Here we go! One, two, three, JUMP! Great job! Let’s do another one! (Continue and finish activity.)


Great job! In today’s story, some angry men took Jesus away and hurt Him so badly that He died. Three days went by. On the third day, Jesus came back, just like He said He would! Jesus is alive and He wants to be your friend forever! Who wants to be your friend forever? Jesus wants to be my friend forever.”

* the Bible story for this week is found in Matthew 26:20-30; 27:45-50; 28:1-7

STEP FOUR: Pray together as a family!

“Dear God, thank You for sending Jesus to be our friend forever. Thank You that He is alive and will always love us, no matter what. Thank You again for our friend, Jesus. We love You, God. In Jesus’ name, amen.”





STEP FIVE: Encourage your child to draw a picture of the number three with an angel.

STEP SIX: Remind them that Jesus died, but on the 3rd day God sent an angel to roll the stone away. Jesus is alive!