

Gospel Yoga

By Ruth Hanley



Share the journey of Holy Week with your child(ren) through yoga poses that you do together. This is a fun, kinesthetic way to teach and learn the Easter story.

For

Young Family

Season

Spring

Needed

A copy of Holy Week Story Poses worksheet (see last two pages) for each family member who can read; yoga mat for each pair of family members; comfortable clothes



Prepare in Advance

- Find a place with enough room to spread out yoga mats.
- Plan how to pair up family members. You may need to take turns with children.
- Keep in mind: Be careful not to push yourselves too far physically—if a pose hurts, don't do it!

Activity Plan

1. Form pairs of family members. Have each pair sit side-by-side on one yoga mat in a cross-legged position with hands resting on knees.
2. From the Holy Week Story Poses worksheet, take turns reading the title and the words in italics of the first section of the story and the description of its pose. As you duplicate the position, breathe in your nose and out through your mouth.
3. When you have finished the story, encourage family members to express their thoughts, feelings, and questions about Holy Week and Easter. If you feel you don't know an answer, wonder together what the answer might be or write down your questions to ask your pastor or Sunday school teacher. Your church library may have books or videos about the Easter story that would be helpful. Assure children that wondering is part of learning about God and Jesus.

Other Resources

If your family wants to learn more about Holy Week and Easter, these resources may be helpful:

Books:

- [Spark StoryBible](#) by Augsburg Fortress
- [Jesus Saves the World](#) Zonderkidz I Can Read/The Beginner's Bible Series
- [J is for Jesus: An Easter Alphabet and Activity Book](#) by Debbie Trafton O'Neil
- [Come, Taste the Bread: A Storybook about the Lord's Supper](#) by Daphna Lee Flegal

Video:

- [Holy Week in 2 Minutes](#) by Busted Halo (for youth and adults)



Holy Week Story Poses

To begin, sit cross-legged with your child and take deep breaths in through your nose and out through your mouth. Visualize God creating the whole universe with a breath and feel the Holy Spirit inspiring you to share in this story.



1. Hosanna: *The people of Jerusalem were excited to see Jesus, their Messiah, enter the city. He arrived riding on a young donkey, and the people waved leafy branches and yelled “Hosanna!” They were excited and glad to see Jesus, God’s promised Savior. Stand up straight, feet shoulder-width apart. Extend your arms over your head, fingers spaced apart and bend from the waist leaning side to side. Say “Hosanna!” while you do this.*



2. Jesus Washes His Disciples’ Feet: *Before Jesus shared his last meal with his disciples, he washed their feet to show his love for them. Jesus showed them that every person is called to serve others. Sit side-by-side with your child, legs outstretched in front of you. Your child will sit further forward so that your feet line up. Lean forward and pretend to wash each other’s feet.*



3. The Last Supper: *At the Last Supper, Jesus broke bread and poured wine. He thanked God for the bread and wine. He instructed his disciples to drink and eat when they gathered for worship. He said that the bread and the wine are the body and blood of Christ, given for the forgiveness of sins. Jesus teaches us to eat and drink in this way in order to remember him. Sit back to back with your child, legs and arms outstretched in front of you, palms up. Twist your upper body from the waist all the way to your child, reaching your hands out. Your child mirrors your actions. Then reach around the other side and do the same. Pretend that you are disciples passing the bread and wine around the table.*



4. Good Friday: *It was very sad when Jesus was hung on a cross. Jesus’ followers were filled with sorrow when Jesus died. They felt lost, alone, and confused. They wondered what God would do next. As we curl up into this pose, we can imagine what the friends and family of Jesus did when they were sad. Sit down on your knees and feet and bend from the waist and lower your head until it touches the mat. Rest your arms along the side of your body.*



5. Easter—Love Wins: *After three days in the tomb, God raised Jesus from death! Like a caterpillar spins a chrysalis and comes out as a butterfly, Jesus was alive again! Jesus’ story reminds us that God gives us new life. Our lives with God will never end. Sin and death have no power over us, because God’s love is more powerful than sin and death.”* Sit with the bottoms of your feet touching, knees bent out on either side. Flap your leg “wings” up and down like a butterfly.



6. Ending Prayer: *Lord of life, thank you for sharing your story with us. You are the Light that overcomes all darkness, and you live in us to make us your Easter children—children of God’s light and love. Alleluia! Amen!*

