

GOOD FRIDAY 2022

PARENT GUIDE

Dear FAC Families,

We're so glad to be able to celebrate Good Friday altogether as a church family this year at FAC Deerfoot and Online! This is the most important weekend of the year for our faith and while it's profoundly important, it can also be complex. It's impossible to explore Good Friday without some difficult subject matter, as the hinge point of our faith includes violent story of Jesus' death on a cross.

To direct our worship this Good Friday (April 15, 2022), we're offering a sensory opportunity in the services to hear and see what Jesus went through Himself on that day. As important as it is to feel the weight of this, it can also be a *lot* – particularly for children. [DiscoveryLand will be offered at FAC Deerfoot for infants-Kindergarten during the 5:00 pm service.](#) For families with Grade School children who feel they need to step away from the service, the Student Centre (Gym) will be open and available for you (but not supervised).

While not exhaustive in any way, [we hope the following points offer some guidance on how to have a conversation about a Good Friday service with your children that could be quite intense \(see next page\):](#)

1. **Pray** and ask God to guide, help, and provide compassionate insight.
2. **Pick a good and safe time and place to talk.** Nobody knows your child better than you do and how to best care for them. While your child is in the throes of emotional intensity may not be the best time to process together. Listen, care, and provide a safe place to process before and after the service.
3. **When it's a good time, ask your child what they felt, saw, experienced, or observed and how it made them feel.** Affirm and accept what they shared ... let them know it is okay to feel sadness, gratitude, or whatever may have been brought up.
4. **Ask** what they're thinking about and how they're processing the service.
5. **Ask** if they have any questions. It's okay to answer, "I don't know" ... and look into answers together.
6. **Talk about your experience** and what you felt, saw, and heard in the service. Explain how you process the pain and difficulty of experiencing Good Friday.
7. **Remind them and anchor the story in how things end.** The younger the child, the fewer the details are needed when talking about Good Friday. With that said, you can age-appropriately teach them about the original context. Explain the "why", the "how", and what happened next – Jesus' resurrection on Easter!

There's no way to sugarcoat the cross. No matter how we look at it, the cross was an instrument of *public execution* that Jesus fully experienced. It can be traumatizing and difficult to understand this – for children and adults alike – and we understand that difficulty. However, we know how the story ends and there's always *hope*. Our prayer for you and your family this Good Friday is that together, we can be amazed again at the depths and breadth of God's love for all of God's children. This Easter, may you and your family again understand this reality.

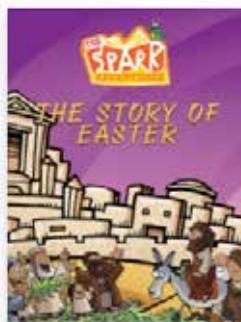
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Family Life Pastor



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