

GOOD FRIDAY 2023

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 complicated. It's impossible to explore Good Friday without some difficult subject matter, as the hinge point of our faith includes the reality of Jesus' death on a cross.

As important as it is to feel the weight of what happened on Good Friday – the cost of our sin and the crucifixion of Jesus – 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.](#)

And while not exhaustive in any way, **[we hope the following guide offers some guidance on how to have a conversation about the Good Friday service](#)** *(please see the 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 at the Good Friday service 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 what Good Friday means.
- 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 on Friday is that together, we can be amazed again at the depths and breadth of God's love for all of God's children. May you and your family understand this reality as you celebrate Easter.

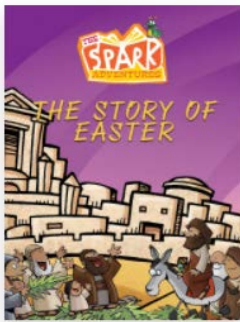
Kyle Trigg

Family Life Pastor



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