

In 2021, Good Friday is on 2nd April.

## **Good Friday**

### **When is Good Friday?**

Good Friday is the Friday before Easter Sunday. On this day, followers of Jesus remember the day when He died on a cross.

### **Why is it called Good Friday?**

It is 'good' because followers of Jesus believe that it shows the love of God.

### **What happened on Good Friday?**

Jesus was arrested and was tried, in a mock trial. The people did not like the things he was saying as it showed up their love of religion rather than their love for God and humanity. He was handed over to the Roman soldiers to be beaten with whips. A crown of long, sharp thorns was put on his head.

Jesus was forced to carry his own cross outside the city. Crosses were used in those days as a way to carry out the death penalty. Jesus was so weak after the beating that a man named Simon, who was from Cyrene, was pulled from the crowd and forced to carry Jesus' cross the rest of the way.

Jesus was nailed to the cross. Two other criminals were crucified with him; their crosses were on either side of him.

Followers of Jesus believe that He stood in our place. His death paid the punishment not for his own wrong doings but for ours.

### **What happens on Good Friday today?**

Some followers of Jesus fast on Good Friday.

### **Why do we eat Hot Cross Buns?**

It is traditional to eat warm 'hot cross buns' on Good Friday. Hot Cross Buns, with their combination of spicy, sweet and fruity flavours, have long been an Easter tradition.

The pastry cross on top of the buns symbolises and reminds followers of Jesus of the cross that He was killed on.

The buns were traditionally eaten at breakfast time, hot from the oven. They were once sold by street sellers who sang a little song about them.

*"Hot cross buns, Hot cross buns,  
One a penny, two a penny,  
Hot cross buns."*

Traditionally Good Friday was the day when everything was cleaned and washed in preparation for Easter Sunday.

In 2021, Easter Sunday is on 4<sup>th</sup> April.

## **Easter Sunday (Easter Day)**

### **What happened on Easter Day?**

Followers of Jesus believe that on Easter Day, 3 days after Good Friday, Jesus's followers went to his tomb and found it empty. They thought his body had been stolen, but then he appeared to them and they realised that he had overcome death and had a resurrection body. Followers of Jesus believe that this shows that Jesus won the battle over the powers of evil. Because of Easter, followers of Jesus believe that He will take away the shame of our sins, guarantee eternal life for us and guide us away from darkness and wrong-doing into a personal friendship with God.

### **The Traditional Egg Gift**

The first eggs given at Easter were birds eggs. Followers of Jesus believe they symbolise new life. These eggs were painted in bright colours to give them further meaning as a gift.

Chocolate eggs are given to children. The eggs are either hollow or have a filling and are usually covered with brightly coloured silver paper.

### **Easter Egg Hunt**

Small chocolate eggs are hidden for the children to find on the traditional Easter Egg Hunt.

### **Special Food at Easter**

After the hard months of winter and the fast weeks of Lent, food at Easter was always a special treat.

Easter day, like Christmas day, is also associated with special food.

**Boiled eggs** are traditionally served at breakfast, then Easter cards and gifts may be exchanged.

**Roast lamb** is the traditional meat for the main meal on Easter Day. It is served with mint sauce and vegetables.

### **Easter Biscuits**

Easter Biscuits are sometimes called "Cakes" and are eaten on Easter Sunday. They contain spices, currants and sometimes grated lemon rind.