

Easter Traditions for Teens

By Jolene Roehlkepartain



As children become teenagers, they may feel that Easter is a holiday for younger children and/or for people who aren't critical thinkers. Welcome teenagers' questions and invite them to help you develop new ways to celebrate Easter.

For

Teen Family

Season

Spring

Needed

Bible

Prepare in Advance

Mark the following passages in your Bible or plan to use the text on the last page: Matthew 28:1-10, Mark 16:1-10, Luke 24:1-12, and John 20:1-10.

Activity Plan

1. Pray this prayer aloud to begin:

God, thank you for Easter and for the chance to spend time together as family. Amen.

2. Ask for volunteers to read aloud Matthew 28:1-10; Mark 16:1-10; 24:1-12; and John 20:1-10 from your Bible or use the text on the last page.
3. As a family, compare the accounts of Jesus' resurrection in these four readings from the Gospels. Ask:
 - What is the same in all four accounts? What's different?
 - Which account do you like best? Why?
 - What questions do you have after hearing these four accounts?
4. Talk together about any Easter rituals your family has. Which mean the most to you? Why? Which ones no longer seem appropriate?
5. Comment that Easter sometimes may seem like more of a children's holiday. Invite ideas about how to make the celebration of Easter more meaningful for teenagers. Based on your conversation, create a new Easter ritual or two to add to your family's celebration. For example, many children enjoy Easter egg hunts for candy; teenagers, however, might be more interested in an egg hunt if the contents of the eggs included money or if they are the ones to hide the eggs. Or they might enjoy egg bowling—rolling hard-boiled eggs on a hard surface to try to knock down a chocolate bunny. Or egg



rolling—releasing hard-boiled eggs at the top of a grassy hill and seeing which ones rolls down the hill the farthest. Or doing an egg toss (with underhand throwing) using hard-boiled eggs.

6. Plan how to update Easter rituals to make them more appropriate for teens. Teenagers may still enjoy receiving an Easter basket, especially if it includes gifts like movie tickets, sketchpads, books, a gas card, a DVD, or cosmetics.
7. Invite teenagers to become more involved in the Easter traditions that adult family members enjoy. Involve teenagers in cooking, decorating the table, or finding a new recipe for your family meal. For music lovers, have them learn more about Handel's Messiah and perhaps attend a concert of Easter music in your community. Have teens and adults in your family volunteer to help with Easter worship at your church. For those who enjoy art, try creating Pysanka (Ukrainian Easter eggs): [Learn about Ukrainian Easter Eggs](#)
8. Connect teenagers with thoughtful adults who can talk with them about their questions and doubts concerning Jesus' resurrection. Many teenagers find it difficult to believe that the resurrection took place and so they disregard the entire holiday of Easter, or they may act out to make Easter uncomfortable for others. Instead, welcome their questions. Reassure each family member that Easter and the miracle of the resurrection are God's work and do not depend on human feelings or belief. God welcomes our questions and doubts, and the Spirit will help each person grow in understanding across the years. Talk about how adults and teenagers often have mixed feelings about holidays, which is OK, and they continue to celebrate because holidays are more than what people think, believe, and feel.
9. Alternate idea: Watch the movie *Miss Potter*, which is about author Beatrix Potter who wrote the Peter Rabbit books. Afterward talk about Miss Potter's descent into darkness and her psychological resurrection.



Matthew 28:1-10

Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. ² And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. ³ His appearance was like lightning, and his clothing white as snow. ⁴ And for fear of him the guards trembled and became like dead men. ⁵ But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. ⁶ He is not here, for he has risen, as he said. Come, see the place where he lay. ⁷ Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. See, I have told you." ⁸ So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. ⁹ And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet and worshiped him. ¹⁰ Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me."

Mark 16:1-8

When the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, so that they might go and anoint him. ² And very early on the first day of the week, when the sun had risen, they went to the tomb. ³ And they were saying to one another, "Who will roll away the stone for us from the entrance of the tomb?" ⁴ And looking up, they saw that the stone had been rolled back—it was very large. ⁵ And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe, and they were alarmed. ⁶ And he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He has risen; he is not here. See the place where they laid him. ⁷ But go, tell his disciples and Peter that he is going before you to Galilee. There you will see him, just as he told you." ⁸ And they went out and fled from the tomb, for trembling and astonishment had seized them, and they said nothing to anyone, for they were afraid.

Luke 24:1-12

But on the first day of the week, at early dawn, they went to the tomb, taking the spices they had prepared. ² And they found the stone rolled away from the tomb, ³ but when they went in they did not find the body of the Lord Jesus. ⁴ While they were perplexed about this, behold, two men stood by them in dazzling apparel. ⁵ And as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? ⁶ He is not here, but has risen. Remember how he told you, while he was still in Galilee, ⁷ that the Son of Man must be delivered into the hands of sinful men and be crucified and on the third day rise." ⁸ And they remembered his words, ⁹ and returning from the tomb they told all these things to the eleven and to all the rest. ¹⁰ Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told these things to the apostles, ¹¹ but these words seemed to them an idle tale, and they did not believe them. ¹² But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home marveling at what had happened.

John 20:1-10

Now on the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. ² So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." ³ So Peter went out with the other disciple, and they were going toward the tomb. ⁴ Both of them were running together, but the other disciple outran Peter and reached the tomb first. ⁵ And stooping to look in, he saw the linen cloths lying there, but he did not go in. ⁶ Then Simon Peter came, following him, and went into the tomb. He saw the linen cloths lying there, ⁷ and the face cloth, which had been on Jesus' head, not lying with the linen cloths but folded up in a place by itself. ⁸ Then the other disciple, who had reached the tomb first, also went in, and he saw and believed; ⁹ for as yet they did not understand the Scripture, that he must rise from the dead. ¹⁰ Then the disciples went back to their homes.

