

# BAREFOOT WALK

*A sensory barefoot walk taking you on a journey from  
Palm Sunday to Good Friday*



# BAREFOOT WALK

## The guide

Create a sensory barefoot walk using trays / paddling pools to contain each of the elements below. Encourage people to remove their shoes and socks to walk Jesus' journey to the cross. Guide people along using the prompts below, and the reflections on the next pages. Use a simplified version for younger children.

### Sand



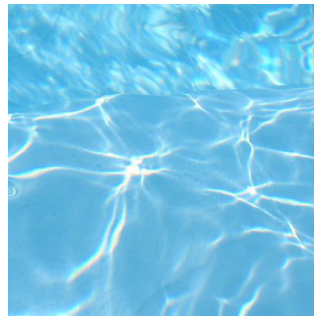
Focus on the feeling of the **sand** beneath your feet and think about Jesus riding into Jerusalem. Jesus, the King, invites each one of us to faithfully follow Him. If you would like to, pray something like, "Jesus, You are King. Help me to faithfully follow You. Amen."

### Straw



Focus on the feeling of the **straw** under your feet and think about the scene of Jesus clearing out the temple. Consider the things that clutter up your life. What things might need clearing out to make room for Jesus in your heart?

### Water



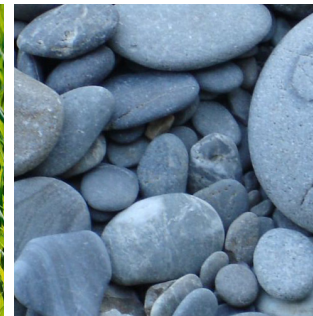
Focus on the feeling of the cool **water** washing your feet and think about how Jesus washed His disciples' feet. Jesus said "The Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." Thank Jesus for the incredible way that He has served you. Who is Jesus inviting you to serve?

### Grass



Focus on the sensation of the **grass** under your feet and think about the agonising decision that Jesus had to make in the Garden of Gethsemane; whether to obey His Heavenly Father or not. Do you have any difficult decisions that you need to make? Can you pray, "not my will, but Your will Lord"?

### Pebbles



Focus on the sensation of standing on the hard **pebbles** and think about Jesus' difficult journey, carrying the cross. Even though Jesus suffered so greatly He never stopped loving the people He came to save. Thank Jesus that His love for you is so great. *(Put your shoes back on after this section.)*

### Nails



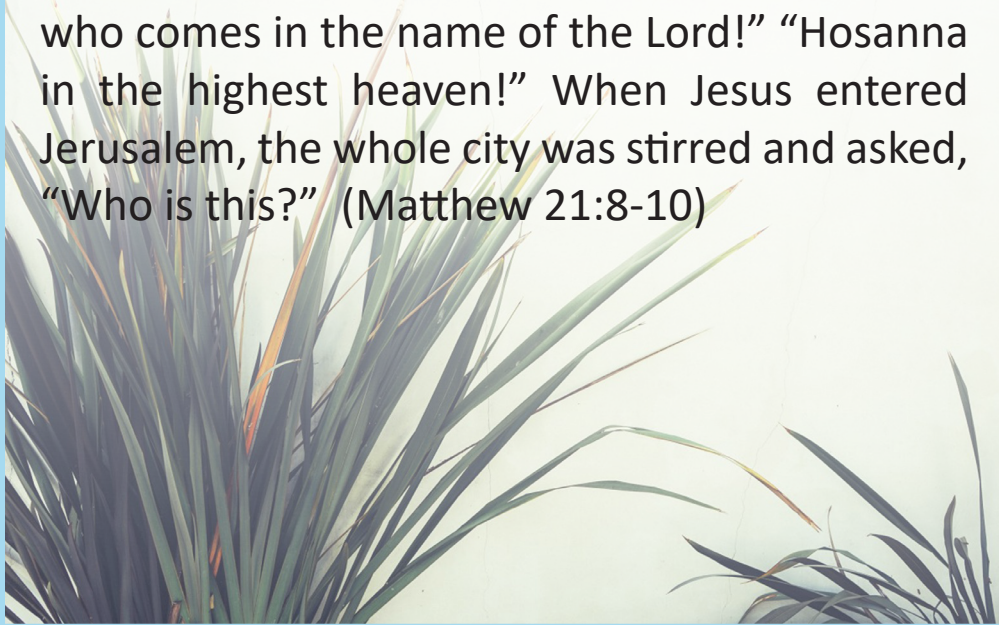
Touch the sharp **nails** with your hands and think about Jesus being nailed to the cross. Jesus died on the cross so that our sins would be forgiven and so that we can have a restored relationship with God. Think about the things that you have done wrong and hear Jesus say to you: "Your sins are forgiven. Go in peace"

# REFLECTIONS FOR THE JOURNEY

## Sand

**Our journey to the cross begins as Jesus entered Jerusalem, riding on a donkey through the dusty streets.**

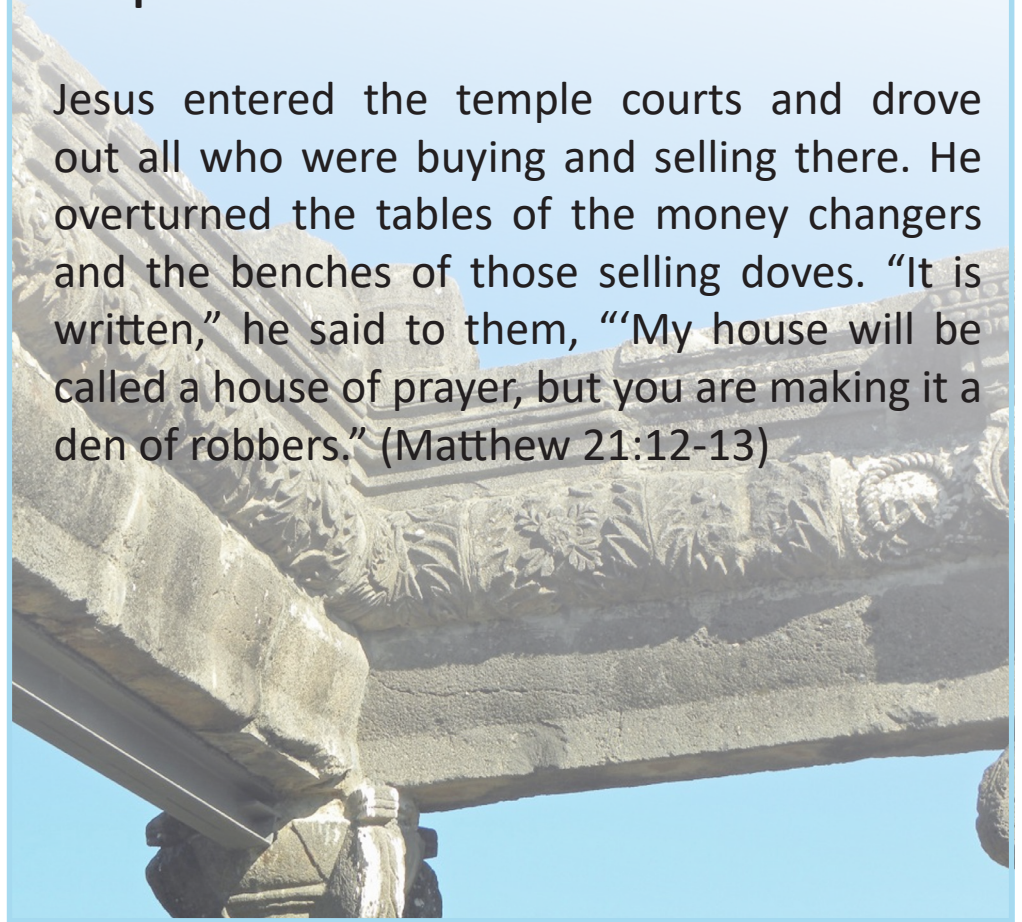
A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of him and those that followed shouted, "Hosanna to the Son of David!" "Blessed is he who comes in the name of the Lord!" "Hosanna in the highest heaven!" When Jesus entered Jerusalem, the whole city was stirred and asked, "Who is this?" (Matthew 21:8-10)



## Straw

**Jesus went to the temple where people were selling animals to be used as sacrifices, and changing money so people could pay their temple taxes.**

Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves. "It is written," he said to them, "My house will be called a house of prayer, but you are making it a den of robbers." (Matthew 21:12-13)



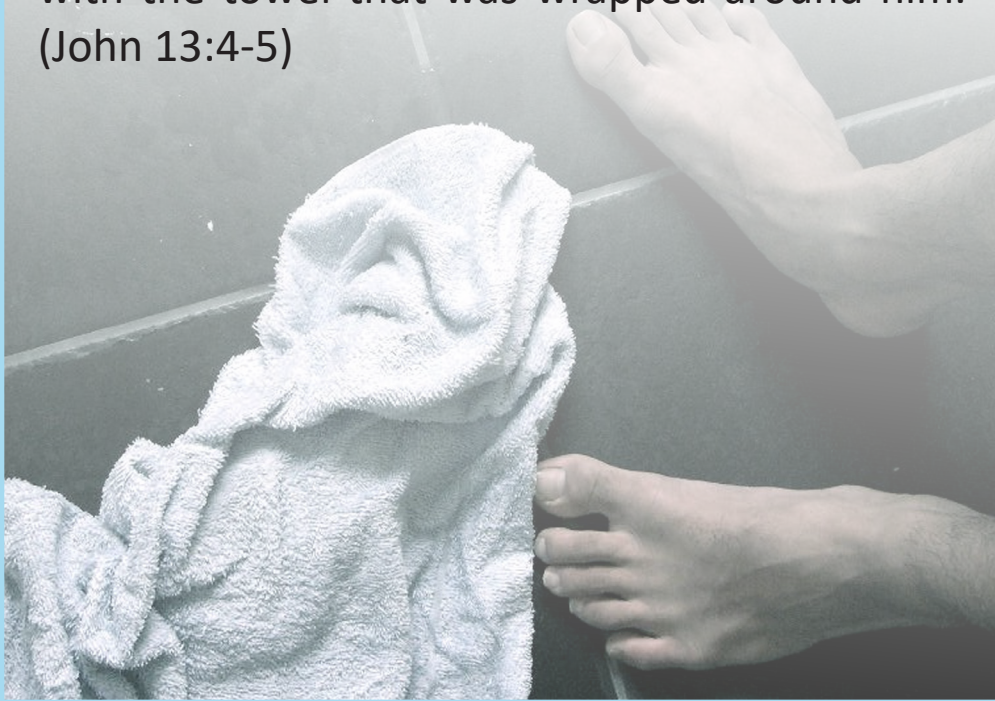


# REFLECTIONS FOR THE JOURNEY

## Water

**Jesus was sharing a meal with his disciples in the upper room, just before the Passover Festival.**

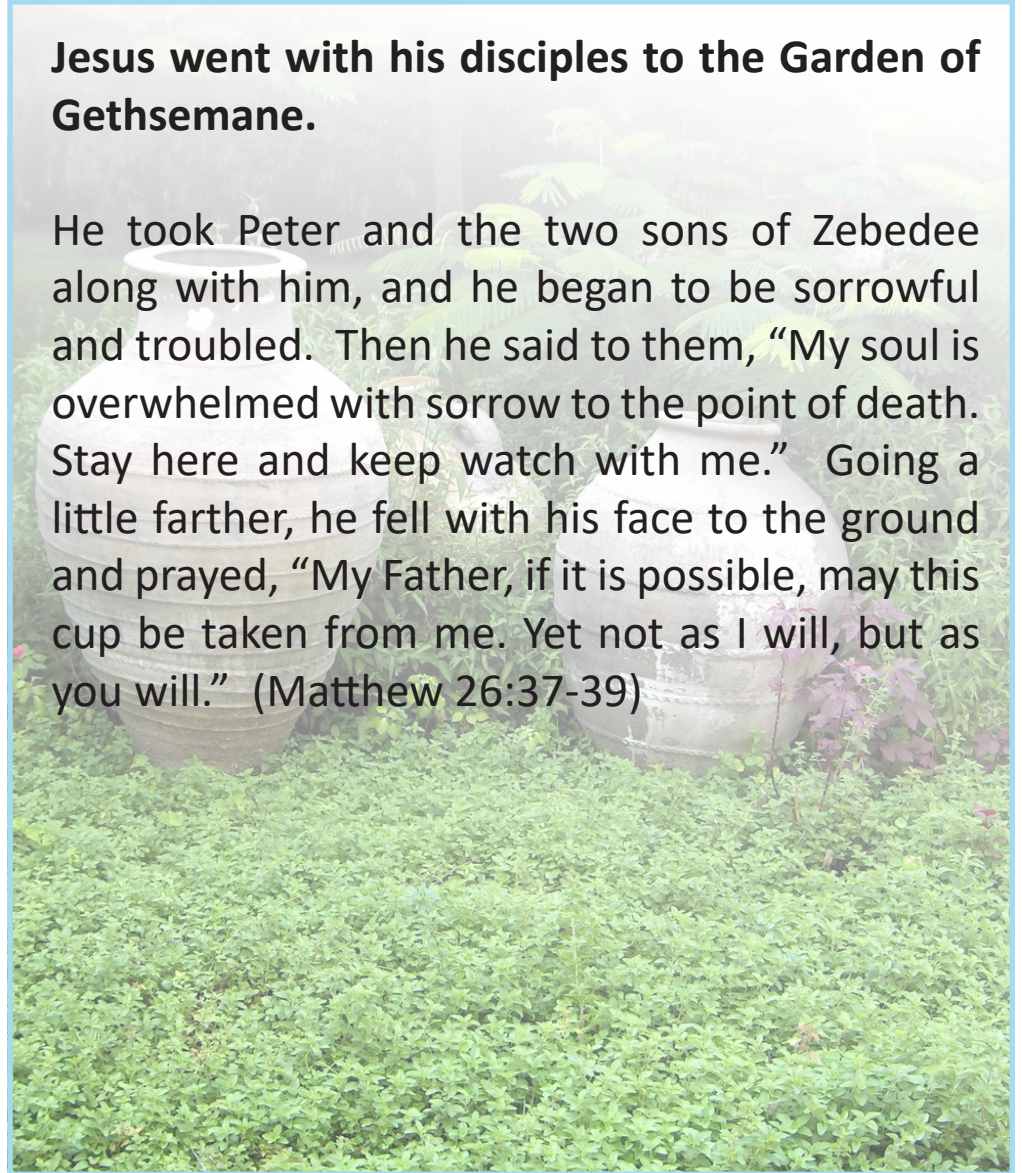
He got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. (John 13:4-5)



## Grass

**Jesus went with his disciples to the Garden of Gethsemane.**

He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." (Matthew 26:37-39)



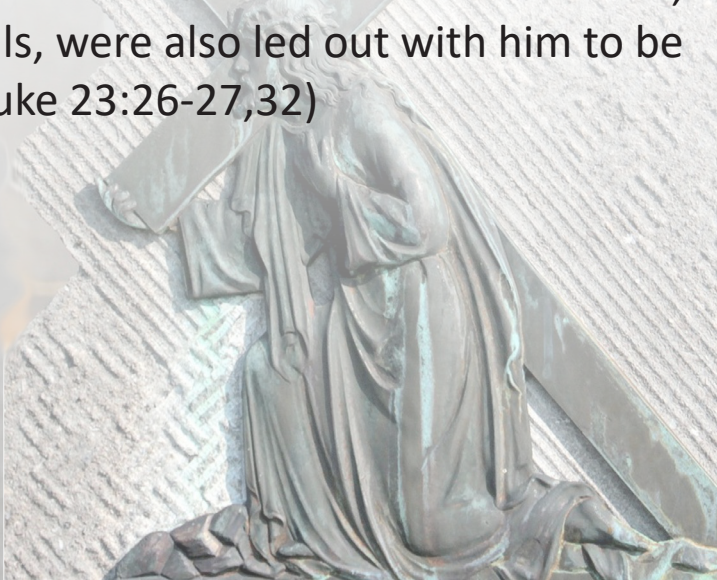


# REFLECTIONS FOR THE JOURNEY

## Pebbles

**The soldiers took charge of Jesus. Carrying his own cross, he was taken to the place of the Skull (which in Aramaic is called Golgotha).**

As the soldiers led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus. A large number of people followed him, including women who mourned and wailed for him. Two other men, both criminals, were also led out with him to be executed. (Luke 23:26-27,32)



## Nails

**Jesus was nailed to the cross and above his head they placed the written charge against him: “This is Jesus, the King of the Jews.”**

After he had hung on the cross for six hours, Jesus gave up his spirit. “At that moment the curtain of the temple was torn in two from top to bottom. The earth shook, rocks split and tombs broke open. When the centurion and those with him who were guarding Jesus saw the earthquake and all that had happened, they were terrified, and exclaimed, “Surely he was the Son of God!” (Matthew 27:50—52a, 54)

