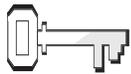


He Is Risen!



References

Matthew 28:1-15;
Mark 16:1-14; Luke
24:1-49; John 20:1-31;
The Desire of Ages, pp. 769-808



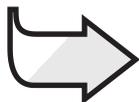
Memory Verse

"He is not here;
he has risen!"
(Luke 24:6, NIV).



Objectives

The children will:
Know that Jesus has
gained the victory
over sin and death;
Feel confident and happy
that they can stand for God because
of what Jesus did for them.
Respond by praising Jesus
for gaining the victory.



The Message

Because He lives
again, I can choose
to have a future
with Jesus!

Monthly Theme

We remember what Jesus has done for us.

The Bible Lesson at a Glance

Jesus rests in the sealed tomb over the Sabbath. Early Sunday morning an earthquake shakes the ground and an angel rolls the big stone away. Jesus rises and the soldiers are afraid. The soldiers run away and tell everyone what they saw.

The women come to the tomb and find it empty! Angels tell them that Jesus is risen. The women go quickly and tell Jesus' disciples. The disciples don't believe it. Peter and John go to see for themselves. Mary Magdalene follows and sees Jesus. Jesus has gained the victory over death and sin!

This is a lesson about worship.

We worship a risen Saviour. Because He rose from the grave, we have the hope of a happy future with Him now and in the new earth. That happiness can start today.

Teacher Enrichment

"The priests gave directions for securing the sepulcher. A great stone had been placed before the opening. Across this stone they placed cords, securing the ends to the solid rock, and sealing them with the Roman seal. The stone could not be moved without breaking the seal. A guard of one hundred soldiers was then stationed around the sepulcher to prevent it from being tampered with. . . .

"Christ came forth from the tomb glorified, and the Roman guard beheld Him. Their eyes were riveted upon the face of Him whom they had so recently mocked and derided. . . .

"Staggering like drunken men, they hurried on to the city, telling those whom they met the wonderful news. . . .

"They bore testimony to the resurrection of Christ. The soldiers told all, just as they had seen it. . . . With painful utterance they said, It was the Son of God who was crucified; we have heard an angel proclaiming Him as the Majesty of heaven, the King of glory. . . .

"As Christ arose, He brought from the grave a multitude of captives. The earthquake at His death had rent open their graves, and when He arose, they came forth with Him. They were those who had been co-laborers with God, and who at the cost of their lives had borne testimony to the truth. Now they were to be witnesses for Him who had raised them from the dead. . . .

“Those who came forth from the grave at Christ’s resurrection were raised to everlasting life. They ascended with Him as trophies of His victory over death and the grave” (*The Desire of Ages*, pp. 778, 780, 781, 786).

Room Decorations

See Lesson 1.

Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Options	up to 10	<i>Roll-a-Rock</i>	shoe box lid or piece of cardboard, small cup, rock that is a little smaller than the opening of the small cup, stapler
Any Time Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	none <i>Sing for Joy</i> <i>Children’s Mission</i> offering container medium-sized rock, masking tape, markers or pens
2 Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	small rock for each child Bibles Bibles
3 Applying the Lesson	up to 15	<i>Remember!</i>	box to place the following items in: wheat cracker, silver coin, dark red or purple cloth, thorn, small cardboard cross, nail, sponge, toothpick wrapped in foil, gauze, small rock, small empty container
4 Sharing the Lesson	up to 15	<i>It’s Empty!</i>	Bibles, paper cups, 12-inch (30 cm) lengths of string, pencils, aluminum foil

***Prayer and Praise may be used at any time during the program.**

TEACHING THE LESSON

Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week's lesson study. Then have them begin the Readiness Activity of your choice.

1

Readiness Activities

You Need:

- shoe box lid or piece of cardboard
- small paper cup
- rock (a little smaller than the opening of the small cup)
- stapler

Roll-a-Rock

Prepare a "Roll-a-Rock" game as follows: Turn a shoe box lid over so the inner surface faces up, or use a piece of cardboard. Lay the cup on its side and staple it to the lid or cardboard. (See below.)

Say: **When Jesus was laid in the tomb, a huge stone was rolled in front of the opening. A tomb was like a cave. Let's each try to roll a rock into a paper cup cave.**

Say to each child who will be taking their turn: **Wait for a signal to begin. Then, without touching your rock, try to roll it into the paper cup.*** Allow a brief time for a child to try (count to 20, etc.), then let another child try.

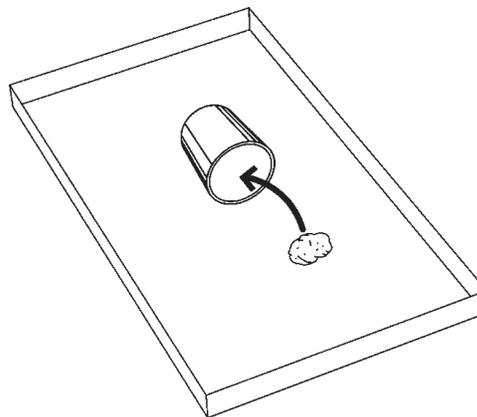
Debriefing

Ask: **How did you get your rock to move without touching it?** (I tilted the cardboard and let the rock fall in the cup.) **Was it easy or hard to do?** (easy, hard) **Today we are going to hear a Bible story about a huge rock that covered the opening to Jesus' tomb. And here is today's message:**



BECAUSE HE LIVES AGAIN, I CAN CHOOSE TO HAVE A FUTURE WITH JESUS!

Say that with me.



*Adapted from *Fun-to-Learn Bible Lessons: K-3, Volume 2* (Loveland, CO: Group Publishing, Inc., 1995), pp. 89, 90.

Prayer and Praise

Any
Time



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



Suggested Songs

"He's Alive" (*Sing for Joy*, no. 85)

"This Is the Day" (*Sing for Joy*, no. 86)

"He Is Lord" (*Sing for Joy*, no. 87)

"For God So Loved the World" (*Sing for Joy*, no. 26)



Mission

Share a story from *Children's Mission*.



Offering

Say: **Our offering goes to help the people in (name of place where offering will go) to learn the good news about a happy future with Jesus.**

You Need:

- offering container



Prayer

Say: **Think of any problem that you have that is heavy like a stone.** Tear off 2-inch pieces of tape and give each child a piece. **Write a word that names your heavy problem on your piece of tape. Stick it to the rock. Now let's pray silently about those problems. Close with a prayer of thanks to God for helping us with our heavy problems.**

You Need:

- medium-sized rock
- masking tape or other light-colored non-cellophane tape
- markers or pens

2

Bible Lesson

You Need:

- small rock for each child

Experiencing the Story

Have the children practice the following before telling the story.

When you say:	Children do:
earthquake	shake body
angel	cover their eyes
stone	roll their rock from side to side

Read or tell the story.

After suffering greatly, Jesus died on the cross Friday afternoon. Even though He was dead, the priests still worried. So the Pilate assigned soldiers to guard the tomb.

Early Sunday morning, an **earthquake** [*shake body*] suddenly shook the ground. A mighty **angel** [*cover eyes*], as bright as lightning, appeared and rolled the **stone** [*roll rock*] away. The soldiers stared fearfully as Jesus stepped out of the tomb. They knew then that they had crucified the Son of God! They ran into town and told everyone they met about the **earthquake** [*shake body*], the **angel** [*cover eyes*], and all that they had seen.

Some of the soldiers reported to the chief priests. They described the **earthquake** [*shake body*] and the mighty **angel** [*cover eyes*] who had rolled away the huge **stone** [*roll rock*], and announced that Jesus had come out of the tomb—alive! The priests' faces turned white. They were so frightened! *The people must not be told that Jesus is alive!* they thought.

Stunned, the high priest could hardly speak. "Wait! Wait!" he called as the soldiers turned to leave. "You must not tell anyone what you have seen. Say that His disciples came by night and took Him away while you slept."

The soldiers were horrified! If they said they were asleep at their post, they could be killed! The story Caiaphas wanted them to tell was a lie, and they knew it!

The priests knew what the soldiers were thinking, so they promised to protect them. And they promised them money.

The priests urged Pilate not to punish the soldiers. But Pilate questioned the soldiers himself, and they told him about the **earthquake** [*shake body*] and the **angel** [*cover eyes*] who had easily moved the **stone** [*roll rock*] from the entrance of the tomb. They described Jesus as He stepped away from the tomb—alive again! Pilate knew then that He had condemned Jesus wrongly. But instead of admitting it, he agreed to protect the soldiers as they told their lies.

Shortly after the soldiers left the tomb, Mary Magdalene arrived. She found the tomb empty and hurried away to tell the disciples. "They have taken our Lord away!" she cried. "We don't know where they have laid Him!"

Other women also went to the tomb that morning. On Friday, there had been no time or opportunity to treat Jesus' body with the spices used for burial in those days. The women wanted to do that. But Jesus wasn't there!

Gently, the **angel** [*cover eyes*] who had rolled away the **stone** [*roll rock*] spoke to the women. "Don't be afraid. He is not here. He has risen just as He said He would. Go quickly and tell His friends. Jesus will meet you all in Galilee."

These women hurried to carry the **angel's** [*cover eyes*] message to Jesus' disciples.

Mary Magdalene had not yet heard the good news. After she told the disciples that Jesus had been taken away, Peter and John hurried to the tomb to see for themselves. Mary followed them,

and when they returned to Jerusalem, she stayed behind.

Filled with grief, Mary wept as she looked into the empty tomb. There she saw two **angels** [cover eyes]. "Woman, why are you crying?" asked one.

"Because they have taken my Lord away," she replied. Then she turned away.

Gently, another voice spoke to her. "Why are you crying?"

"Tell me where He is," she pleaded.

"Mary," the gentle voice spoke again. Suddenly, Mary knew. This was not a stranger. It was Jesus Himself!

Filled with joy, she looked into His face. "Go and tell My disciples," He said.

And Mary found her way to the disciples with the joyful message. "Jesus is alive! He is risen. And I have seen Him."

Yes, Jesus is alive! He is our risen Saviour. And because He lives, you and I can choose to have a happy future with Him. What is that future? Happiness and eternal life with Jesus. And that happiness can start right now as we give ourselves to Him and accept Him as our Saviour.

Debriefing

Allow response time as you ask:

What did the soldiers who were guarding Jesus' tomb realize when they saw Jesus? Why do you think the soldiers agreed to tell lies about Jesus' resurrection?

The Bible (Luke 24:10, 11) says the disciples did not believe the women who told them that Jesus had been resurrected. Why didn't they believe it? Do you believe it? How does that make you feel?

If you believe it, say today's message with me:



**BECAUSE HE LIVES AGAIN,
I CAN CHOOSE TO HAVE A
FUTURE WITH JESUS!**

Memory Verse

Have the children find and read the memory verse in their Bibles (Luke 24:6).

Use the motions pictured in the margin as you teach the memory verse. Repeat until the children know the verse.

Bible Study

Say: **When Jesus was resurrected, many people were surprised. They really had not believed it would happen.**

Have the children look up and read the Bible texts to answer each question below:

1. Who were the first of Jesus' followers to find out that Jesus was alive? (Luke 24:1-4)

2. How did they know where to go? (Luke 23:55)

3. Why had they gone to the tomb? (Luke 23:56; 24:1)

4. Why did they wait until Sunday? (Luke 23:56)

5. Who told the women that Jesus was alive? (Luke 24:4-6)

6. How did the disciples act when they first heard the good news? (Luke 24:11)

7. What did the disciples need to do? (John 20:29)

8. What future will those who believe in Him have with Jesus? (1 Thessalonians 4:16, 17) Do you want that?

Debriefing

Say: **One way to celebrate the good news of Jesus' resurrection is to believe in Him, to worship Him every day.**

Last week's Bible story was sad. How does today's story make you feel? (very happy, joyful) You have something to be happy about. Because Jesus rose again, you can choose to be saved. Let's say our message:



**BECAUSE HE LIVES AGAIN,
I CAN CHOOSE TO HAVE A
FUTURE WITH JESUS!**

You Need:

- Bibles

You Need:

- Bibles



He



is not



here;



he



has risen!

(Luke 24:6, NIV)

3

Applying the Lesson

You Need:

- items for box: wheat cracker piece, silver coin, piece of dark red or purple cloth, thorn, small cross (cardboard), nail, sponge piece, toothpick wrapped in foil, gauze, small rock, empty container

Remember!

Put each of the following items or a picture of the item in a box. Let children choose an item and then discuss it as you review the story together.

1. *Piece of wheat cracker.* Jesus ate His last supper with the disciples, then they went to the garden of Gethsemane.
2. *Silver coin.* Judas betrayed Jesus for 30 pieces of silver.
3. *Small piece of rope.* The soldiers tied Jesus with ropes.
4. *Piece of dark red or purple cloth.* The soldiers put a king's robe on Jesus, made fun of Him, and spat on Him.
5. *Thorn.* The soldiers put a crown of thorns on Jesus' head.
6. *Small cross cut out of cardboard.*

Jesus was forced to carry the cross.

7. *Nail.* Soldiers nailed Him to the cross.
8. *Piece of sponge.* Soldiers gave Him vinegar to drink.
9. *Toothpick wrapped in foil for a spear.* Jesus died, and a soldier poked a spear into His side.
10. *Piece of gauze.* Jesus was wrapped and put in the tomb.
11. *Rock.* A rock was placed over the tomb.
12. *Empty container!* The grave is empty!

Debriefing

Ask: **What does all this mean to us?**
(Allow the children to share their feelings.)

Let's joyfully say our message again:



**BECAUSE HE LIVES AGAIN,
I CAN CHOOSE TO HAVE A
FUTURE WITH JESUS!**

4

Sharing the Lesson

It's Empty!

Say: **We are going to make something to give to a friend. It will help you share the story of Jesus' resurrection with that friend.**

Distribute a paper cup, a length of string, a pencil, and a three-by-three-inch (8 x 8 cm) square of aluminum foil to each child. Show the children how to use the pencil point to poke a small hole in the bottom of the cup. Then thread the string through the hole and tie a knot on the end of the string inside the cup so the string won't pull through. Now wrap the piece of aluminum foil around the other end of the string and crumple the foil into a ball. Show the children how to catch the foil ball inside the cup.*

Debriefing

Explain: **The tomb where Jesus was buried was probably like a cave. Ask: When the ball is in the cup, what does it look like?** (It looks like the stone that covered the entrance to the tomb.) **When the ball is out of the cup what happens?**

(The cup is empty—just as the tomb was!)

The fact that Jesus rose from the grave is good news! Do you enjoy sharing good news with someone else? (yes) **Then, tell a friend the good news—Jesus lives. Give them this gift to help them remember that Jesus' tomb is empty and He's alive! Maybe you can make another one of these toys for yourself when you get home to help you remember too. What do we want to remember?**



**BECAUSE HE LIVES AGAIN,
I CAN CHOOSE TO HAVE A
FUTURE WITH JESUS!**

*From *The Children's Worker's Encyclopedia of Bible-Teaching Ideas: New Testament* (Loveland, CO: Group Publishing, Inc., 1997), pp. 76, 77.

Closing

Sing "He Is Lord" (*Sing for Joy*, No. 87), then thank Jesus for the happy future that He has given us, and that it can start right now.

Remind the children to use their Bible Study Guides every day and to do the daily activities.

You Need:

- Bibles
- paper cups
- 12-inch (30 cm) lengths of string
- sharpened pencils
- aluminum foil

He Is Risen!

References

Matthew 28:1-15;
Mark 16:1-14;
Luke 24:1-49;
John 20:1-31;
The Desire of Ages,
pp. 769-808

Memory Verse

“He is not here; he has risen!” (Luke 24:6, NIV).

The Message

Because He lives again, I can choose to have a future with Jesus!

Have you ever been disappointed because you expected something special? Something you were sure would happen, but didn't?

The disciples had hoped for all kinds of special things in Jesus' kingdom. Then Jesus died. What would happen next?

After suffering greatly, Jesus died on the cross Friday afternoon. Even though He was dead, the priests still worried. So Pilate assigned soldiers to guard the tomb where He lay.

Early Sunday morning, an earthquake suddenly shook the ground around the tomb. A mighty angel, as bright as lightning, appeared and rolled the stone away. The soldiers stared as Jesus stepped out of the tomb. Filled with fear, they fell to the ground. They knew then that they had crucified the Son of God!

Quickly, the soldiers ran to the city and told the chief priests. They described the earthquake. They described how the angel had rolled away the huge stone. They told about

seeing Jesus come out of the tomb—alive!

The priests were so frightened. *The people must not be told that Jesus is alive*, they thought.

Stunned, Caiaphas, the high priest, could hardly

see. “Wait! Wait!” he called as the soldiers turned to leave. “You must not tell anyone what you have seen. Say that His disciples came by night and took Him away while you slept.”

The soldiers were horrified! If they said they were asleep at their post, they could be killed!

The priests knew what the soldiers were thinking. Quickly, they promised them money. They would ask Pilate to protect the soldiers.

Shortly after the soldiers left for the city, Mary Magdalene arrived at the tomb. She found it empty and hurried away to tell the disciples.

Other women also went to the tomb that morning. But Jesus wasn't there!

Gently, the angel who had rolled away the stone spoke to the women. “Don't be afraid. He is not here. He has risen just as He said He would. Go quickly and tell His friends. Jesus will meet you all in Galilee.”

These women hurried away to Jesus' disciples.

When Mary Magdalene told the disciples that Jesus had been taken away, Peter and John hurried to the tomb. Mary followed them. When they returned to Jerusalem, she stayed behind.

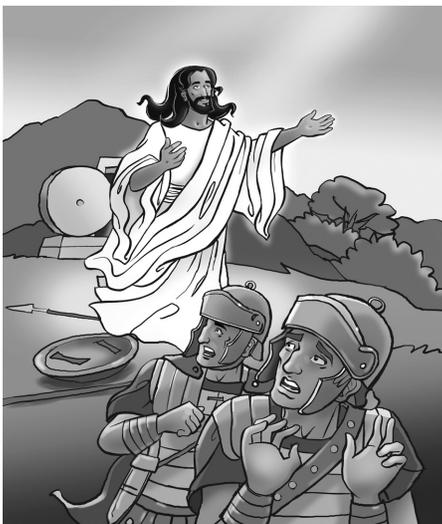
Filled with grief, she wept as she looked into the empty tomb. There she saw two angels. “Woman, why are you crying?” asked one.

“Because they have taken my Lord away,” she replied. Weeping, she turned away.

Suddenly, another voice spoke to her. “Why are you crying?”

“Tell me where He is,” she pleaded.

“Mary,” the gentle voice spoke again. Suddenly, Mary knew. This was not a stranger. It was Jesus Himself! Filled with joy, she looked into His face. “Go and tell My disciples,” He said.



And Mary found her way to the disciples with the joyful message. "Jesus is alive! He is risen. And I have seen Him."

Yes, Jesus is alive! He is our risen Saviour. And because He lives, you and I can choose to have happiness and eternal life with Jesus. And that happiness can start right now as we give ourselves to Him and accept Him as our Saviour.

Daily Activities

Sabbath

- If possible, take a walk in a cemetery with your family. Notice the names of the people buried there, and when they died. How do you feel about cemeteries?
- Find a comfortable place to sit and read your Bible story together. Read and discuss Luke 24:6. Then read John 11:25. How do you feel about cemeteries now? Thank God for life.
- Sing "He's Alive" (*Sing for Joy*, no. 85).

Sunday

- Read Luke 24:1-12 during family worship.
- Draw pictures of a bird's egg and the hatched bird; a caterpillar and a butterfly; a seed and a small plant. How do each of these pictures remind you of Jesus' resurrection?
- Write your memory verse on your picture, then shout it! Thank God for Jesus' life.

Monday

- With your family, read and discuss Luke 24:13-27. When did this happen? Where can we learn more about Jesus? (vs. 27) Ask Jesus to help you understand the Bible.
- Make one stone-shaped cutout for each word of your memory verse. Write one word on each. Mix them up, then arrange them in order.
- Sing "More About Jesus" (*Sing for Joy*, no. 38).

Tuesday

- For family worship, read and discuss Luke 24:28-35.
- Cleopas and his companion shared the good news that their Lord had risen. Did you share the story of Jesus' resurrection and give away the cup you made in Sabbath School? Tell your family about it.
- Sing "Come and Praise the Lord Our King" (*Sing for Joy*, no. 5). Then thank Jesus for friends.

Wednesday

- Read and discuss Luke 24:36-49 with your family.
- Write a letter to Jesus. Tell Him that you believe that He is alive. That you are thankful that He rose from the tomb. That you choose to have a happy future with Him. Sign your name and read your letter to Jesus in prayer.
- Arrange your memory verse cutouts. Then shout your memory verse to your family.

Thursday

- With your family, read and discuss John 20:19-31. Who especially had trouble believing that Jesus was alive? (verses 24, 25) Read verse 31 again. What did Jesus say? Do you believe? Tell Him so.
- Pop some popcorn. What happens when the seeds get hot? Who put the power in those seeds? God puts special power in us too when we believe in Jesus—resurrection power! Read Ephesians 1:18-20. Then say your memory verse from memory.

Friday

- During family worship make a shoe box scene of Jesus coming out of the tomb. Make a tomb of rock or clay. Make cutouts of Jesus, the angel, and the soldiers. Tell the resurrection story to your family as you work.
- Read Matthew 28:1 together. Jesus rose at dawn on the _____ day of the week. What day is that on your calendar?* Why did Jesus rest in the tomb between Friday and Sunday?
- Say your memory verse with your family.
- Sing "This Is the Day" (*Sing for Joy*, no. 86), then thank Jesus for the Sabbath.

*Calendars that follow the weekly cycle as revealed in the Bible show Sunday as the first day and Saturday as the seventh day. (Monday is considered the first day of the week according to the International Standard ISO 8601. Slavic languages number Monday as the first day, not the second day. Many European countries have calendars that mostly show Monday as the first day of the week.)