Have you ever had some good news you wanted to share? Maybe you just couldn’t wait to tell someone! Mary Magdalene was among the first to know that Jesus had been resurrected. And she couldn’t wait to tell the world!

It was Sunday morning after the most difficult Sabbath of Jesus’ disciples’ lives. Jesus had died just a few hours before sundown on Friday.

His sad, troubled followers had buried Him quickly in a tomb that belonged to Joseph of Arimathea. Then they had hurried home to observe the Sabbath.

The women who had been at the cross wanted to serve Jesus by caring for His body. They had followed and watched as He was laid in the tomb. They saw the heavy stone rolled across the opening to seal it. They, too, had rested on the Sabbath. But at daylight on Sunday morning they hurried to the grave. The burial spices they carried were to anoint His body.

Who is going to roll away that heavy stone for us? they wondered as they neared the tomb. They didn’t know that an angel had already been to the tomb. With a mighty earthquake he had rolled away the stone. And he had called Jesus to life in the name of the Father.

The women trembled at
We serve God when we tell others that Jesus is risen.

The sight of the open tomb. Bravely they looked inside. An angel, shining with the glory of heaven, spoke to them. “Don’t be afraid,” said the angel. “I know that you are looking for Jesus, but He is not here. He has risen from the dead, just as He said He would. Go quickly and tell His disciples, ‘Jesus is on His way to Galilee, and you will see Him there.’ ”

Can you imagine the shock? After all that had happened the past few days, the women probably didn’t know what to think. The Bible says that with fear and great joy they ran to tell the others.

Can you imagine them dropping their spices? Can you see them running back to town as fast as they could go? Do you think they were full of energy? Of course they were! Do you think they were enthusiastic? Without a doubt! Nothing could stop them! They had to share the good news! Jesus had risen from the dead!

We have the honor of sharing that same message with the world today. Before He left earth to return to heaven, Jesus spoke to His followers. “Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,” He said.

Are you ready to tell the world the good news about Jesus?

Memory Verse

“He said to them, ‘Go into all the world and preach the gospel to all creation’ ”
(Mark 16:15, NIV).

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**SABBATH**

**Read** With your family, read the lesson story. Talk about how you will feel when you see Jesus.

**Do** Use the following to teach your memory verse to your family.

He said to them, Point upward.  
Go into all the world and preach the gospel to all creation. Mark 16:15

**SUNDAY**

**Read** Read and discuss Matthew 27:57–61. Who was this Joseph? Who else went to Pilate? Why? What day of the week was it? What did Pilate agree to?

**Do** With the help of an adult, pop some popcorn and see how it changes. Compare it with the unpopped popcorn. How is this like Jesus’ resurrection? Share the popcorn with your family and thank Jesus that He’s alive.

**MONDAY**

**Read** Read and discuss Matthew 28:1–10 with your family. Describe the angel. Whom did the women see when they left the tomb? What did the angel say?

**Share** Share the empty plastic egg (or another empty container) you received in Sabbath School with someone this week. Tell them about Jesus’ death and resurrection.

**Do** Check out a world mission Web site. Here are a couple you can try: Adventist Development and Relief Agency at www.adra.org and Adventist Missions at www.adventistmission.org.

**TUESDAY**

**Read** With your family, read and discuss Matthew 28:2–4 and verses 11–15. What did the guards tell the chief priests? What did the priests do? Why?

**Do** Just before family worship, build a pretend cave in the living room. Have someone hide in the “cave.” Tell your family that you have the best news in the world. Say loudly, “He’s alive!!!” When the hidden person hears this they are to burst out of the “cave.”

**WEDNESDAY**

**Sing** During worship have everyone sing “He Lives” (The SDA Hymnal, no. 251 or “He Is Lord” (Sing for Joy, no. 87).

**Do** Have your family try this: Try to raise your arms to shoulder height. Have a stronger person (most likely a parent or older sibling) apply pressure to your arms, trying to keep them down. Keep trying to raise your arms while your family member tries to keep your arms down for about 30 seconds. When the pressure is released, the muscle tension will cause your arms to lift a little or feel weightless. What part of the lesson story does this remind you of?
THURSDAY

READ
With your family, read and discuss Matthew 28:16-20. What did Jesus ask the disciples to do? What did He promise them? Is this for us today?

DO
Make up a 30-second chant about our amazing, living Jesus. Share it with a friend at school.

DO
Look at a globe or world map. Where in the world would you like to go to share Jesus? Now look out your window. Is there someone right on your street or even in your own house to share Jesus with?

PRAY
Ask God to help you know what to say and do when sharing Jesus with others.

FRIDAY

READ
During worship, read and discuss Luke 24:1-12 and 36-53. How did the disciples feel when the women gave them the news? How did they feel when they saw Jesus? after Jesus talked with them? Where is Jesus now? What do you think about that?

ASK
Ask a grown-up to tell about a time they told someone about Jesus. What happened?

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He's Alive! PUZZLE

Directions: Write the answers for the following questions on the lines provided. The letters in the box spell the message of hope we have for the world.

1. What did the women feel when the angel said Jesus was alive?
2. Who ran to tell the disciples that Jesus was alive?
3. What do you do when you have good news?
4. What is another word for “risen from the dead”?
5. Jesus said to “make disciples of all.”

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