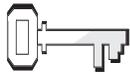


He's Alive!



References

Matthew 27:57–61;
28:1–10, 16–20;
The Desire of Ages,
pp. 769–794, 818–828



Memory Verse

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



Objectives

The children will:
Know that Jesus asked us to tell the whole world about Him.
Feel willing to tell others about Jesus’ resurrection and offer of eternal life.
Respond by accepting Jesus’ power to lead others to Him.



The Message

We serve God when we tell others that Jesus is risen.

Monthly Theme

God wants us to show others how much He loves them.

The Bible Lesson at a Glance

Jesus has been in the tomb since Friday afternoon. It is now Sunday morning. An angel appears at the grave and rolls back the stone. Then God calls to His Son, and Jesus comes to life again, resurrected to return to heaven and reclaim His rightful place as King of kings and Lord of lords. The news of the Resurrection is given first to the women who come to mourn at the tomb, and then to the disciples. Jesus ultimately meets with His followers and gives them instructions for their ministry.

This is a lesson about service.

The Resurrection demonstrates the energy God gives to us to live a life of service. If God can bring the dead back to life, surely no circumstance we can encounter is too difficult for His power to overcome. The same commission Jesus gave His disciples is given to us, to lead others to Him, to make disciples of people throughout the world.

Teacher Enrichment

“The Saviour’s commission to the disciples included all the believers. It includes all believers in Christ to the end of time. It is a fatal mistake to suppose that the work of saving souls depends alone on the ordained minister. . . . All who receive the life of Christ are ordained to work for the salvation of their fellow men. . . .

“Whatever one’s calling in life, his first interest should be to win souls for Christ. . . . Those minister who relieve the sick and suffering, helping the needy, speaking words of comfort to the desponding and those of little faith. . . .

“So every one of Christ’s workers is to begin where he is. In our own families may be souls hungry for sympathy, starving for the bread of life” (*The Desire of Ages*, p. 822).

Natural caves and hewn rock tombs abound in the vicinity of Jerusalem. These were the usual places of burial in ancient Palestine. Upon entering a typical tomb, one would probably find a recess in the walls on each side in which bodies were laid. Often there was a small room behind the main part of the tomb where the bones of previous generations were collected to make room for new arrivals at the grave. Joseph’s generous gift of a burial place solved a problem for which the disciples had no solution.

Room Decorations

See Lesson 1.

Program Overview			
Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	
1 Readiness Options	up to 10	A. <i>Arm Lift</i> B. <i>Celebrating!</i> C. <i>Yeast Alive</i>	none banners, musical instruments and/or noisemakers, <i>Sing for Joy</i> songbook dry yeast, sugar, glass, warm water, plate
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 none
2 Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	Bible-times costumes, doll to represent Jesus, wide strips of white cloth, jars with spices, large cardboard cutout to represent stone, blankets none Bibles
3 Applying the Lesson	up to 15	<i>Scenarios</i>	none
4 Sharing the Lesson	up to 15	<i>He's Alive!</i>	plastic eggs or other small containers with lids

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

Welcome

Welcome students at the door. Ask how their week has been, what they are pleased/troubled about. Listen to last week's memory verse and encourage the children to share any experiences from last week's lesson study. Have them begin the readiness activity of your choice.



Readiness Activities

Select the activity most appropriate for your situation.

A. Arm Lift

Have a student raise his or her arms to shoulder height. Have a stronger person (you might want to get an older youth to volunteer for this) apply pressure to the child's arms, trying to keep them down. Have the child keep trying to raise his or her arms while the other person tries to keep his or her arms down for about 30 seconds. When the pressure is released, the muscle tension will cause the child's arms to lift a little or feel weightless. Try this with a few children.

Debriefing

Allow response time as you ask: **What happened? What did you feel? How was this like Jesus being raised from the dead?** (Nothing could keep Him down.) **God gave Jesus power to overcome death. Jesus asks us to tell the whole world about Him.**

Our memory verse today is "He said to them, 'Go into all the world and preach the gospel to all creation'" (Mark 16:15). What is the "good news"? Yes, it's the story of Jesus' life and death and resurrection. So Jesus gives us a job to do for Him—tell others about Him. Do you ever feel as though you are too afraid to tell others about Jesus? God's power raised Jesus to life, and God's power can help us tell others about Jesus. And there are lots of ways to "tell" others about Jesus. Can you think of ways other than talking? (being helpful and kind, singing, sharing, etc.). **Our message today tells us:**



WE SERVE GOD WHEN WE TELL OTHERS THAT JESUS IS RISEN.

Say that with me.

B. Celebrating!

Hand out banners, noisemakers, cymbals, bells, sticks, drums, etc. Play and sing "This Is the Day" (*Sing for Joy*, no. 86) or "He Is Lord" (*Sing for Joy*, no. 87). As the song plays, the children can sing along and wave their banners, clang cymbals, ring bells, etc., to celebrate Christ's resurrection.

Debriefing

Allow response time as you ask: **Why was Christ's resurrection a time for celebrating? Yes, Jesus had conquered sin. He had risen from the dead so that we could have eternal life with Him. Satan and sin will one day be done away with. Those are great things to celebrate! Jesus asked His disciples, and us, to tell the whole world about Him.**

You Need:

- banners
- musical instruments and/or noisemakers
- *Sing for Joy* songbook

Our memory verse today is “He said to them, ‘Go into all the world and preach the gospel to all creation’ ” (Mark 16:15). What is the “gospel”? Yes, it’s the story of Jesus’ life and death and resurrection. Jesus asks us to tell others about Him. There are many ways to “tell” others about Jesus. Can you think of ways other than talking? (being helpful and kind, singing, sharing, etc.) Our message today tells us:



WE SERVE GOD WHEN WE TELL OTHERS THAT JESUS IS RISEN.

Say that with me.

C. Yeast Alive

Show students some dry yeast. Let them touch, taste, smell it. Ask: **What is this? Do you think it’s alive or dead?** (Accept any response.) Say: **This is yeast. It helps to make bread rise. Jesus talks about yeast in the Bible. This yeast looks dead right now, but we are going to make it come alive.**

Put 1 tablespoon of yeast, 1 tablespoon of sugar, and 1/4 cup of warm water in a tall, narrow glass placed on a plate. Stir it and let it sit for 10 minutes while you do another part of the program, such as Prayer and Praise.

You Need:

- dry yeast
- sugar
- glass
- warm water
- plate

Debriefing

Allow response time as you ask: **What does the yeast look like now?** Let the students smell and taste the yeast. **Ask: What happened?** (It came alive!) **Our Bible story today is about Jesus coming back to life.**

The memory verse today is “He said to them, ‘Go into all the world and preach the gospel to all creation’ ” (Mark 16:15). What is the gospel? Yes, it’s the story of Jesus’ life and death and resurrection. Jesus asks us to tell others about Him. And there are many ways to “tell” others about Jesus. Can you think of ways other than talking? (being helpful and kind, singing, sharing, etc.) Our message today tells us:



WE SERVE GOD WHEN WE TELL OTHERS THAT JESUS IS RISEN.

Say that with me.

NOTE: Prayer and Praise appears on page 46.

Bible Lesson

You Need:

- Bible-times costumes
- doll to represent Jesus
- wide strips of white cloth
- jars with spices
- large cardboard cutout to represent stone
- "cave" made by placing blankets over table or chairs

Experiencing the Story

Characters: Jesus (dressed in white), Joseph of Arimathea (scarf around head like turban), Mary Magdalene (scarf over shoulders or head), Mary/Jesus' mother (scarf over shoulders or head), angel (wearing white), several children dressed as disciples

Setting the scene:

Have the person playing the resurrected Jesus hide in the cave. Place the doll in front of the cave. Have the disciples sit on the floor away from the cave.

Say: **I need some helpers again today.** Select actors and dress them. **We will have a doll represent Jesus when He was dead, and a real person will represent Him when He is resurrected. This will be part acting and part storytelling. You'll know it's your turn when I call you, and then you can come and play your part.**

Read or tell the story.

It was Sunday morning after the most difficult Sabbath of Jesus' disciples' lives. He had died just a few hours before sundown on Friday and His followers had buried Him quickly in a tomb that belonged to Joseph of Arimathea. *[Joseph and two Marys wrap white cloth around doll lying on the floor, then place it in the "cave."]* Then they hurried home, because it would soon be Sabbath.

The women who had been at the cross when He died wanted to serve Jesus by caring for His body. They had followed and watched as He was laid in the tomb. They watched as a heavy stone was rolled across the opening to seal it. *[Roll*

cardboard "stone" over "cave" entrance.] They, too, had rested on the Sabbath, but as soon as it grew light on Sunday morning they hurried to Jesus' grave with burial spices. *[Marys come with spice jars.]*

"Who is going to roll away that heavy stone for us?" they asked each other as they neared the tomb. Little did they know an angel had already appeared from heaven. With a mighty earthquake he had rolled away the stone *[have the "angel" do so]* and called Jesus to life in the name of the Father. *[Angel beckons Jesus to wake up; Jesus wakes up and walks away from tomb.]*

The women were stunned to see the tomb open and the angel, shining with the glory of heaven, sitting near the stone. *["Angel" sits near the stone.]* "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 how shocked they were? After all that had happened in the past few days, they probably didn't know what to think. The Bible says they ran to tell the others with fear and great joy.

Can't you imagine them dropping the spices they had brought, holding up their skirts, and 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 from sharing the good news that Jesus had risen from the dead! *[Marys run to the disciples and call out, "Jesus is risen!" Disciples stand, appear surprised.]*

The women shared the good news. Jesus was alive!

Soon Jesus appeared to His friends. *["Jesus" joins the group.]* He showed them

the nail prints in His hands. He talked with them about their future. And He gave them work to do when He told them to “go and make disciples of people all over the world. Tell them about Me.”

We have the honor of sharing that same message with the world today. Are you ready to tell the world the good news about Jesus? More important, are you ready to live like Jesus?

Debriefing

Allow response time as you say: **Imagine that you were there. What would you be thinking? How do you think the women and Jesus’ disciples felt when they saw Jesus alive? What does Jesus’ resurrection mean to us today?** (Our loved ones will also be alive someday by the power of Jesus; we may go to heaven with Him someday; etc.) **What did Jesus mean by telling His disciples to “go make disciples of all nations”? Who else does He want to do that? Let’s say today’s message:**



WE SERVE GOD WHEN WE TELL OTHERS THAT JESUS IS RISEN.

Memory Verse

Have the children repeat the verse and the actions until they know it.

He said to them, Point upward.
“Go Point straight ahead.
into all the Make a globe shape with arms.
world Point finger to others, as if telling someone some thing.
and preach the
gospel
to all creation.” Sweep out-stretched arms.
Mark 16:15 Palms together, then open.

Bible Study

Say: **Several people saw Jesus alive after He was resurrected.** Have students look up John 20:10–18 (Mary Magdalene); Luke 24:13–16 (two disciples on road to Emmaus); John 20:24–31 (Thomas and the other disciples).

According to the Gospels, most of the time He appeared to small groups. But Paul tells us about a time Jesus showed Himself to a lot of people. Let’s read 1 Corinthians 15:5–7. Have someone read it aloud. **Jesus showed Himself to more than 500 believers at the same time.**

You might not think about some people because they saw Him a long time afterward. Help the children find and read Acts 7:54–56. **Stephen saw Jesus in vision just before Stephen was stoned to death.** Have the children read Acts 9:3–7. **Jesus spoke to Saul when Saul was on his way to Damascus.**

Debriefing

Allow response time as you ask: **Who was the first to see Jesus alive?** (Mary Magdalene) **Who said he needed to touch Jesus before he’d believe Jesus was alive?** (Thomas)

What do you think you will do when you see Jesus? Will you be looking for the nail scars in His hands? Will you ask to touch them?

Who would you like to be watching when they see Jesus for the first time? Is this someone who doesn’t know Jesus right now? How many people in the world do you think need to know about Jesus? Who will tell them? Let’s say our message again:



WE SERVE GOD WHEN WE TELL OTHERS THAT JESUS IS RISEN.

You Need:

- Bibles

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 last week's memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



Suggested Songs

"Go, Tell It on the Mountain" (*Sing for Joy*, no. 84)

"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)



Mission

Use a story from *Children's Mission*.



Offering

Say: **Giving our offerings is one way we can help to tell others about Jesus and the good news of His resurrection.**

You Need:

- offering container



Prayer

Say: **Let's ask God to help us be of service by telling and showing others about His great love for them.**

3

Applying the Lesson

Scenarios

Read the following scenarios to the students and have them answer your question at the end of each.

1. **Your grandma doesn't go to church. She fell and broke her arm. What can you do to share Jesus with her?** (Bring her food, help clean her house or yard, offer to write a letter to someone for her, offer to pray with her, call her often, make and send her a card, bring her flowers, tell her Bible stories, etc.)

2. **Paul is the meanest boy on your street. What can you do to tell him about Jesus?** (Treat him kindly and respectfully, include him in games, try to get to know him by asking questions, share snacks with him, ask him if he

knows Jesus, tell him a Bible story, invite him to Sabbath School, etc.)

Debriefing

Allow response time as you ask: **Do you think you would have the courage to do some of these things in situations like these? Would it be easy? (no)** **Who can give you the power to share about Jesus? (God)**

God raised Jesus from the dead. Jesus overcame sin. That is very powerful. Jesus can give you strength and courage to tell others about Him. He asks us to go to all parts of the world to share His story with others. Where can you share the story of Jesus?

Let's say our message together:



WE SERVE GOD WHEN WE TELL OTHERS THAT JESUS IS RISEN.

4

Sharing the Lesson

He's Alive!

Either give each student an empty plastic egg or have them find prehidden ones in the room. Say: **This egg represents the tomb Jesus was buried in after He died. Let's open up the egg and see what's inside.**

Debriefing

Allow response time as you ask: **What did you find in your egg? Nothing? Why is that? That's right!**

Jesus didn't stay dead. He's alive! That's something worth telling others about. Take your egg home with you and share it this week as you tell someone about Jesus' resurrection. When you do, you will be living our message:



WE SERVE GOD WHEN WE TELL OTHERS THAT JESUS IS RISEN.

Closing

Pray that God will give the children power to tell others about His Son.

You Need:

- plastic eggs or other small containers with lids

He's Alive!

References

Matthew 27:57–61;
28:1–10, 16–20;
The Desire of Ages,
pp. 769–94,
818–828

Memory Verse

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

The Message

We serve God
when we tell others
that Jesus is risen.

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 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?



Daily Activities

Sabbath

- With your family, read the lesson story. Talk about how you will feel when you see Jesus.
- Use the following to teach your memory verse to your family.

He said to them, Point upward.

“Go Point straight ahead.

into all the world Make a globe shape with arms.

and preach the gospel Point finger to others, as if telling someone something.

to all creation.” Sweep out-stretched arms.

Mark 16:15 Palms together, then open.

Sunday

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

- 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?

- 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

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

- 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?
- Make up a 30-second chant about our amazing, living Jesus. Share it with a friend at school.
- 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?
- Ask God to help you know what to say and do when sharing Jesus with others.

Friday

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