



The Wonder of Easter

LESSON 4 (EASTER DAY)

Jesus
is alive!

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"All for the glory of God alone" (1 Corinthians 10:31)

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THE WONDER OF EASTER

Lesson 4 (Easter Day): Jesus is alive!

READ LUKE 24:36–49



Big Idea:

Jesus wanted his friends to be sure he was alive and that his death and resurrection were all part of God's plan.



Faith in Kids looks like:

...children who are sure that Jesus is alive and are keen to tell others about him.



Preparation



Where are we going?

The unthinkable had happened, Jesus had been crucified. But then the unimaginable happened, Jesus was alive. Imagine the shock of his followers when two friends burst through the door, shouting, "It's true! Jesus is alive. We saw him." If that hadn't been enough of a surprise, imagine how they must have felt when Jesus was suddenly there in the room with them. It's no

wonder they were frightened and doubted what they saw. But Jesus took the time to show them it was really him, he was really alive. They saw, they touched, they watched him eat. Jesus had risen from the dead, just as scripture had said. Once his followers were sure of that, he could send them out as witnesses to tell others this very same truth.



Win my heart first

Jesus is alive. It's a familiar truth. But at times, we want what the disciples had that day – to physically see and touch Jesus for ourselves, just to be sure. This is no surprise to Jesus. He knew that later believers, like you, would feel that way. So, how can we be certain and trust that Jesus is alive? By listening to the whole Bible that points to Jesus, and to his own words

explaining that he had to die and rise again. We trust because Jesus opens our hearts to understand, believe and live for him. With this certainty, we become the witnesses that Jesus sends out with the power of the Spirit to tell others this same story that brought us to faith.

We believe not because we have seen or touched



continued

but because our minds were opened as we heard these stories. As you share today's story with the children, be confident that the words of the Bible are all the proof they need that Jesus is alive.

v36–37 Jesus was suddenly standing among them. In the flesh. Alive. His closest friends didn't believe he was there, alive and breathing.

v38–43 The disciples were baffled. Dead men don't normally appear standing and talking days after their burial. But then again, living men don't normally predict that they will be killed and rise again three days later (Luke 9:22; 18:31-33). Jesus was willing to take the time to convince them. He wanted all their questions to be answered.

- Is it really Jesus? Look at the scars on his hands and feet. Check that this is the same man who was crucified.
- Is it a ghost or a delusion? Touch him. Prove to yourself that he is as real and alive as you are.
- Is he fully alive in every way? Give him some fish to eat. He'll chew, swallow and it will stay in his body.

v44 Believing in the risen Christ should not come from seeing or touching. We are at no disadvantage for not seeing the risen Christ. We can trust Jesus

Christ's words and the promises of the Old Testament. Those first disciples needed a work of the Spirit in their hearts and so do we – Jesus now does *that* work (v45). This means we can believe, without seeing the risen Christ, because we have the same Old Testament, the same words of Jesus and the same Spirit bringing faith to our hearts.

v45–49 Then they believed, they were now ready to hear the mega plan for the universe:

1. The Christ had to suffer and die
2. The Christ had to rise from the dead 3 days later
3. The Christ offers forgiveness: As witnesses of what they have seen, they must start in Jerusalem and go to all countries, telling people to repent. As people say sorry to God for living self-centred lives and turn to Christ-centred lives they are forgiven for all of their sins and become part of God's forever family.

Finally, they could only do this plan with the Spirit at work. They had to wait for God the Father to send his Spirit to 'clothe' them with his power. Then these ordinary people could go to all nations explaining the truth and see people come to new life. That is the Spirit's work when normal people obey Jesus' command to go.



Question to ponder

For your heart, before you prepare the lesson.

This short passage gives us so many reasons to be certain of Christ's resurrection. Which reason makes

you certain? How could that certainty about the resurrection change how you feel about a large issue in your life at the moment?



Bible Story Idea

This has been written as an all-age slot to introduce the whole church family to what the children are learning today, but it could be adapted for the children's classes.



Helpers Needed

1. In advance, ask an adult or a child to be a volunteer for you. Check for food allergies/ intolerances.
2. An actor to play the part of Jesus. His lines are highlighted in yellow below.



Props

'The Wonder of Easter' book, blindfold, hot cross bun, a piece of something edible that could pass as fish, a Bible.



What to Say

In this series, we are looking at the most important moments in the Easter story. It's also one of the 5 stories that have been taken from the book, "The Wonder of Easter" to tie in with the family Bible times that you can do at home.

We're going to start with a Senses challenge. My friend, X, has agreed to be my volunteer today. I'm going to blindfold her. She has to work out what the mystery item is by using her different senses. She can touch, smell and taste it to work out what it is.

What does it feel like?
What does it smell like?
What does it taste like?

Can you guess what the mystery item is before taking off your blindfold?
(Blindfold off - let the volunteer confirm with sight that the item is a Hot Cross Bun)

Thank you, X, for being willing to help me.



What to Do

Hold up 'The Wonder of Easter' book

Introduce volunteer.
Blindfold your volunteer.

Show the congregation the item before giving it to the volunteer.

Round of applause.



What to Say



What to Do

X was certain that the mystery item was a Hot Cross Bun even though she was blindfolded. As we use our senses, we become certain of what is in front of us.
 [Today is Easter day. Happy Easter!] I want to tell you about the first Easter day, when Jesus' friends used their senses to be certain that the impossible had actually happened.

Today we're remembering when Jesus rose from the dead, his resurrection. He had been killed on a cross and put in a tomb for three days. As the sun came up on Sunday morning, the women who went to the tomb found it empty. His body wasn't there anymore. We're going to hear about the moment when Jesus' closest friends were in a small locked room, trying to understand what was happening. Was Jesus alive? Or dead? Where was his body? Was this possible? In Luke's gospel, Chapter 24, we read what happened next...

Jesus' disciples were talking about the stories they'd heard that Jesus was alive. They were trying to make sense of it. Suddenly Jesus appeared in front of them and said,

Jesus: "Peace be with you."

The disciples were frightened, thinking that Jesus was a ghost!

Jesus: "Don't be upset, and why do you still doubt that it's me? Look at my hands; look at my feet—it's really me. Touch me. Look me over. A ghost doesn't have muscle and bone like this."

They still didn't fully believe it was Jesus. They were too excited to believe it. And also, they just couldn't believe that a dead man was now standing in front of them. I wonder how you or I would feel? It's a totally strange situation, isn't it?
 Jesus was kind to them, so he said...

Jesus: "Do you have any food here?"

They found him a piece of leftover fish they had cooked. He took it and ate it right before their eyes.

The actor playing Jesus, joins you in front of the congregation.

Touch the Jesus volunteer.
 Prod his side, hands.

Give your actor a piece of food that looks like fish to eat.

continued →



What to Say



What to Do

They watched carefully because ghosts can't eat food. Dead people can't eat food. Magic tricks can't eat food. Only real, living bodies can eat food.
Jesus was alive and he had a real body.

They'd found it hard to believe that he was alive. But now, they knew for certain. They saw him. Touched him. Saw him eat food. They were certain Jesus was alive.

Now they believed it, Jesus needed to explain it...

Jesus: "Everything I told you while I was with you comes down to this: All the things written about me in the Law of Moses, in the Prophets, and in the Psalms had to come true. I had to suffer, I had to die, I had to rise again. Now you have seen it, you have to tell others, so that they can believe, repent and be forgiven for their sins."

This is the most important part! You see, we can't touch Jesus. We can't look at his scars. We can't watch him eat fish. But we do have the Bible. And that's how we can be sure he's alive!

In the Bible, we can read the Old Testament and see how it teaches us to expect Jesus, like he said.

We can read the Gospels and see Jesus telling us that he knew he would die and rise again.

We can read the rest of the New Testament and see how the apostles became Jesus' witnesses. They bravely went to the ends of the world just as Jesus told them to. They told others about Jesus dying and coming back. They urged them to repent so that they could have their sins forgiven.

Jesus holds up a Bible and opens it.

Take the Bible from Jesus, show the OT section.

Show the Gospels.

Show the NT section.



What to Say



What to Do

We can be sure that Jesus is alive because the whole Bible tells us he is!

We don't need to touch him, see him or feed him to know it's true. But, one day we *will* see him face to face and we *will* get to touch his scars for ourselves. And we'll be so pleased that we trusted him now!

Until then, we have his Spirit who helps us to tell others the Easter story, so that they can also believe that Jesus is alive!

Let me pray.

Dear Father: Thank you for Easter. Thank you that we have more reason than everyone else to be pleased this Easter. Jesus told us he'd rise again and he did. He was seen, heard, touched, fed so we can be sure he's alive. Please help us to believe. Give us your Spirit to make us sure. Thank you that we have a risen King. Amen



Lesson Overview



Get Going



Teaching Time



Brain Break



Heart & Hands



Get Going

Focus the children's attention on the theme of the session using a game or activity. Light, not manic, so that the children can be calm afterwards, with their minds ready.



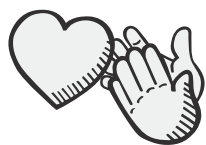
Teaching Time

Tell the Bible story in an engaging way. Place emphasis to point clearly to the **Big Idea**. If you have used the **Bible Story Idea** already, you may not need to cover the whole story again. If not, you can adapt it to use here with your group or tell the story in another way, perhaps using the suggestion below. However you tell the story, conclude with a simple explanation of the **Big Idea**.



Brain Break

A chance to rest the children's minds before, **Heart and Hands**. Get children moving. Finish by linking the activity to the **Big Idea** so that this time serves the Bible story.




Heart & Hands

Small group discussion:

The vital chance for the children to reflect on the story, so that its truths impact their hearts. They do the talking, not the leader. All the children need to be given the opportunity to respond. Ask each question to multiple children.



Worksheets

There are 2 worksheets available (A & B) which you can find in the appendix. Look out for the  symbol for references to the worksheets.

A

THE WONDER OF EASTER Lesson 4 (Easter Day): Jesus is alive!

LUKE 24:36-49



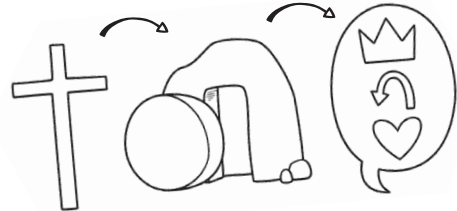
Did you spot it?

How did Jesus use these senses to show that he was alive?



Work it out

What are the different parts of God's Mega Plan for the Universe?



B

THE WONDER OF EASTER

Lesson 4 (Easter Day): Jesus is alive!

LUKE 24:36-49



Did you spot it?

How did the disciples feel when Jesus was suddenly standing among them?

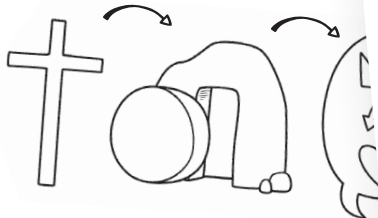


Jesus knew they were confused. How did he show them he was alive?



Work it out

How would you explain God's Mega Plan to someone who doesn't believe?



Live it out

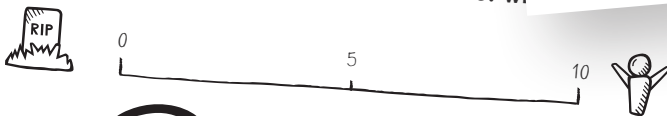
What is one thing that you want to tell others about Jesus?

faithinkids



Live it out

How sure are you that Jesus is alive? Write your answer on the scale below.



faithinkids



Explorers

3–5s



Get Going

Taste It

Cut up some different fruit into small pieces for the children to taste. Check for allergies/ intolerances first. Children can be blindfolded or just shut their eyes. Ask the children what it feels like, what it smells like and then what it tastes like. Can they guess the food?

➡ **Link:** In today's story, we are going to hear about how Jesus was dead but then he came back to life. He ate some food to show that he really was alive. Listen out for what food he asked for.



Take 10 minutes to focus!

For young children death and resurrection are difficult ideas to understand. How will you help them to be sure that Jesus is alive?



Teaching Time

Have pictures of Jesus on the cross (use an illustration from the last lesson), eyes, hands, a mouth, fish fingers and the illustrations for this lesson.

In the last lesson, Jesus was dying on the cross (picture). Explain to the children that Jesus died and was buried and all of his friends were very sad (make sad faces). In today's story, there was a big surprise (make surprised faces). It was such a big surprise that Jesus had to help his friends to know it was true.

Tell the children the story from Luke 24:36–43, using the illustrations from today's lesson. When you get to different emotions, stop and ask the children to make faces to look surprised/ scared/ happy as appropriate.

When you get to the parts of the story that involve the different senses, show the children the pictures of the eyes, hands and mouth. Ask them to point to their eyes, get them to touch each other's

hands and have them pretend to chew when you show them the mouth and the fish fingers.

Once you have gone through the story, make sure you end with a point or two about how and why Jesus wants his followers to be sure he is alive. Keep in mind the **Big Idea** and the questions you thought through in **Take 10 minutes to focus**. Explain that his friends were surprised to see him alive but he had told them it would happen. It was part of God's plan for people to be forgiven. Jesus had come back to life, just as he'd said he would. And now that his friends knew it was true, Jesus told them to go and tell others it was true (Luke 24:44–49). Jesus wanted people all over the world to know that he is alive and they can be forgiven by him. Finish by getting the children to turn to each other and say "Jesus is alive!"



Brain Break

Alive!

Call out different commands for the children to act out. Once they have done the action, ask them a question about it to reinforce what they have heard in today's story.

- **“Dead”** Lie on the floor. “Who was dead?” *Jesus*
- **“Alive”** Jump up. “Who came back to life?” *Jesus*
- **“Touch”** Touch each other's hands. “What did they touch Jesus with?” *Hands*

- **“Look”** Point at each other with surprised faces. “What did they see Jesus with?” *Eyes*
- **“Taste”** Chew and make chomping noises. “What did Jesus eat?” *Fish*

➡ **Link:** In today's story we heard that Jesus was dead but now he is alive. He wanted his friends to see and touch him to know he was alive.



Heart & Hands

Craft Time

Make a 'Jesus is Alive!' plate.

Give each child a paper plate with 'Jesus is alive!' written on it and a small fish drawn on it. Let them stick some coloured cellophane over the fish. Stick on a pair of googly eyes. Let each child do a paint handprint on their plate. Once the plates are decorated, give each child a jelly baby sweet to be Jesus. This is your opportunity to make things personal. Use this craft time to reinforce the **Big Idea** of the lesson to get them ready for **Think Time**. As you give out the jelly babies, remind the children that Jesus came back to life. Ask them about the different things on the plate that tell them how Jesus showed his friends that he was alive.

Think Time

Use the illustrations to remind the children of the story. You could ask them to tell you what was happening in each picture.

1 Big Question: What was Jesus' big surprise? *He was alive!*

A follow up question: How did he show his friends that he was really alive?

Pray

Dear Lord Jesus, thank you that you are alive. Amen



Discoverers 5–7s



Get Going

Feely bag

Have a bag with objects in it. You will need one object for each child. One at a time, the children can feel an object in the bag. Hold the bag around their arm to stop them looking into it. Let them tell everyone what they have found from

what it feels like. Then get them to show the rest of the children.

➡ **Link:** In today's story, Jesus arrived and even his friends couldn't believe it was him. They needed to see and touch him to make sure it was really him.



Take 10 minutes to focus!

From today's passage, how will you help your children to know that the Bible is enough for them to trust that Jesus came back to life? How will you help them to know that Jesus is just as real and alive today as he was the day he appeared to his disciples?



Teaching Time

Use a picture storybook Bible to give some background to what has happened since the last story when Jesus died on a cross. Explain to the children that Jesus died and was buried and all of his friends were very sad. In today's story, Jesus showed his friends he was alive and then he told them about God's mega plan for the universe.

This passage falls into two parts. The first part (v36–43) is the surprising appearance of Jesus and him showing his friends it really is him. He lets his friends see him, touch him and give him something to eat to help them believe it is him.

Come prepared with pictures of eyes, a hand and a mouth; and bring a piece of food to be the fish Jesus eats (e.g. a

piece of white bread). As you tell the story, get the children to act out being as surprised and frightened and then happy and amazed as the disciples. Ask the children which of the senses Jesus is getting his friends to use at different parts of the story, let the children tell you which picture it would be (eyes/hand/mouth). Let them touch your arm. Let them watch you eat some food.

Once Jesus' friends were sure he was alive, he told them about God's mega plan for the universe. This is the second part of the passage (v44–49).

Print the diagram or draw the pictures (see Appendix). Explain the different parts of God's plan. Ask the children which parts have happened and which are still happening now.

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Explain to the children that Jesus was telling his disciples that God has always had a plan so people can be forgiven. It was always part of the plan that Jesus would die and then come back to life. It all happened just as the Bible said it would. His disciples could be confident to go and do the last part of the plan

because they knew that Jesus was alive and could forgive people.

Finally, make sure you tell the children how this story helps them to be sure that Jesus is alive. Keep in mind the **Big Idea** and the questions you thought through in **Take 10 minutes to focus**.



Brain Break

Choose the option that works best for your group. Option 1 works well if you have a small group and less space.

Option 2 works well if you have a large enough space for the children to move around in.

Option 1

Are you sure it's me? Blindfold one or two children and ask them to stand still by a chair. In silence, put a different child in the chair. The blindfolded children have to see if they can tell who the child in the chair is just by gently touching their hair, face and arms. Explain to the 'touching' children that they must be careful not to touch the eyes.

Option 2

Are you sure it's me? Get the children to stand in a circle with a blindfolded child in the centre. The circle of children must move clockwise for a count of 3 so that the blindfolded child doesn't know who is where. When the children stop, the blindfolded child must point at a child in the outer circle. That child must go to the centre for the blindfolded child to touch their arms and head to try to guess who the child is. You could let the children swap places if the child guesses correctly.

➡ **Link:** In the story, Jesus' friends did not believe that it could really be him. How did he help them to become certain?



Heart & Hands

Craft Time

Make a 'Jesus is alive!' evidence bag.

Make some mini props of resurrection evidence and put them in a small Ziploc bag (or use a fillable plastic egg). Make a small fish out of card and foil, a strip of card with googly eyes stuck to it (representing what the disciples could see), a piece of paper with their finger print on it (representing the disciples


touching Jesus' hands and feet) and a piece of paper with 'Jesus is alive! Luke 24:46' on it. Use this craft time to reinforce the **Big Idea** of the lesson to get them ready for **Think Time**. As the children make their items and put them in their bags, ask them about the different things and how Jesus helped his friends to know he was alive.

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Talk Time

Use the illustrations to remind the children of the story.

 Use the worksheet to aid your discussion. Worksheet A is the suggested sheet for this age group. If possible, enlarge the page to A3 so you can work on it together.

Did you spot it?

- What amazed Jesus' friends in today's story?
- How did Jesus use these senses to show that he was alive?
 - **Touch** - Did Jesus ask them to touch something? What?
 - **Taste** - Did someone eat something? Who? What?
 - **Sight** - Did Jesus ask them to look at something? What?
 - **Listening** - Did Jesus ask them to remember something that was said? What?

Work it out

- Jesus told his friends that God has always had a mega plan. What is

each of the three parts of that mega plan for the universe? 1. *Jesus had to die (cross)*. 2. *Jesus had to come back to life (empty tomb)*. 3. *People must be told (speech bubble) about Jesus (crown), that they need to turn from living for themselves to living for him (U-turn arrow) and that he can forgive them (heart)*.

- Which of these parts of the plan have already happened? Which parts are still happening?

Live it out

- What made Jesus' friends sure that he was alive? What makes you sure he is alive?
- What do you think they wanted to tell everyone about Jesus?
- **Key Question** What is one thing you want to tell others about Jesus?
Get the children to draw or write something in the speech bubble.

Prayer Idea

Dear Jesus, thank you that you rose again. I am sure you're alive because _____ . Thank you. Amen



Adventurers 8–11s



Get Going

Listen and smell

Find some items that make distinctive noises: unwrapping a sweet, crinkling a crisp packet, shaking a cereal box, cutting a loaf of bread, grinding a pepper mill, pouring water. Find some distinctive smells: coffee, spices, mustard, jam, cleaning products, shampoo. The children

can close their eyes or be blindfolded as they guess what the noises and smells are.

➡ **Link:** In today's story, Jesus' friends needed to use their senses to be sure he was alive. Listen carefully to the story for which senses were used.



Take 10 minutes to focus!

How can you explain to the children that they can still be certain that Jesus is alive, even though they can't see or touch him?



Teaching Time

Give some background to what has happened since the last story when Jesus died on a cross. Explain how the tomb was empty and some people were saying they had seen Jesus alive. In today's story, Jesus helped his friends to know he was alive before he told them about God's mega plan for the universe.

Read Luke 24:36–38 to set the scene for today's story. On a large sheet of

paper, draw the table below. Leave the 4th column empty. Go through the passage making a list of the different ways Jesus helped his friends to understand that he really was alive. If you have a large group then get the children into groups of 2–3 and give each group a verse to look up. Once they have their answer they can feed back to the rest of the children.

The different ways Jesus helped his friends to understand he was alive

| | | | |
|--------|--|------------------------|--|
| v39a | | Jesus told them to... | look at his hands and his feet |
| v39b | | Jesus told them to... | touch him |
| v41–43 | | Jesus asked them to... | give him some fish to eat |
| v45 | | Jesus opened their... | minds to understand |
| v46 | | Jesus told them... | that the Bible said that he would die and rise again |

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Explain that Jesus wanted his friends to believe he was alive because he was going to send them out to tell others about him. This was all part of God's mega plan for the universe as explained in Luke 24:46-49.

Print the diagram of God's mega plan for the universe or draw the pictures (see Appendix). Explain the different parts of God's plan. Ask the children which

parts have happened and which are still happening now.

Finish by reminding the children that God's plan is still happening today. Jesus is alive and he wants more and more people to know that is true. Keep in mind the **Big Idea** and the questions you thought through in **Take 10 minutes to focus** as you explain this.



Brain Break

Witness!

This is a version of the game "Wink murder". All the children sit in a circle on the floor. One child is asked to leave the room - this is the detective. While they are out, one child is picked to be the 'leader'. That leader then says, "I will point/wink/blink/nod at each of you." This becomes the secret sign. Then the detective is invited back in and stands in the centre of the circle. The leader then has to secretly do the sign to the other children one at a

time, without the detective seeing them. When a child 'receives' that sign, they must say, "I am a witness" and fold their arms as a sign that they are out of the game. The detective has three guesses to work out who the 'leader' is.

➡ **Link:** In that game, you were witnesses of what the leader did. In today's story, Jesus' friends were witnesses of him. They saw him alive and they told others he was alive.



Heart & Hands

Use the illustrations to remind the children of the story.

📄 Use the worksheet to aid your discussion. Worksheet B is the suggested sheet for this age group. If possible, enlarge the page to A3 so you can work on it together.

Did you spot it?

- How did the disciples feel when Jesus was suddenly standing among them? *Use the emojis on the worksheet.*

- Jesus knew that they were worried and confused. How did he help them? *Use the pictures of senses on the worksheet.*

Work it out

- Look at the diagram on the worksheet of God's mega plan for the universe. Jesus told his disciples that God has always had a mega plan. How would you explain God's mega plan for the universe to a friend? *1. Jesus had to die (cross). 2. Jesus had to come back to life*

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(empty tomb). 3. People must be told (speech bubble) about Jesus (crown), that they need to turn from living for themselves to living for him (U-turn arrow) and that he can forgive them (heart).

Live it out

- **Key Question** How sure are you that Jesus is alive? Why? Use the scale on the worksheet to indicate if you think Jesus is dead (0), not sure either way (5) or alive (10). If you weren't sure that Jesus had come back to life, have you heard anything today that has surprised you? What can you remember from today's story that can help you be certain?
- **Key Question** If Jesus really is alive,

how does it change the way you feel about telling others about him? Write down some ideas in the thought bubble about what the child might be thinking or feeling as they tell their friends about Jesus.

- Jesus said that they, and we, must tell others about him being alive and God's plan for people to be forgiven. Practise on each other now!

Pray

- What makes you most certain that Jesus is alive today. Thank God for that.
- Happy Easter! Easter is happy. Thank God for your favourite part of the Easter story.



Extra Stretch

- It can feel hard to say that we believe Jesus rose from the dead. The disciples couldn't believe it at first. Even today, many people don't believe it. Do you know anyone who doesn't believe it?
- From today's story, what would you tell someone who doesn't believe it, to help them to think about it some more?
- Jesus opened his friends' minds to believe it, and they couldn't tell anyone until they had been given the Holy Spirit. Can you see how the Spirit has opened your mind to believe the resurrection? Can you think of a time when the Spirit helped you to tell someone else about Jesus?



Mixed Ages

3–11s

This component is suitable for a mixed group of children aged 3–11 years old. Use this if you are unable to break your group into smaller classes because of the number of children or leaders you have.



Get Going

Touch and See

Come prepared with some items for the children to feel and guess what they are. In pairs, have one child blindfolded or with their eyes closed. The 'seeing' child must first describe the item to the blindfolded child, before letting them feel it. Can the blindfolded child guess what

the item is before seeing it? Let the other child be blindfolded and have a go at guessing a different item.

➔ **Link:** In today's story, Jesus arrived and even his friends couldn't believe it was him. They needed to see and touch him to make sure it was really him.



Take 10 minutes to focus!

How can you help your children to be certain that Jesus is alive today?



Teaching Time

Have a picture of Jesus on the cross (use an illustration from the last lesson), eyes, hands, a mouth, and the illustrations for this lesson. Bring a small piece of food to be the cooked fish (e.g. a piece of white bread). You will also need the diagram from the Appendix.

Explain to the children what has happened since last week's lesson when Jesus was on the cross (show the picture of Jesus on the cross from the last lesson). Jesus died and was buried and all of his friends were very sad. In the first part of today's story, Jesus appeared to his friends and helped them to understand it was really him (v36–43).

Tell the children that they need to spot

the different senses that Jesus' friends had to use in today's story. Show them the picture of the eyes, hands and mouth and show them the action they can do for each one to let you know when they've spotted it (e.g. put hands around eyes like binoculars, wave hands, open and close mouth). Read the first part of the story slowly and clearly so they can spot the senses. As you read the story, engage with the children's senses by letting them touch your hand and having them give you the piece of food to eat.

Explain to the children that once Jesus' friends were sure he was alive, he told them about God's mega plan for the universe. This is the second part of the

continued →

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continued

passage (v44-49). Using the diagram pictures, explain the different parts of God's plan. Ask the children which parts have happened and which are still happening now.

Explain to the children that Jesus was telling his disciples that God always had a plan for people to be forgiven. It was always part of the plan that Jesus would die and then come back to life. It all happened just as the Bible said it would.

His friends could be confident to go and do the last part of the plan because they knew that Jesus was alive and could forgive people.

Finally, make sure you tell the children a point or two about what this story teaches us about how they can be sure Jesus is alive. Keep in mind the **Big Idea** and the questions you thought through in **Take 10 minutes to focus**.



Brain Break

Play a senses version of Human Bop-it. Instead of the usual Bop-It commands, use the following actions:

- **See it** - hands to eyes like binoculars
- **Touch it** - clap hands
- **Taste it** - both hands up to mouth
- **Hear it** - cup ear with a hand
- **Smell it** - finger on the end of the nose
- **Alive!** - jump up and shout "Jesus"

First, teach the children each action. Once they are familiar with them, call out a mixture of commands in any order, for them to copy e.g. Taste It! See It! Alive! Touch It! Alive!

Start slowly and speed up as the game goes on.

➡ **Link:** In today's story, Jesus helped his friends to be sure that he had come back to life. He let them see and touch him to know it was really him.



Heart & Hands

Small group discussion: The vital chance for the children to reflect on the story, so that its truths impact their hearts. They do the talking, not the leader. All the children need to be given the opportunity to respond. Ask each question to multiple children. If you have more than one leader then you could split up into smaller groups of similar aged children (if

possible). If not then get the younger ones busy with a craft so you can have some discussion time with the older children.

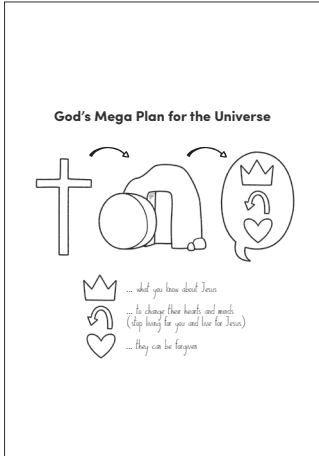
Use the illustrations to help the children remember the story.

✍ Depending on your children, use the age group craft/worksheet and questions that best suit them.

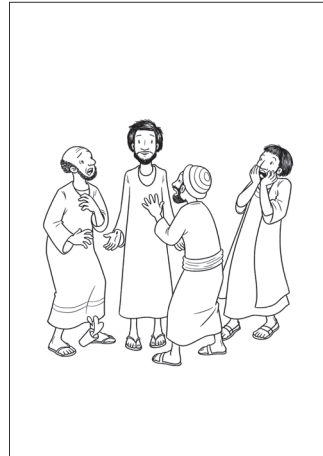


Appendix

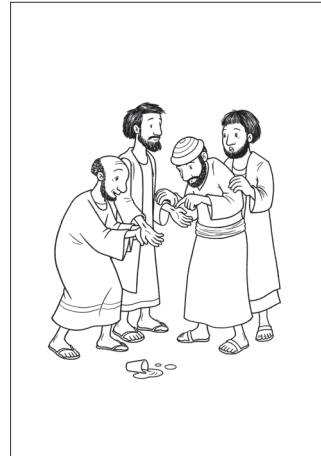
The following pages can be copied, printed and used to accompany this lesson.



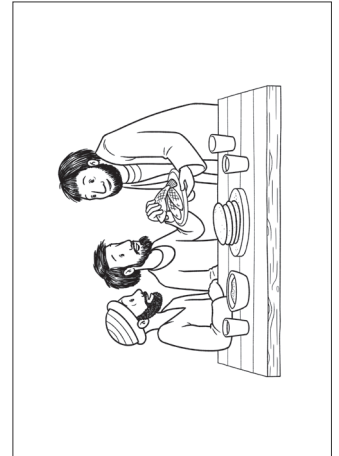
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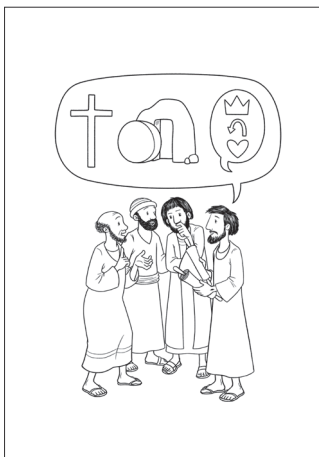
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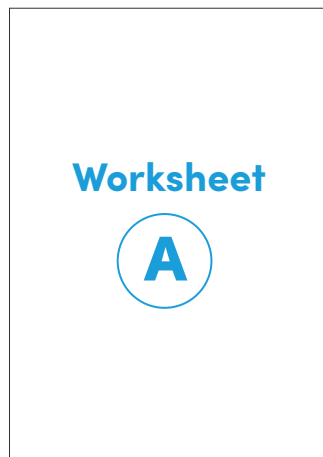
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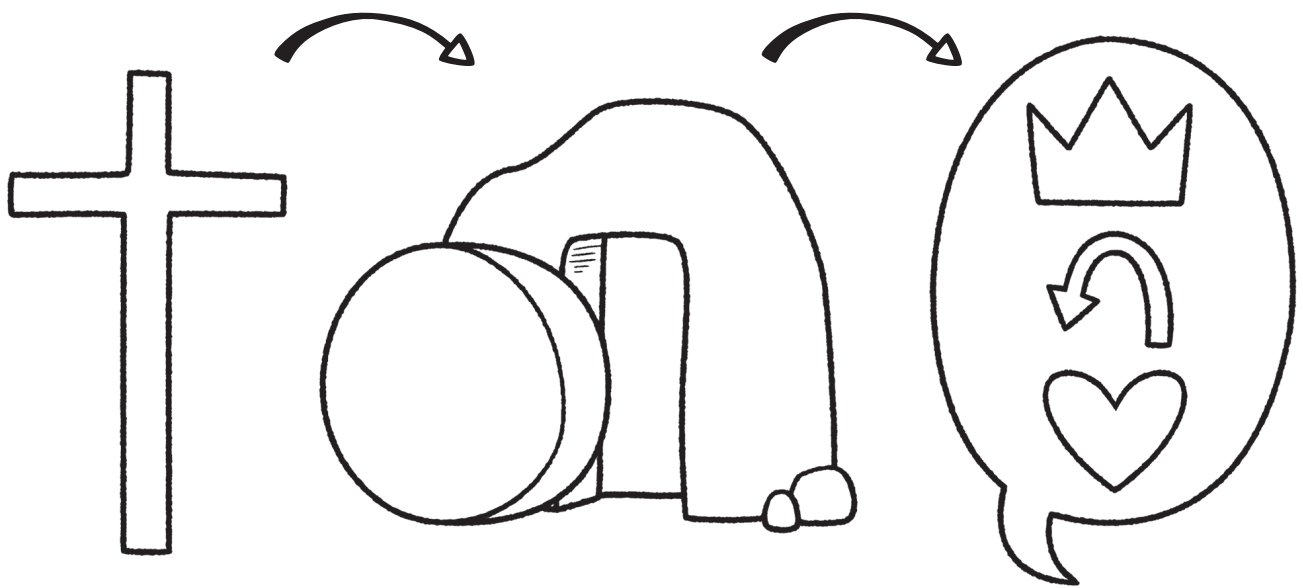


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p30

God's Mega Plan for the Universe



... what you know about Jesus



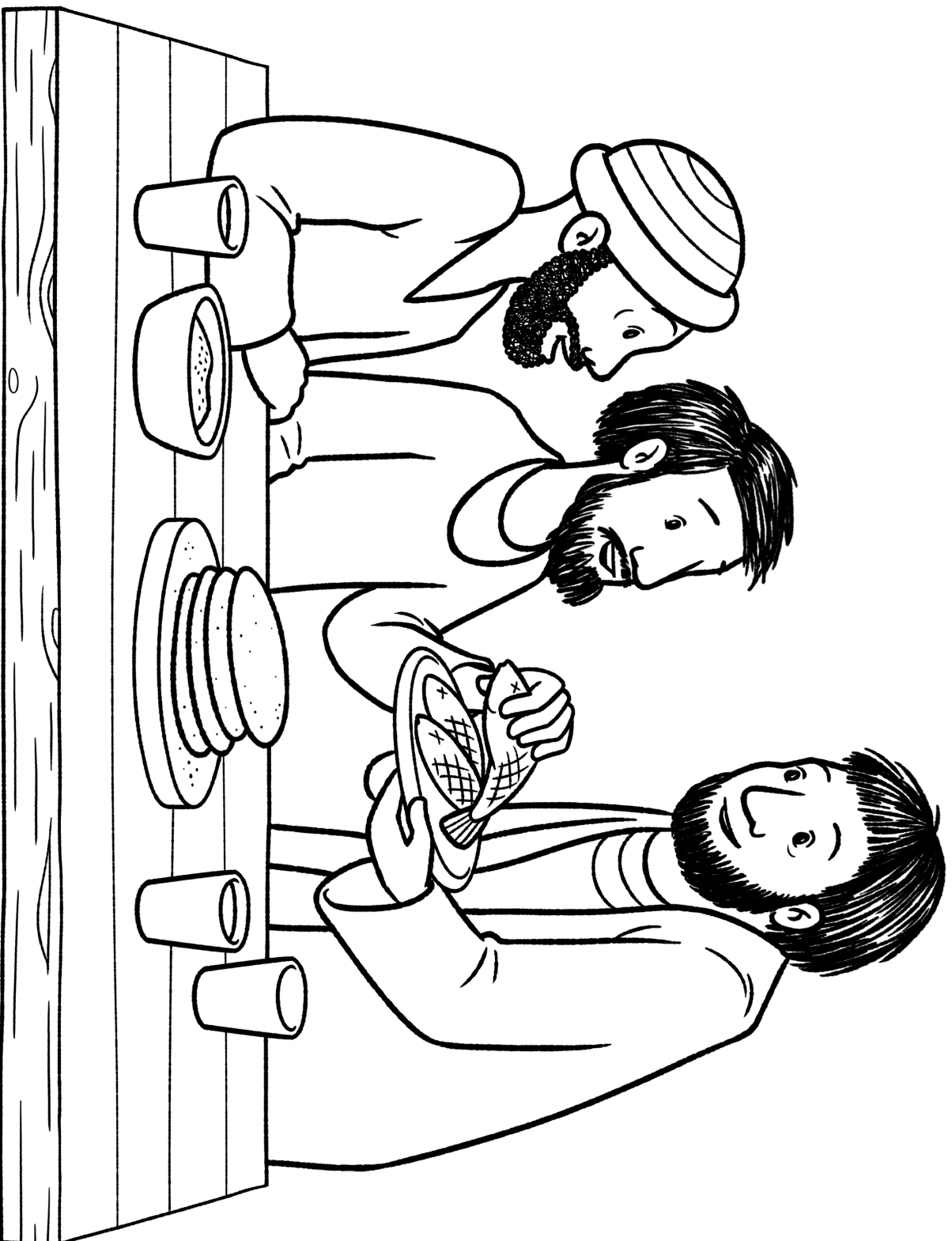
... to change their hearts and minds
(stop living for you and live for Jesus)

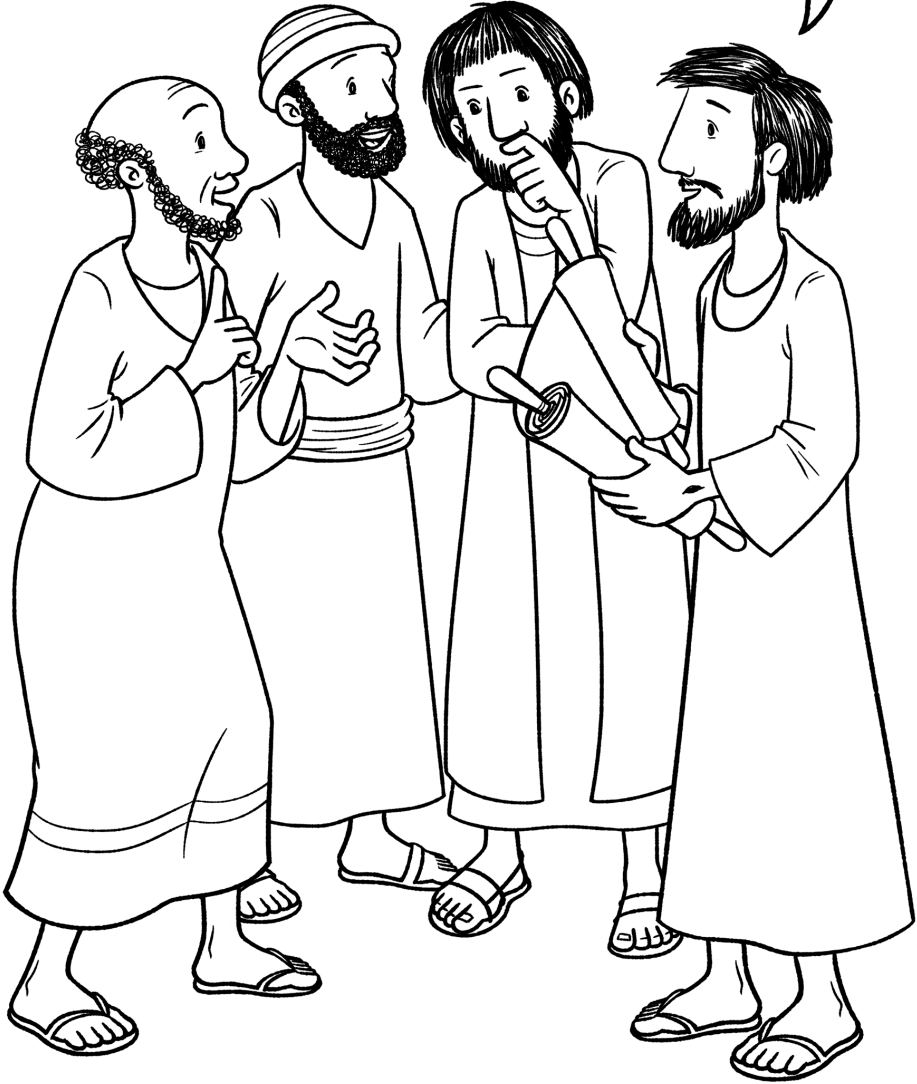
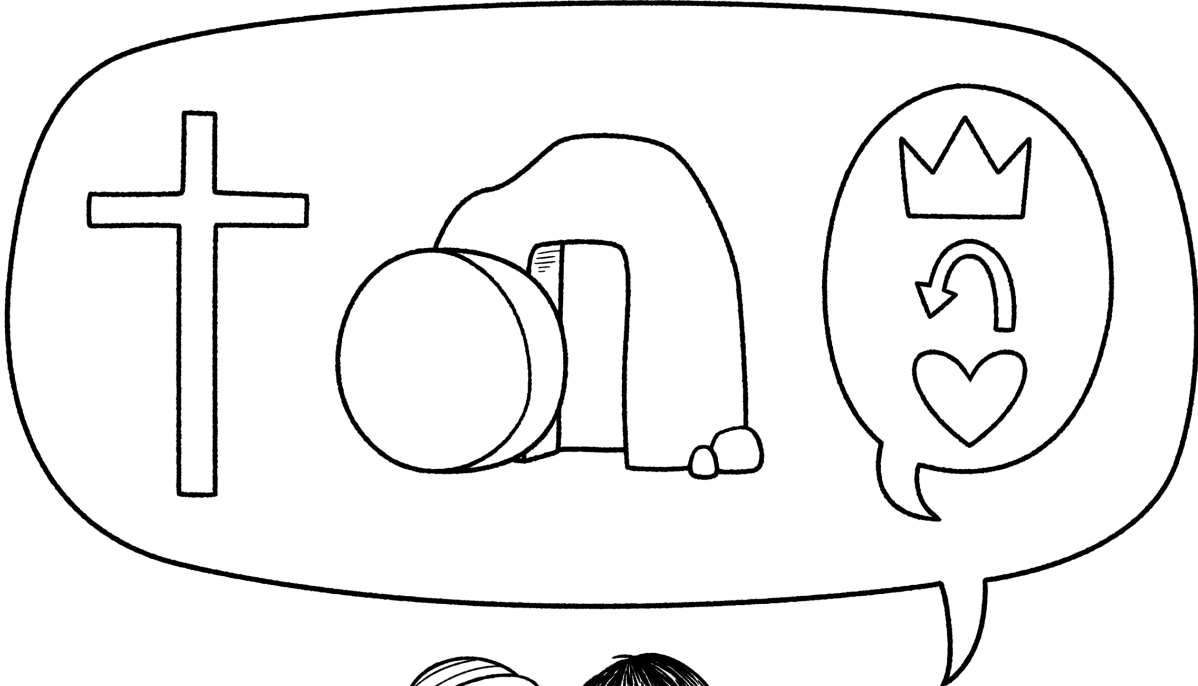


... they can be forgiven











THE WONDER OF EASTER

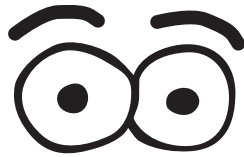
Lesson 4 (Easter Day): Jesus is alive!

LUKE 24:36-49



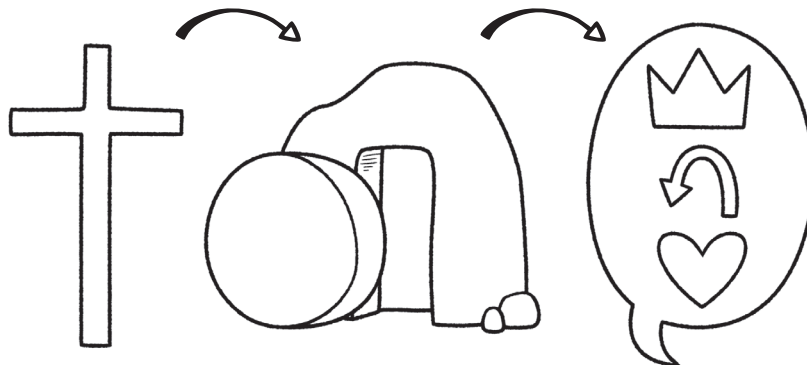
Did you spot it?

How did Jesus use these senses to show that he was alive?



Work it out

What are the different parts of God's Mega Plan for the Universe?



Live it out

What is one thing that you want to tell others about Jesus?

B

THE WONDER OF EASTER

Lesson 4 (Easter Day): Jesus is alive!

LUKE 24:36-49



Did you spot it?

How did the disciples feel when Jesus was suddenly standing among them?

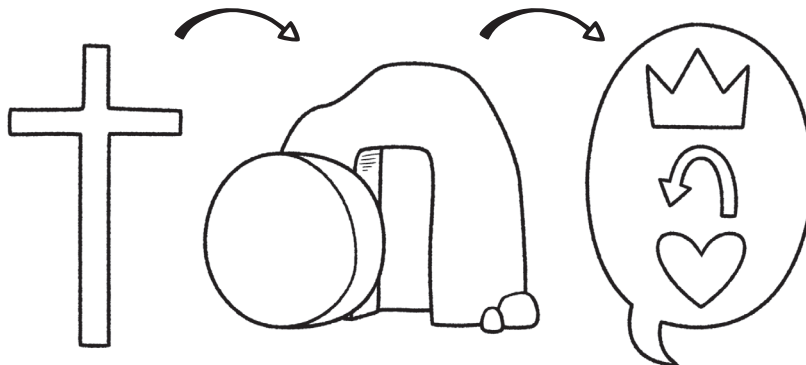


Jesus knew they were worried and confused. How did he help them?



Work it out

How would you explain God's Mega Plan to a friend?



LUKE 24:45-47



Live it out

How sure are you that Jesus is alive? Why?



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Use these questions to get a conversation started about today's lesson with your child. Pick a time that sets you up for success – maybe in the car on the way home or before bedtime. Make yourself part of the conversation, give your own ideas – this is not a test!

THE WONDER OF EASTER

Lesson 4: Jesus is alive!

LUKE 24: 36-49



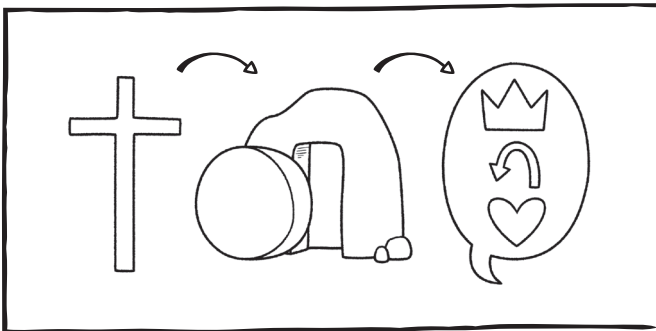
Big Idea:

Jesus wanted his friends to be sure he was alive and that his death and resurrection were all part of God's plan.



Faith in Kids looks like:

...children who are sure that Jesus is alive and are keen to tell others about him.



3-5s

- What was Jesus' big surprise? *He was alive!*
- How did he show his friends that he was really alive?



5-7s

- What made Jesus' friends afraid in today's story?
- What made Jesus' friends sure that he was alive?
- Is there one thing you want to tell everyone about Jesus?



8-11s

- How did Jesus help his friends when they found it hard to believe he was alive?
- Do you ever find it hard to believe that Jesus rose from the dead? Why do you say that?
- Can you think of two examples of how your feelings or thoughts might be changed this week by knowing that Jesus is alive?

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