

A LIVING TRUTH

Jesus Rises
Matthew 28:1–15
AD 33

OVERVIEW

BIBLE TRUTH

Jesus rose from the dead.

BIBLE VERSE

The Lord has risen! Luke 24:34

LEARNER GOAL

I understand that Jesus conquered death and rose from the dead, giving me eternal life in Him.

LAW & GOSPEL

Sin separated us from God, and we are filled with fear.
Jesus died for us and rose again, conquering sin and death and giving us the joy of eternal life.

SCRIPTURE SNAPSHOT

The women who witness Christ's burial are the first to witness His resurrection. With great joy, they run to tell His disciples that Christ is risen! He is risen indeed! Alleluia!

LESSON PREP

BASIC Read Matthew 28:1–15 and study notes in *The Lutheran Study Bible*.

MORE TIME Read the leader devotion, found in the digital resource center.

IN DEPTH Read the article “Which Tomb?” in *TLSEB*, page 1651.

This lesson can be used for Easter.

SUPPLY LIST

FOR THIS LESSON

- Clothespins
- Strip magnets
- White coffee filters
- Hula-Hoops
- Arch Book *The Easter Surprise*, Easter books
- Mini bagels, cream cheese, pretzel sticks
- Cardstock

FOR EVERY LESSON

- Bible
- Device with prepped music
- Copies of downloadable activity page
- Copies of Enduring Faith Page
- Supply Box

LAUNCH

Plan your lesson by reading through the options in each section. Choose the activities that will best fit your learners, and mark those boxes to guide you as you teach the lesson.

BEGIN

- Follow the Order of Opening Worship, use the Lesson Opening, or do both (part of the planning resources in the digital resource center).
- Sing songs using music found in the digital resource center, or sing your own favorite songs.

PRAY

Dear Lord Jesus, help us learn more about the great news of Easter and the resurrection. Bless our time together. In Your name we pray. Amen.

LEARN

Show your Bible, and remind the children that all the stories in God's Word are true.

TELL THE BIBLE NARRATIVE

Choose one of the options on the next page to tell the Bible narrative.

DO THIS!

Use one or both of the following activities to talk about the Bible narrative after you've read it.

- FOR CHILDREN WHO ARE YOUNGER** This is a Scripture narrative that is easy for students to act out. The first scene would include students to portray both Marys, some soldiers, and an angel. The second scene would include the two Marys, the angel, and Jesus. Help students figure out when and how to portray the extreme emotions of sadness, fear, and joy exhibited here.
- FOR CHILDREN WHO ARE OLDER** If you have mostly older students who are good readers and know this account very well, look at the parallel accounts of the resurrection in **Mark 16:1–13**, **Luke 24:1–12**, and **John 20:1–18**. Make a timeline or story map and work together to include all the details from all four accounts. If you have enough students, divide into four groups, giving each group one of the gospel readings, then have each group add details (in words or pictures) to the timeline from their Gospel reading. If you have time, you can even talk about why the different accounts include different details.

SAY

- Jesus is risen! He's risen indeed! Alleluia!** Invite children to say, "He's risen indeed!" after you say, "Jesus is risen!"
- Can you think of a time when you were really, really sad? Did you ever think you could be happy again? Now think of a time when you got a wonderful surprise. Imagine how you would feel if you got the best surprise ever on the saddest day of your life. What would that feel like? What would you do?**

TALK ABOUT IT

Choose the questions that best fit the learning level of your group.

- Where were the women going on Easter morning?
- What were some of the surprises that morning?
- Mary and Mary ran to tell of the empty tomb. How can we "go and tell"?

KEY DISCUSSION POINTS

Guide discussion using these key points.

- Christ's resurrection terrifies His enemies (such as the guards at the tomb and the chief priests) but brings great joy to those who follow Him.
- This story is most certainly true. The resurrection stands at the center of the salvation story and the foundation of our faith. It is the fulfillment of God's prophetic word and is the crowning moment in all of human history—Jesus' victory over death for us all!
- We have new life in Jesus. We are no longer dead in our sin because of what Jesus did for us.



CHRIST CONNECTION

Christ rose from the dead to offer us the promise of our resurrection from the dead at His glorious return.

BIBLE NARRATIVE FOR YOUNGER CHILDREN

STORYTELLING DIRECTIONS: As you tell the story, emphasize the opposites *sad* and *glad*. Have children show *sad* and *glad* on their faces.

On Good Friday, Jesus died on the cross to take away our sins. What a *sad* day! His friends put Jesus in a tomb. The tomb was different from the graves where we bury dead people today. The grave was not underground. It was a little cave with an opening. Jesus' friends rolled a big stone in front of the opening. Guards stood watch in front of it. But Jesus' friends went home. They were so *sad*.

On Easter Sunday morning, some women were walking to Jesus' tomb to put spices on His body. They wondered who would roll the stone away. Surprise! All of a sudden, the ground began to shake. It was an earthquake! An angel came from heaven and rolled away the stone! But that was not the only surprise!

The soldiers guarding Jesus' tomb felt the earthquake. Surprise! They saw the angel, bright as lightning, roll the stone away! The soldiers were so afraid that they fell to the ground. Then they got up and ran away! The angel just sat on the big stone he'd rolled away from Jesus' tomb.

When the women got to the tomb, they saw the angel too. He told them, "Jesus is not here. He's risen, as He

said." Then he told them to go into the tomb and look. Surprise! Jesus' body was not there. The tomb was empty! Jesus was alive! What a *glad* day!

The angel told them to go and tell Jesus' friends, the disciples, that He was alive. So the women ran to tell Jesus' friends that Jesus was alive! They were amazed at what they'd seen. All of a sudden, they saw something even more amazing! Surprise! There was Jesus, right in front of them! They ran to Jesus and fell down in front of Him to worship Him.

Jesus said, "Do not be afraid. Go tell My friends that I will meet them soon." So the women ran to where the disciples were staying. They couldn't wait to tell them the Good News: Jesus was alive!

It was a *sad* day when Jesus died on the cross for us. But He did that to pay for our sins so that we can be forgiven. On Easter, Jesus came alive again. Easter is a *glad* day! Because Jesus rose from the dead, we can be sure that someday we will live with Him in heaven.

BIBLE NARRATIVE FOR OLDER CHILDREN

Early Sunday morning, Mary Magdalene and the other Mary started off for the tomb. As they walked along, they remembered the huge stone that had been rolled in front of it. They weren't strong enough to roll it back, so they wondered how they were going to get inside.

Suddenly there was an earthquake, and an angel came down from heaven, rolled the stone back, and sat on it. When the guards saw the angel, they were terrified. They shook and fell down like they were dead. The angel waited for the women.

When the women came, the angel told them, "Do not be afraid, for I know that you are looking for Jesus who was crucified. He is not here, for He has risen, as He said. Come, see the place where He lay."

They looked in and saw that Jesus' body was missing. There was only the cloth and few spices lying where His body had been. The angel told them, "Go quickly and tell His disciples that He has risen from the dead, and behold, He is going before you to Galilee; there you will see Him."

The women turned and rushed back toward the city to tell Jesus' disciples. But while they were on the way, Jesus met them and said, "Greetings!" They came close, grabbed hold of His feet, and worshiped Him. Jesus told them, "Do not be afraid; go and tell My brothers to go to Galilee, and there they will see Me."

While the women were going to find the disciples, the guards woke up and went to tell the chief priests what had happened. They knew they would be in big trouble if the governor thought that they had fallen asleep on the job. The chief priests and the elders got together and gave the guards money to lie about what they saw. They told the guards to tell people that Jesus' disciples came at night and stole His body. The guards took the money and did as they were told. The false story was spread among the Jews for a long time.

LIVE

Choose from the following activities and crafts to help connect Bible learning to life.

Sing the Bible Verse

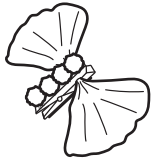
Read the Bible Verse from Luke 24:34: **The Lord has risen!** Have children repeat it, then sing it to the tune of “The Farmer in the Dell.” Add actions, if you wish.



The Lord has risen! *Crouch low and jump up.*
The Lord has risen! *Crouch low and jump up.*
Let’s sing and shout
 “Hooray!” *Say “Hooray.”*
The Lord has risen! *Crouch low and jump up.*

Butterfly Craft

Glue four small colorful pom-poms to a pinch-type clothespin to make a butterfly body. Glue a strip magnet to the other side. Color white coffee filters using washable markers. Spritz filters with water to make the colors spread. When dry, gather wings together in the middle and hold in place with the clothespin.



Butterfly Snack

Cut mini bagel halves in half. Put rounded edges of bagels back-to-back to look like wings. Give one to each child on a small paper plate. Let children spread halves with cream cheese and add a stick pretzel for a body. Butterflies remind us of new life. Talk about how we are happy Jesus is alive.



Opposites

Do an action and have children do the opposite:

Sit—stand (act out)
Up—down (point)
Loud—soft (use voice)
Happy—sad (show on face)



Say, **On Good Friday, Jesus died for us. On Easter, Jesus did the opposite. He became alive again!**

Roll Away the Stone

Say, **The stone in front of Jesus’ tomb was very heavy. It took strong men to roll it in place on Good Friday. It took one of God’s angels to roll it away on Easter.** Have children pretend to roll the stone away, using Hula-Hoops. Give them a plastic hoop to roll back and forth to a partner. Have them stand 8 to 10 feet apart and increase distance as they get better. Practice, then have first child say, **On Good Friday, Jesus died for us** as she rolls hoop. Second child rolls hoop and says, **On Easter, Jesus came alive again.** Option: Use large balls.



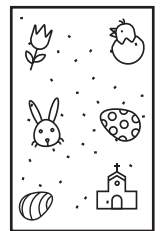
Easter Books

Read aloud the Arch Book *The Easter Surprise* or read about Holy Week and Easter from another illustrated Bible story book. If you have a collection of Easter books, bring them in and let children look through them.



Easter Poster

Have children make posters of the Bible Verse. Hand out cardstock, markers, and glitter glue. Have children write the Bible Verse and add symbols of Easter to their posters. Talk about the meaning of each symbol. Enlist older students to be your class helpers.



LEAVE

SAY

Jesus conquered death and rose from the dead. Wow! That’s big news, the very best news ever! Thanks to Jesus, we don’t have to be afraid of death. Because Jesus rose from the dead, we, too, will rise one day and be with Jesus forever.

PRAY

Dear Jesus, thank You for Your resurrection. It changes everything! Help us to go and tell everyone about this amazing event and the new life we have in You. In Your name we pray, Jesus. Amen.