

**Big Idea:** King Jesus is alive; God's plan of salvation is complete.

### Parents Notes

In the last session, the unthinkable had happened, Jesus was crucified like a criminal. But then the unimaginable happened, Jesus came alive! Imagine the shock from his followers when their two friends burst through the door, shouting, "It's true! Jesus is alive (vv34-35). It's no wonder they were frightened and full of doubt when Jesus appeared before them in the flesh (v.38).

But, Jesus takes the time to show them, that he was a) The Jesus of Nazareth, who was crucified and b) Truly alive. Then to prove this, he offered the disciples two pieces of physical evidence:

First, Jesus says to the disciples, look and touch. Look at the scars on my hands and feet. Check, I am the same man who was crucified. Touch me. Prove to yourself that I am as real and alive as you are.

Second, Jesus eats a meal. The disciples give Jesus some fish to eat, he chews, swallows and it stays in his body. Jesus is alive in every way possible way.

Next, he opens the minds of the disciples to understand the Scriptures. He shows them that the death and resurrection were all part of God's masterplan of salvation; promised in the OT and fulfilled through the Lord Jesus himself. God's work of salvation is complete.

What was the plan?

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 of sins, and they are to share this with the nations.
4. The Christ sends the Holy Spirit, who empowers their gospel mission and gives new life.

### Get Going

Pray together before you begin.

**Pray** ask God to help you and your family rejoice in the incredible news that Jesus alive and understand that God's plan of salvation is now complete.

**3-5s** -Taste It. Cut up some different fruit into small pieces for your kids to taste. They 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.

**5-7s** - Make a tower out of anything you can find. See how high you can build it. But say to them that for the tower to be complete there needs to be a teddy (or any object of your choice) on the top. See if they can reach and put the teddy on top of the tower. The tower is not complete until they get it up there! Link - Jesus' resurrection was the finishing piece in God's salvation plan. It had to happen for the plan to be complete!

**8-11s** - Feely bag. Place some objects or toys in a bag. One at a time, let the children feel an object whilst blindfolded. Make them guess what it is. Alternatively, blindfold the children and ask get them to smell various foods/jars and guess. 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.

## Songs

- 1,2,3,4,5 Jesus Christ is now alive (A very, very, very Big God – EMU Music)  
[https://youtu.be/Zl10-Rm\\_-Vg](https://youtu.be/Zl10-Rm_-Vg)
2. He Died upon the Cross (Practise Being Godly – Colin Buchanan)  
<https://youtu.be/MLYYBZgHk74>
3. Mighty, Mighty Saviour (Awesome God – Sovereign Grace Kids)  
<https://youtu.be/QJceYvHo3rw>
4. The Passion Part 3: The Risen King (Masterplan – Ben Pakula)  
<https://youtu.be/luljaoCtk04>

## Teaching Time

Click on the link below and select the appropriate video for the corresponding age group.

<https://dundonald.org/live-stream>

**3-5s** – Before you watch the video read ‘Jesus is Risen’ and ‘Jesus Returns’ from *The Beginners Bible*.

**5-7s** – Listen to the video and get ready to answer the questions!

**8-11s** – Have your Bibles open to Luke 24:36, you’ll need it at the beginning of the video.

**Note:** Once you have watched the video find the appropriate page for how we can respond to the teaching time.

## 3-5s – Digging Deeper

### Explanation & Activities

So far, we have learnt that Jesus is our King, he was arrested like a criminal, he was in always control, he died upon the cross, and he saved us, but we also learnt that it was all part of God’s plan.

Let’s shout and do the actions together:

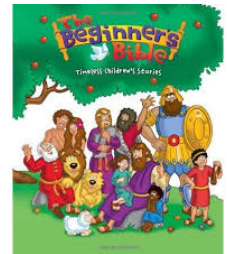
*Hosanna! Hosanna!  
Jesus is the King.  
Hosanna! Hosanna!  
Jesus is God’s King.*

*Then he was arrested like a criminal at night!  
But it was all part of God’s plan.  
He let them arrest him like a criminal at night!  
But it was all part of God’s plan.*

*He died on the cross like a criminal, without a fight!  
But it was all part of God’s plan.  
He saved us, instead of himself!  
But it was all part of God’s plan.*

And then the most amazing thing happened. Jesus didn’t stay dead, he came alive again three days later. King Jesus is alive.

But how do we know Jesus was truly alive?  
He said, ‘Look at my hands and my feet, I am alive’.  
He said, ‘Touch me and see, I am alive’.  
He said, ‘Watch me eat this fish, I am alive’.  
Jesus said, I am truly alive.



Now we know God's plan is complete. Now we know for sure that Jesus really did fix the friendship between us and God. What wonderful news.

### **Sing Look, Touch & See**

Note: This little song will recap what happened in the story and reinforce the point that Jesus is really alive.

To the Tune of: Heads & Shoulders, Knees and Toes.  
(Actions - make up simple actions to match the words)

Jesus said look, touch and see,  
Jesus said look, touch and see,  
My hands, my feet, my side, my fish.  
Jesus said look, touch and see.

At the end of the activity say again:  
Now we know God's plan is complete. Now we know for sure that Jesus really did fix the friendship between us and God. Now all who believe, can be friends with God forever. What wonderful news.

*Jesus came alive again, what a surprise.  
But it was all part of God's plan.  
Jesus really did save us.  
And it was all part of God's plan.*

### **Craft** - Jesus is Alive Tracing

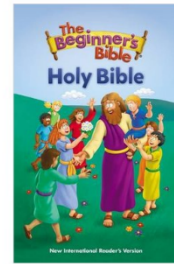
Get three pieces of paper. Trace (your child's) one hand, one foot and the shape of a fish. On the paper. Cut out each shape. Write Jesus on the hand, is on the foot and alive on the fish. ' Children can colour in each shape. Hang the three shapes on the wall somewhere to remind you of the good news that Jesus is alive.

**Ask:** Did Jesus stay dead? *No, he is alive!!*

**Pray** - Dear God, thank you for Jesus who came alive. Now we know God's plan is complete and we can be friends with you forever. Amen.

## 5-7s – Digging Deeper

**Read Luke 24:36-49**– you could use The Beginners Bible (NIRV)



### *Did you spot it?*

- Who did the disciples think Jesus was? Why did they think that?
- How does he show them he is really there?
  - o How did Jesus use different senses to prove it?
    - Touch
    - Taste
    - Sight
    - Listening
- What had they forgotten about what Jesus said before he died?
- What are the three parts of God's big plan?

### *Work it Out*

- Why should they have expected Jesus to rise from the dead?
- How can we trust that Jesus really was resurrected?

### *Live it Out*

- What did Jesus say his disciples should do if they believe this?
- How will God help us to do this?

### *Stretch Yourself*

- **What does this tell us the whole Bible is about?**
- **How does the Holy Spirit help us to tell others about Jesus?**

**Pray** – thank God that Jesus is alive! Pray that he would help you to believe, and tell others about the good news of forgiveness. Ask the Holy Spirit to help you do this.

## **Activities**

**Draw** – draw the different parts of God's big plan on pieces of paper: Jesus will suffer and die (cross) -> Jesus will rise from the dead (empty tomb) -> so now we tell the whole world (speech bubble and globe) about Jesus! This is like putting the teddy on the tower and then sharing the picture of it with your friends (referencing the 'Get Going' section)! The tower is complete and now you can tell people about it!

**Craft – Jesus is Alive Tracing** Get three pieces of paper. Trace (your child's) one hand, one foot and the shape of a fish, as different things that showed that Jesus really was alive. Cut out each shape. Write Jesus on the hand, is on the foot and alive on the fish. Children can colour in each shaper. Attack together using string and hang the three shapes on the wall somewhere remind you of the good news that Jesus is alive.

**Game – Senses.** Close your eyes. You have to guess what different foods are by touching, smelling and tasting. Jesus let the disciples know he really was alive by using lots of different senses!

## 8-11s – Digging Deeper

### Read

Keep the Bibles open to encourage the kids to find answers from the passage.

#### *Did you spot it?*

How did the disciples feel when they saw Jesus standing amongst them? (v.37)

- Why do you think they felt like that?

How did Jesus reassure his disciples it was really him and not a ghost? (vv.39-40, 41-43)

How do we know that Jesus' death and resurrection were all a part of God's plan to save his people? (v.44)

#### *Work it out*

Jesus shows his disciples that this was always a part of God's plan (vv.44-47). How might you explain God's plan to a friend?

- You may wish to draw 4 simple pictures to help the children;
  - Jesus had to die (cross), Jesus had to come back to life (empty tomb), people must be told about Jesus so they too can turn from their sins (speech bubble), Jesus sends the Holy Spirit, who gives life and helps with the mission (globe).

Why do you think Jesus wanted his friends to be extra sure that he was alive?

What has God promised Jesus' disciples to help them in their task of telling others? (v.49)

- Why is this good news for us?

#### *Live it out*

Are you sure that Jesus is alive?

- If not, what from today's story can help you be certain?

God's plan to save his people from their sins was complete. What is the only thing left to do now? (vv.47-48)

- Who can you be telling once we are allowed to see our friends again?
- Think about one friend who doesn't know Jesus. Pray for them in a moment and pray for yourself as you go and tell them.

### Pray

#### *Stretch Yourself*

**Jesus says in v.44 that all these things happened to fulfil what had been said in the Old Testament, showing that this was always God's plan. Look at some of these verses and see how they came true in Jesus (verses we have read in brackets):**

- **Zechariah 9:9 (19:32-37: we have already looked at this one)**
- **Isaiah 53:7 (22:54)**
- **Psalm 22:18 (23:34)**

#### **Extra:**

- **Micah 5:2**
- **Isaiah 9:6-7**

### Activities

**Craft** – Ask the children to make pieces of 'evidence' that show who Jesus was and what he did. You could make props of miracles (tin foil fish & some bread, healings, calming of the storm), things to represent what Jesus said, or evidence that the disciples saw in today's story. Get the children to explain to you what each piece of evidence means and why it helps them be sure Jesus was who he said he was.

**Game** - Make a tower out of anything you can find. See how high you can build it. But say to them that for the tower to be complete there needs to be a teddy (or any object of your choice) on the top. See if they can reach and put the teddy on top of the tower. The tower is not complete until they get it up there! Link - Jesus' resurrection was the finishing piece in God's salvation plan. It had to happen for the plan to be complete!