****

***WEEK 1***

***ELEMENTARY LESSON GUIDE***

THE BIG IDEA

Jesus overcame death

THE BIBLE

**Jesus is Alive!:**Mark 16:1-8;   
(Acts 10:34-43)

SCHEDULE

**Saturday or Sunday |** *Attend a Service!*

**9:30-9:45 |** *Temperature Check, Prepare, & Pray*

**9:45-10:05 |** *Welcome & Craft*

**10:05-10:20 |** *Worship*

**10:20-10:45 |** *Lesson*

**10:45-11:00 |** *Small Groups*

LARGE GROUP TIME

***WHAT?*** *What are we talking about today?*

QUESTION **| What Did Jesus Promise?**

* Hi, friends! This month we are talking about "rising up," about how we can rise up and face anything with God's help, just like how Jesus rose up again!
* Before Jesus died, Jesus made a promise to the disciples that they quickly forgot when Jesus was arrested and put on the cross. **Do you know what that promise was?**
* That's right! Jesus promised to come back to life!

***SO WHAT?*** *Why does it matter to God and to us?*

ACTIVITY **| Before Rising Up**

* **INSTRUCTIONS:***Before introducing today's Bible story, revisit the crucifixion story from Mark 15. Give each kid a piece of black construction paper and chalk/white crayon, and have kids follow along with you as you draw on a dry erase board.*
* *[Draw a hill on the board and invite kids to do the same.]***Have you ever climbed something really tall before? Or been on a really challenging hike?**Starting at the bottom of something can feel intimidating. We might look up and see so many things that we have to overcome. Before Jesus did the most amazing thing ever, he had to start at the bottom too.
* *[Draw a series of arrows from the bottom of the hill to the top.]*Jesus had to climb, literally, to the place of the most extreme pain. In his climb to Calvary, or Golgotha, Jesus would have to overcome every painful challenge, and everything was taken from him, including his life.
* Jesus was an innocent person, but the religious leaders were angry at the way his life had upset their traditions and belief systems. This is why they wanted Jesus to be arrested. They wanted it so badly that they took matters into their own hands and delivered Jesus to Pilate.
* Pilate was the judge (or governor) that would decide what to do. He had the power to free one of the prisoners but gave the choice to the people that day.
* Since they had accused him of so many things, the religious leaders didn't think twice about stirring up the crowd to vote to release another prisoner named Barabbas instead of Jesus.
* And then Jesus experienced the lowest place of his life on earth. The whole crowd turned against him (and even one of his closest friends). He was hurt by the hands of the soldiers and experienced so much pain. He was forced to carry a cross to the place where he would suffer so much.
* **Can you imagine being made fun of like that?** And his pain was very real. People could see his suffering and Jesus even called out to God while he was suffering. He wondered if God had deserted him during the climb to calvary.
* *[Draw three crosses at the top of the hill.]*Death was what Jesus experienced at the end of his climb that day.
* **Why did Jesus have to go through all of this? Why did he have to climb that mountain to die?**For me and you. Because what happened after Jesus died would make it possible for him to save us.
* But thankfully, the story doesn't end there. Let's find out what happened next in today's Bible story.

SCRIPTURE **| Mark 16:1-8**

* Let's imagine we're all climbing a mountain. On the way up, you probably don't see much . . . maybe some trees, grass, and a stream. But once you reach the top, the view is breathtaking! It was hard to imagine what this view would look like on the way up.
* Today we're talking about something else that is hard to imagine, but it's true and amazing!
* **INSTRUCTIONS:** *Retell the Bible story from Mark 16:1-8. Gather spices, herbs, essential oils, and aloe.*
* Today's Bible story talks about the day Jesus rose from the grave. Jesus is alive! **Can you say that with me?**
* Three women went to the place where Jesus was buried when the Sabbath was over.
  + **Does anyone know what the Sabbath is?** The Sabbath is a day of rest. The Sabbath ended at sunset *(Show the sunset slide)* on Saturday at around 6 p.m.
* I wonder what spices they brought . . . **Do you think they brought salt and pepper? Maybe some garlic powder or Italian seasoning?** *(Hold up the spices and herbs.)*
  + No, I don't think the tasty spices we put on our food are what they're talking about in this story.
  + The spices they brought were most likely a mixture of myrrh and aloes used to cleanse and preserve a body in a tomb *(Spray some essential oil for the kids to smell.)*
* But when they arrived at the tomb, the stone that served as a door to the front of the tomb was not there!
* When the women went inside the tomb, they saw someone dressed in a white robe sitting inside. That was definitely not what they were expecting!
  + The man told them that Jesus had risen! Jesus was not there! *(Show the empty tomb slide.)*
  + The women were both scared and shocked! The man told them to go tell Jesus' disciples that Jesus was alive!
* We do a lot of fun stuff at Easter like egg hunts, where we get baskets with candy and play fun games, but we have to remember that Easter is about so much more! Easter is all about remembering what Jesus did for us. Jesus died on the cross and rose again from the dead so you and I can have a relationship with God!

**THE BIG IDEA | Jesus overcame death.**

* This week's Big Idea is: **Jesus overcame death.**
* *Come up with motions and practice them as a group to remember the Big Idea. Randomly say the Big Idea through the rest of the lesson and small group to see if they remember.*

VIDEO **| Rise Up, Episode 1**

* **INSTRUCTIONS:** *Play this week's teaching video.*

POLL **| What Would You Feel?**

* **Can you imagine being at Jesus' tomb that morning with the women?**
* **INSTRUCTIONS:** *Give a few examples of different emotions the women may have felt before, during, and after they were at the tomb (e.g., Sadness, Excitement, Fear, Amazement, Anxiety, Joy, etc.). Ask the kids to vote on which emotions they think they would have felt. The kids can vote for more than one emotion, if they would like.*
* What an amazing experience that must have been! **How do you feel to know that Jesus overcame death?**

SCRIPTURE **| Acts 10:39-43**

* **INSTRUCTIONS:** *Read Acts 10:39-43.*
* Remember we talked about how amazing reaching a mountaintop would be? After seeing a view like that, I bet you wouldn't be able to wait to tell everyone what you saw.
* Jesus told everyone to do the same thing — to tell everyone about the great news of Jesus!
* And guess what? We can share the good news about Jesus to everyone, too!
* **Is there someone you want to tell about what Jesus did for you in your life?**
* **Where can you go to tell people about Jesus?**

***NOW WHAT?*** *What does God want us to do about it?*

RESPONSE **| Prayer Bucket *(Could be done in Small Groups if out of time)***

* **INSTRUCTIONS:** *Give each kid a piece of paper and something to write with. Encourage them to think of a friend or family member they want to tell about Jesus. Tell them to write their names on the paper and then place it in the bucket. During the week, pray with your team over the names the kids placed in the bucket.*
* Now that you have written that name down, **what can you do about it? How can you tell them about Jesus?**
* Let's all remember to pray for the names that we have written down!
* Jesus, thank you for what you did on the cross, for giving your life so that we can have a relationship with God! Thank you for overcoming death and giving all of us this good news that we can share with others. Amen.