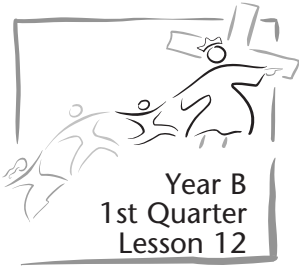


# LESSON



## He's Alive!

### WORSHIP

We praise Jesus for what He has done for us.

#### References

Luke 23:26–24:12; *The Desire of Ages*, pp. 741-794.

#### Memory Verse

"We believe that Jesus died and rose again" (1 Thessalonians 4:14, NIV).

#### Objectives

##### The children will:

**Know** that Jesus is their Savior.

**Feel** happy that though He died, Jesus lives again.

**Respond** by thanking Jesus for loving us so much that He died for us.

#### The Message



We praise Jesus because He died and rose again.

## Getting Ready to Teach

#### The Bible Lesson at a Glance

Jesus is taken away and is nailed to a cross to die. His cross is between those of two thieves. One thief taunts Jesus; the other believes in Him. Jesus promises that the one who believes in Him will go to heaven someday. While suffering a cruel death, Jesus forgives those who persecute Him, even though they don't ask Him to do so. After death Jesus is buried in Joseph's tomb. Joseph is a good man and a friend of Jesus. On the third day the women go to the tomb and find that He is gone. An angel tells them that Jesus is

alive. The women tell Jesus' friends.

#### **This is a lesson about worship.**

Jesus loves us so much that He willingly died for us. Only through His death may we have eternal life. We praise Him because He loves us and died for us. We worship Him because He gave Himself so freely.

#### Teacher Enrichment

"In silence the people watch for the end of this fearful scene. . . . Jesus cries, 'It is finished.' . . . He then bowed His

# TWELVE

<b>Program Outline</b>			
LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
<b>Welcome</b>	ongoing	Greet students at door; hear pleased/troubled	none
<b>1</b> <b>Readiness Options</b>	up to 10	A. <i>Resurrection Hunt</i> B. <i>Crucifixion Picture</i> C. <i>Jesus Rose Up!</i>	tiny symbols of Jesus' death and resurrection, small empty container cutout patterns (see p. 143), colored pencils or crayons, scissors, gray construction paper, glue sticks helium-filled balloons, boxes with lids
<b>*</b> <b>Prayer and Praise*</b>	up to 10	See page 126. <b>*Prayer and Praise</b> may be used at any time during the program.	
<b>2</b> <b>Bible Lesson</b>	up to 20	Experiencing the Story	none
		Bible Study	Bible
		Memory Verse	Bible
<b>3</b> <b>Applying the Lesson</b>	up to 15	<i>Jesus Wipes Sin Away</i>	whiteboard or chalkboard, marker or chalk, eraser
<b>4</b> <b>Sharing the Lesson</b>	up to 15	<i>Jesus' Cross</i>	craft sticks, art supplies, glue sticks, paper cups, scissors, paper

head upon His breast and died" (*The Story of Redemption*, p. 226).

"Joseph went boldly to Pilate, and begged from him the body of Jesus for burial" (*ibid.*, p. 227).

"The body . . . was carefully wrapped in a linen sheet, and the three disciples bore their precious burden to the new sepulcher. . . . Then . . . the heavy stone [was] rolled against the entrance of the sepulcher, and the Son of God was left at rest" (*ibid.*, p. 228).

"Then the angel from heaven, with a voice that caused the earth to quake, cried out, 'Thou Son of God, Thy Father calls Thee! Come forth.' Death could hold

dominion over Him no longer. Jesus arose from the dead, a triumphant conqueror. In solemn awe the angelic host gazed upon the scene. And as Jesus came forth from the sepulcher, those shining angels prostrated themselves to the earth in worship and hailed Him with songs of victory and triumph" (*ibid.*, p. 231).

What difference does Jesus' sacrifice make in your life?

## Room Decorations

Continue with decorations from last week. Add a large wooden or paper cross, and drape a purple cloth over it.

# Teaching the Lesson

## Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them 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. Resurrection Hunt

In advance, place tiny symbols of Jesus’ death and resurrection around the room. Invite the children to find them.

Ideas for symbols: cross, perfume ball, lightning rod, stone, angel, spear, soldier, linen strip, crown of thorns, nail, and small empty container (to symbolize the empty tomb), etc. Many can be purchased from a craft store, or you can just draw the symbols on tiny pieces of paper.

#### Debriefing

Allow response time as you ask: **What did you find?**

**How does it remind you of Jesus? We are so happy that Jesus died for us, but the really good news is that He didn’t stay dead! He rose back to life. Because He did, we can be saved and live in heaven with Him someday. Today’s message is:**



We praise Jesus because He died and rose again.

**Say that with me.**

#### You Need:

- tiny symbols of Jesus’ death and resurrection
- small empty container

### B. Crucifixion Picture

**Note: The following activity is best used with older children.**

In advance, copy for each child the drawings on page 143. Have the children color the items as follows: brown hills, three brown crosses, white lightning bolt, white cloud, a gray tomb, a gray rock, two white angels, several gray people shapes. Invite the children to cut out the pictures and glue the cutouts onto a piece of gray construction paper to form a picture of Jesus dying on the cross.

#### Debriefing

Allow response time as you ask: **What does your picture remind you of? Our story today is about Jesus dying on the cross. We are so grateful that Jesus died**

#### You Need:

- cutout patterns (see p. 143)
- colored pencils or crayons
- scissors
- gray construction paper
- glue sticks

for us so that our sins can be forgiven. But the really good news is that He didn't stay dead! He rose back to life. Because He did that, we can be saved and live in heaven with Him someday. Today's message is:



We praise Jesus because He died and rose again.

Say that with me.

### C. Jesus Rose Up!

Prepare in advance several helium-filled balloons and boxes big enough to hold one balloon each. Put a balloon in each box, close the box, and give it to the children, asking them to keep the boxes closed. Say: **The box that you are holding represents Jesus' tomb, the grave in which He was placed after He died. Now carefully open your box.** (The balloons will rise to the ceiling. Leave them on the ceiling for now.)

#### You Need:

- several helium-filled balloons
- boxes with lids

#### Debriefing

Say: **Our Bible story today tells how Jesus died for us because He loves us so much. But the good news is that He didn't stay dead. God brought Him back to life. Jesus rose up out of the grave. The way your balloon rises up out of the box reminds us of Jesus' resurrection. Because Jesus lives, we can have life forever with Him in heaven. Today's message is:**



We praise Jesus because He died and rose again.

Say that with me.



**\* NOTE: Prayer and Praise appears on page 126.**



## Bible Lesson

### Experiencing the Story

See *Room Decorations* for background props. Ask the children to respond “He did it for me!” and point upward on “He” and to themselves on “me” when you give them a cue. Have an adult help them practice and lead them in saying it together.

### Read or tell the story.

Roman soldiers took Jesus up on a hill. In those days the Roman soldiers took the lives of criminals by nailing them to wooden crosses. It was called crucifixion. The soldiers put Jesus’ cross on the ground. They shoved Him down on it. They nailed Jesus to the cross with big nails in His hands and in His feet. *[Children say: He did it for me!]* Then they lifted the cross up and dropped the bottom of it into a hole in the ground.

Jesus looked at the soldiers and prayed. “Father, forgive these people. They don’t know what they are doing.” *[Children say: He did it for me!]*

The Jewish leaders looked up at Jesus on the cross and laughed. “He saved other people,” they said to each other, “but He can’t save Himself!” *[Children say: He did it for me!]*

The soldiers laughed at Jesus too. They put a sign on the cross above His head. The sign said “This is the king of the Jews.” *[Children say: He did it for me!]*

Two thieves hung on crosses next to Jesus—one on either side. One robber began to make fun of Jesus. *[Children say: He did it for me!]* But the other robber shouted at him, “We did bad things. We deserve to die! But this Man hasn’t done anything wrong!” Then he asked Jesus to remember him. And Jesus promised him that one day he would be in heaven.

At noontime the sun disappeared.

The sky became dark as night. People were afraid! What could be happening? Why was the sky so dark in the middle of the day? The earth shook. Lightning and thunder crashed all around.

Then Jesus, the Messiah, the Savior of the world, died. *[Children say: He did it for me!]*

Joseph, a good man and a friend of Jesus, took Jesus’ body down from the cross. He wrapped it in a long cloth and put it in a new tomb. A big rock was rolled in front of the tomb to close it. Then Pilate ordered the tomb sealed. He wanted to be sure the tomb stayed shut. And then the sun went down. It was Sabbath.

Jesus’ friends rested on the Sabbath day. They were sad, disappointed, and discouraged. They had believed that Jesus really was the Messiah. And now He was dead! They didn’t understand what had happened. What would happen next?

Very early Sunday morning, just as the sun was coming up and the birds began to stretch their wings and sing, some of the women who loved Jesus went to the tomb. They carried sweet-smelling spices to put on Jesus’ body. Tears ran down their faces as they walked to the tomb.

When they got there they noticed that the stone had been rolled away and the tomb was empty!

Two angels in dazzling robes appeared before the troubled women. The women were afraid!

“Why are you looking in a tomb for someone who is alive?” the angels asked, smiling. “Don’t you remember that Jesus told you He would be crucified but that He would rise again on the third day?” *[Children say: He did it for me!]*


The women who loved Jesus were the very first people to hear the good news. They ran to tell their friends. The good news spread quickly. "Jesus is alive! Jesus is alive!" [Children say: He did it for me!]

He is alive today. And the good news about Jesus is still spreading around the world. And it is this: Jesus loves us. He really, really, *really* loves us! Jesus died for everybody's sins. And He rose from the dead. Jesus is in heaven right now. And He will come soon to take everyone who believes in Him to heaven too. [Children say: He did it for me!]

**Debriefing**

Allow response time as you ask:  
**What did Jesus say when He prayed for the people who had been mean to Him? How do you think the women felt Sunday morning when the angels at the empty tomb spoke to them?**

**What did Jesus do for you? Why did He do it? Where are we going with Him when He comes back again? Do you remember our message? Let's say it together:**

 We praise Jesus because He died and rose again.

**Bible Study**

**You Need:**

Bible

Open your Bible to Luke 23:26–24:12. Point to the text and say: **Here is where**

**we find today's story in God's Word, the Bible.** Read selected verses aloud, paraphrasing as necessary.

**Debriefing**

Ask: **How did Jesus die? What did**

**the sign over Jesus' head say? What did the earth do when Jesus died? (earthquake, darkness, lightning) Who took care of Jesus' body after He died? When did Jesus come back to life again? Who wanted to care for Jesus' body early Sunday morning? Whom did they meet? What were they told? Let's say our message together:**



We praise Jesus because He died and rose again.







**Memory Verse**

Hold your Bible so the children can see; then turn to 1 Thessalonians 4:14 and say:

**This is where we find our memory verse in God's Word, the Bible.** Read the text aloud. **"We believe that Jesus died and rose again."** Then use the actions as outlined below to teach the memory verse.

**You Need:**

Bible

- |                             |                                |   |
|-----------------------------|--------------------------------|---|
| <b>We</b>                   | Point to self, then others.    |  |
| <b>believe</b>              | Point to head.                 |  |
| <b>that Jesus</b>           | Point upward.                  |  |
| <b>died</b>                 | Palms up, then turn them down. |  |
| <b>and rose again.</b>      | Lift hands upward.             |  |
| <b>1 Thessalonians 4:14</b> | Palms together, then open.     |  |

## PRAYER AND PRAISE



### 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 the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

### Suggested Songs

"God So Loved the World" (*Little Voices Praise Him*, no. 181)

"Oh, Friend, Do You Love Jesus?" (for ending, sing: "because He died for me") (*Little Voices Praise Him*, no. 210)

"For Me" (*Little Voices Praise Him*, no. 154)

"Jesus Died Upon the Cross" (*Little Voices Praise Him*, no. 155)

"Jesus Is Risen" (*Little Voices Praise Him*, no. 156)

"I'm Forgiven" (*Little Voices Praise Him*, no. 76)

### Mission

Say: **Many people in the world can't thank Jesus for dying for them because they don't even know about it. Missionaries all over the world tell people how much Jesus loves them.** Use a story from *Children's Mission*.

### Offering

Say: **When you bring your money to Sabbath School, it helps others to find out that Jesus came and died for them and that He is coming again. Your offering helps others to learn about Jesus so they will want to go to heaven too.**

### Prayer

Ask for volunteers to name something for which they want to praise and thank Jesus. Then sing "God Is So Good" as a prayer (all four verses) (*Little Voices Praise Him*, no. 88).

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

3

**Applying the Lesson**

**Jesus Wipes Sin Away**

Prepare in advance a whiteboard or chalkboard. Ask the children to tell you some of the things that children may have done wrong. List each response on the board.

Say: **Jesus died to take away our sins so that we could go to heaven with Him.** Have the children say: "He did it for me!" as you read, and use the eraser to wipe away the sins one by one.

**Debriefing**

Allow response time as you ask: **Aren't you glad that Jesus wants to**

**forgive us of our sins? He just wipes them away when we are truly sorry and ask Him for forgiveness. How does it feel to know that Jesus loves you so much? Who wants to go to heaven to live forever with Jesus? Because Jesus died and rose again, we can go to heaven. He will come for us soon. Let's always remember:**

**You Need:**

- white-board or chalkboard
- marker or chalk
- eraser



We praise Jesus because He died and rose again.

Say that with me.

4

**Sharing the Lesson**

**Jesus' Cross**

In advance, copy today's message (We praise Jesus because He died and rose again) onto a strip of paper the height of a paper cup for each child. Also, on the bottom of each paper cup, cut a slit large enough for a craft stick to slide through.

Help the children glue two craft sticks together to form a cross. Have each child glue their message paper onto an upside down paper cup, then place the cross into the slit that you cut earlier. See the illustration in the margin.

**Debriefing**

Allow response time as you ask: **Did making a cross help you think about Jesus? Take this home and share it with someone this week. You can tell them that Jesus loves them very, very much! And remember to tell them the good news:**

**You Need:**

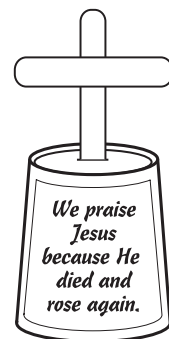
- craft sticks
- art supplies
- glue sticks
- paper cups
- scissors
- paper



We praise Jesus because He died and rose again.

**Closing**

Offer a short prayer such as the following: **Thank You, Jesus, for dying on the cross for us. Thank You for rising from the grave and for loving us so much. Thank You for planning to take us to heaven to live with You forever. Please come soon. Amen.**





## STUDENT LESSON

# He's Alive!

## References

Luke 23:26-24:12; *The Desire of Ages*, pp. 741-794

## Memory Verse

"We believe that Jesus died and rose again"  
(1 Thessalonians 4:14, NIV).

## The Message

We praise Jesus because He died and rose again.

*Have you ever known someone who died? Jesus died. But He didn't stay dead. God raised Him back to life so He could save us and take us to heaven someday.*

When Jesus lived on earth, criminals were put to death by nailing them to wooden crosses and leaving them to die. Jesus wasn't a criminal, but He was treated like one.

Three men were to be crucified that Friday: Jesus and two thieves. Soldiers nailed Jesus to the cross with big nails in His hands and feet. Then they lifted the cross and dropped it into a hole in the ground.

Jesus prayed for them. "Father, forgive these people. They don't know what they are doing."

The Jewish leaders looked up at Jesus. "He saved other people," they shouted, "but He can't save Himself!"

The soldiers made fun of Jesus. They put a sign above His head that said, "This Is the King of the Jews."

The two thieves hung on either side of Jesus. One began to make fun of Jesus. But the other said, "We deserve to die! But this Man hasn't done anything wrong!" Then he asked Jesus to remember him. And Jesus promised him that one day he would be in heaven.

At noontime the sky became dark as night. People were afraid! Soon Jesus died.

Joseph, Jesus' friend, took Jesus' body

down from the cross and put it in a new tomb. A big rock was rolled in front of the tomb. The sun went down. It was Sabbath.

Jesus' friends rested on the Sabbath day. But they were very, very sad. They didn't understand what had happened. What would happen next?

Sunday morning some of the women who loved Jesus went to the tomb. The stone had been rolled away, and the tomb was empty!

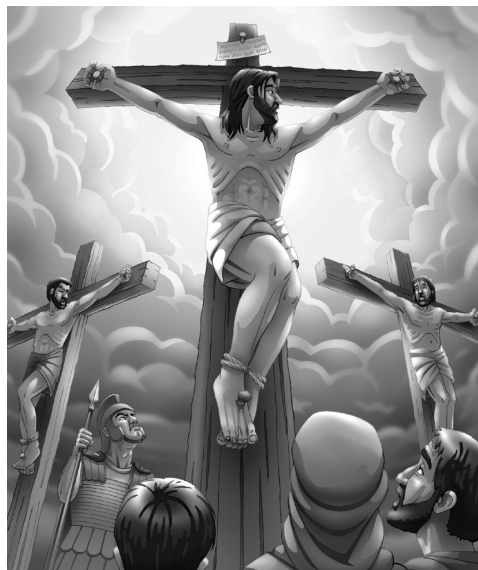
Two angels in white robes appeared suddenly before the troubled women.

"Why are you looking in a tomb for someone who is alive?" an angel asked. "Jesus told you that He would die, but that He

would rise again on the third day."

These women ran to tell Jesus' other friends, and the good news spread quickly. "Jesus is alive! Jesus is alive!"

He is alive today. And the good news about Jesus is still spreading around the world. And this is it: Jesus loves us. Jesus died for us. And He rose from the dead. Jesus is in heaven right now. And when He comes again, He will take everyone who believes in Him to heaven to live with Him forever.



# Do and Say

## Sabbath

Each day this week, read the lesson story together, and review the memory verse.

**We** . . . . . Point to self, then others.

**believe** . . . . . Point to head.

**that Jesus** . . . . . Point upward.

**died** . . . . . Palms up, then turn them down.

**and rose again.** . . . Lift hands upward.

**1 Thessalonians** . . . Palms together, then open.  
**4:14**

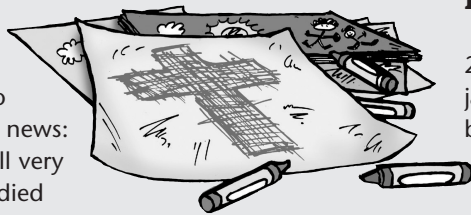
## Sunday

While reading the story, pause at the appropriate places, and let your child say: "He did it for me!"

Talk about how much you love your child and how you would die for them. Talk about how much more Jesus loved us, to die for all, even those who treated Him cruelly.

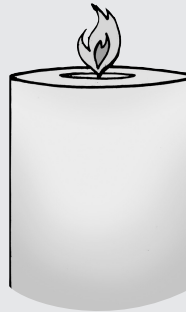
## Monday

Encourage your child to share Jesus' cross made in Sabbath School. (Or help them draw a picture of a cross.) As they share with someone, remind them to share the good news: Jesus loves us all very much, and He died to save us.



## Tuesday

Help your child look at a calendar and name and count the days that Jesus was dead before He rose again. Let your child hold a big nail as you talk about how much Jesus loves us.



## Wednesday

Help your child use a candle to drip some hot wax on a paper. Put a stamp or design in it before it gets hard. Talk about the way Jesus' tomb was sealed and how the angel broke the seal and rolled the stone away.

## Thursday

Help your child use two sticks or twigs to make a cross. Tie them together with string. Share them with someone, and tell them that Jesus loved them so much that He died for them. Sing "Oh, Friend, Do You Love Jesus?" For the ending, sing "because He died for me."

## Friday

For family worship, read aloud portions of Luke 23:26-24:12. Have your child open an empty box or jar. Tell them why it is like the place where Jesus was buried. Talk about why the tomb was empty on Sunday morning.

Help your child make a crown and wear it during family worship as you talk about Jesus' coming.