

He Is Risen

UPPER ELEMENTARY LESSON PLAN

Theme: Easter

Scripture: Luke 24:1-6

Memory Verse: He is not here; he has risen! Remember how he told you, while he was still with you in Galilee. - Luke 24:6

The Children's Sermon

The fact is Easter is not about candy. It's not about colored eggs or bunny rabbits. It's not even about new clothes, although the Bible tells us that the angels who appeared to Mary and the others were wearing "bright shining clothes." These things have become part of our celebration of Easter, and there is nothing wrong with them being a part of our celebration as long as we know what Easter is really all about. Can someone tell me what Easter is all about? That's right. Easter is really about Jesus, and the wonderful good news that He is alive!

When Mary and her friends finally realized that Jesus was alive, do you know what they did? They hurried and told their other friends! And that's what I would like for you to do too. As soon as you get back home from church today, with every chance you get, I would like for you to start telling people you see these 3 simple words, "Jesus is alive! Jesus is alive!"

Dear Lord, today we celebrate the empty grave. We thank You that Jesus is not in the grave. He is risen and alive, and because of that, we can have new life in Him. Amen.

Now, let's dive a little deeper into our Easter Sunday Sermon. You see, Easter is a very special day. It's the day we remember something incredible that Jesus did for all of us. After Jesus died, He didn't stay in the tomb. God made Him alive again! This is what we call resurrection. It means coming back to life. And because Jesus is alive, we can be close to God.

Imagine if you had a superhero friend who could defeat anything, even death. That's who Jesus is! He showed us that love is stronger than anything, even stronger than death itself. This is the heart of our Easter Sunday Sermon - that love wins!

Easter is also a time of new beginnings. Just like spring brings new flowers and new life, Easter gives us a chance to start fresh. It's a reminder that no matter what mistakes we've made, we can always begin again. Jesus's resurrection is a promise that we are loved and forgiven.

During Easter, we also learn about hope. Hope is believing that good things can happen, even when things seem really tough. Jesus coming back to life is the biggest hope of all. It tells us that with God, anything is possible. Even when things seem really sad or hard, Easter reminds us to keep hoping and trusting in God.

Now, let's talk about how we can share this amazing news, just like Mary and her friends did. You don't have to be a grown-up to tell others that "Jesus is alive!" You can share this good news with your friends, your family, and even people you meet. You can tell them by using words, but you can also show them by being kind, helping others, and being a good friend. That's how you live out the Easter Sunday Sermon every day.

And remember, Easter is not just one day. The joy and hope of Easter are with us all the time. Every time you see a beautiful flower, remember the new life Jesus gives us. Every time you feel the warm sun, remember Jesus's love warming our hearts. Easter is all around us, reminding us of Jesus's love and the amazing things He did for us.

Let's pray together one more time. Dear God, thank You for Jesus and the love You showed us through Him. Help us to remember the true meaning of Easter and to share the good news that Jesus is alive with everyone we meet. Help us to live with hope, love, and joy in our hearts every day. Amen.

So, kids, as we finish our Easter Sunday Sermon, let's remember to celebrate Jesus, not just today, but every day. Let's spread the good news, "Jesus is alive!" and let's live out that message with hope and love in everything we do. Happy Easter, everyone!

Bible Memory Verse

He is not here; he has risen! Remember how he told you, while he was still with you in Galilee. - Luke 24:6

You Will Need:

- Construction paper
- Scissors
- Markers or crayons

Get Ready:

- Cut the construction paper into large tomb and stone shapes.
- Write 'He is not here; he has risen!' on the stone shapes.

Do This:

1. Have each child color their tomb and stone with markers or crayons, decorating them with symbols of life, such as flowers or butterflies.
2. Ask the children to place the stone next to the tomb, then move it away to reveal the empty tomb, symbolizing Jesus' resurrection.
3. Encourage the children to recite the memory verse as they move the stone away from the tomb, reinforcing the message that Jesus has risen.

Bible Interactive Experience

You'll Need:

- A large cardboard box (big enough for a child to crawl into)
- Stone-shaped paper cutouts
- Markers or crayons
- Flashlights
- Fabric or large scarves (white or light colors)
- Printed copies of Luke 24:1-6 (NIV or children's Bible version)

Get Ready:

1. Cut one side of the large cardboard box to create an opening, simulating the entrance to a tomb.
2. Inside the box, place fabric or scarves to represent the linen cloths found in the tomb.
3. Scatter stone-shaped paper cutouts around the room.
4. Prepare flashlights for each child.
5. Write key phrases from Luke 24:1-6 on some of the stone-shaped cutouts.

Do this:

1. **Exploration Time**: Give each child a flashlight. Tell them they are going to explore the "tomb" (the cardboard box) just like the women did on Easter morning. Before they enter, they must find the stone-shaped cutouts with key phrases from the Scripture scattered around the room. These phrases will help them remember the story as they enter the tomb.
2. **Inside the Tomb**: Once inside the tomb, children will use their flashlights to find the fabric or scarves representing the linen cloths. Ask them to think about how the women felt when they saw the empty tomb and the linen cloths. Encourage them to share their thoughts.
3. **Resurrection Message**: After exiting the tomb, children will use the markers or crayons to write or draw on the back of their stone-shaped cutouts what they think the angels might say to them if they were at the tomb on Easter morning. Use Luke 24:5-6 as a reference, focusing on the message of Jesus' resurrection.
4. **Sharing the Good News**: Finally, have the children gather in a circle with their decorated stones. Each child will share their stone and the message they wrote or drew. Conclude by reading Luke 24:1-6 aloud, emphasizing the joy and amazement of Easter morning. Encourage the children to share the good news of Jesus' resurrection with others, just as the women did.

Snack Activity: Empty Tomb Rolls

You'll Need:

- 1 can of crescent roll dough
- 8 large marshmallows
- 1/4 cup melted butter

- 2 tablespoons cinnamon sugar
- Parchment paper
- Baking sheet

Get Ready: Preheat your oven to 375°F (190°C) and line your baking sheet with parchment paper.

Do this:

1. Explain that the marshmallow represents Jesus, pure and sinless (white). The crescent roll represents the tomb.
2. Dip a marshmallow in melted butter, symbolizing the embalming oils, and then roll it in cinnamon sugar, representing the spices used to prepare His body for burial.
3. Wrap the marshmallow tightly in the crescent roll dough, making sure to seal all the edges well. This represents the sealed tomb.
4. Place the rolls on the baking sheet and bake for 10-12 minutes, or until golden brown. While baking, read Luke 24:1-6 together, focusing on the moment the women discovered the empty tomb.
5. Once baked, let them cool slightly. When you bite into the rolls, you'll find the inside is empty, symbolizing the empty tomb and Jesus' resurrection.

Game Activity: Resurrection Run

You'll Need:

- Chalk or tape for marking the ground
- Small stones or beanbags
- Printed verses from Luke 24:1-6

Get Ready: Use the chalk or tape to create a large hopscotch grid on the ground. Each square should be labeled with a number from 1 to 10. Place a printed verse from Luke 24:1-6 at the end of the hopscotch grid. This represents the empty tomb and the message of resurrection.

Do this:

1. Divide the children into two teams. Each team lines up at the start of the hopscotch grid.
2. The first player from each team tosses a stone or beanbag onto square one. They then hop through the grid, skipping the square with their stone or beanbag. When they reach the end, they pick up the verse, read it aloud to everyone, and hop back.
3. Upon returning, they hand the verse to the next player in line, who then tosses their stone or beanbag onto square two and repeats the process. This continues, with each player aiming for the next number in sequence.
4. The game continues until one team completes the grid and all team members have had a turn to 'discover the message of the empty tomb' by reading a verse at the end. The first team to finish wins, celebrating the joy of the resurrection message.

Craft Activity: Empty Tomb Garden

You'll Need:

- A small clay pot
- Potting soil
- Grass seeds or wheatgrass seeds
- A small plastic cup
- Stones or pebbles
- A large stone (to act as the tombstone)
- Craft sticks and markers

Get Ready: Fill the small plastic cup with soil, then invert it in the center of the clay pot. This will act as the 'tomb.' Surround the cup with more soil, leaving the top exposed.

Do this:

1. Plant grass seeds or wheatgrass seeds in the soil around the plastic cup 'tomb.' Make sure to water it lightly. This represents the garden around the tomb.
2. Place stones or pebbles in front of the plastic cup to create a path leading to the tomb. Then, position the large stone partially covering the cup's opening to represent the stone rolled away from the tomb entrance.
3. Use craft sticks and markers to create small signs that say 'He is not here; He has risen!' Referencing Luke 24:1-6. Stick these signs into the soil around your tomb garden. As the grass begins to grow, it will remind you of the new life Jesus brings.

Prayer Activity: Easter Resurrection Prayer Journey

You'll Need:

- A Bible or printed copy of Luke 24:1-6
- Small stones (one for each child)
- Permanent markers
- A large cross made from cardboard or wood

Get Ready: Before the class, set up a 'prayer walk' area in your classroom or outside. This should lead to the large cross. Place the stones at the beginning of the walk. Write out Luke 24:1-6 on a large poster board and place it near the cross for the children to read.

Do this:

1. Begin by reading Luke 24:1-6 together as a class. Discuss the meaning of the resurrection and why it is important to our faith.
2. Give each child a stone and a marker. Ask them to think of something that feels like a 'stone' or burden in their life (it could be a worry, fear, or sin). Have them write that on the stone.
3. Lead the children on the prayer walk towards the cross. Encourage them to reflect quietly on the scripture as they walk. When they reach the cross, have them leave their stone at its base as a symbol of leaving their burdens with Jesus, who overcame death for us.
4. Conclude with a group prayer, thanking Jesus for His sacrifice and the hope of the resurrection. Encourage the children to remember that, like the stone rolled away from the tomb, Jesus can remove the burdens from their lives.