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The Resurrection , Jesus Is Alive!

Scripture: Matthew 28:1-10, John 20:1-18

Theme: Jesus rose from the dead , death is defeated!

1st-3rd Grade (Ages 6-8)

Free curriculum for small and rural churches

Lesson Overview

Lesson Overview: "Jesus Is Alive!" Greet your kids with excitement! Start by asking them, "What is something amazing you've seen that feels so real it can't be a dream?" Let them share, maybe a favorite movie, a birthday surprise, or a superhero's power. Then say, "Today, we're going to talk about the most amazing thing ever: Jesus came back from death!" Begin with a simple storyteller's retelling of Jesus' resurrection (Matthew 28:1, 10). Use a dramatic voice for the earthquake, the empty tomb, and Mary Magdalene's happy surprise. End with, "The tomb was empty! Jesus is alive and ready to help us!" Pause for them to cheer or clap in agreement. Key Point: Death isn't the end, Jesus conquered it! Show a picture of a tombstone with a smiley face or a cross with a sunburst. Ask, "If Jesus rose to life, what can we do differently today?" Suggest a challenge like sharing kindness with someone who's sad. Application: End with a fun game or prayer. Have them walk in a circle, holding hands, and say, "Jesus is alive, let's live like He's with us!" Or pray together: "Thank You, Jesus, for being alive. Help us to love others like You do!" Volunteer Tip: Keep it visual and interactive! Use props (a empty "tomb" box for them to open), music, or even a "resurrection rock" to roll down the hill (symbolizing Jesus' return). End with a hug and a reminder: "Death is defeated, Jesus is here for you!" Optional reflection: children can draw a picture of Jesus helping their friends, then share one way they can help someone else this week. This extra activity supports the lesson's theme and gives teachers a simple, lowprep option for extending the discussion.

Bible Story

The Big News About Jesus's Rise from the Dead

One morning, after Jesus died on the cross, the women who loved Him went to visit His tomb. They had prepared Jesus's body for burial, but now the stone was sealed shut, and they wondered if they would find His empty grave. Just as they arrived, something amazing happened! A great earthquake shook the earth, and an angel of the Lord

rolled away the stone from the tomb. The angel was so bright that it looked like lightning, and the guards who watched over the tomb were scared and shook like leaves. "Don't be afraid!" the angel told them. "He is not here, He has risen!" (Matthew 28:6)

Later that same day, Mary Magdalene ran to tell the disciples, but they didn't believe her at first. The women went back to the tomb to check, and sure enough, the stone was gone! Inside, they found only Jesus's empty clothes left behind. While they were still wondering, Jesus Himself came to them as they sat among the disciples. He said, "Peace be with you!" and showed His hands and side to prove He was real. Then He told them to go and tell His friends what had happened. "He is alive!" they were to say. (John 20:11, 18)

This was the biggest news in all of history! Jesus had not stayed in the tomb forever. He had come back to life to show us He is powerful and trustworthy. His empty tomb was like a big, bright sign saying, "God loves you so much that He sent His Son to die for you, and now He's alive to save you!"

Why This Matters for You: Jesus's rising from the dead is proof that God keeps His promises! Because He lives, we can believe in Him too. Even if life feels hard sometimes, remember: Jesus is alive and waiting for you to trust Him. Just like the women, you can tell others, "Jesus is alive, and He loves you!" That's how we share the greatest news ever!

Key Verse

Matthew 28:6 , 'He is not here; He has risen, just as He said.'

Here's a simple and fun way to explain Matthew 28:6 to little ones: --- First, remember that Jesus died on the cross to take away all our sins, that means He forgave everyone who loves Him. But that wasn't the end of His story! Even though it looked like He was gone forever, God raised Him back to life on the third day, just like He promised. This is called the Resurrection, and it's one of the most exciting things about Jesus! Imagine you have a toy you really love, and someone takes it away. You feel sad, but then your best friend says, "Don't worry! I'll find it for you!" That's kind of how God felt when Jesus was gone. But because He loves us so much, He sent His angels to tell us, "Look! He's back, he's alive and ready to save us!" That's why we celebrate Easter every year, it's like a big party to remember how much God cares for us! The verse says Jesus rose from the tomb just like He said He would. That means His promise was true! Even though it might feel scary to think about death, knowing that Jesus lives forever gives us hope. Just like how a little seed grows into a big tree, Jesus' love grows stronger in us every day when we trust Him. You can tell a grown-up about this good news, they'll be happy to hear it too! Can you think of a way to share this with someone today? Maybe draw a picture of Jesus' empty tomb or sing a song about His resurrection? The more we remember, the more we'll feel His love! --- This keeps it heartfelt, relatable, and full of wonder for kids!

Activities

Activity 1:

A lively, movement-based game where kids "rise from the dead" like Jesus, reinforcing that God's love brings life even when things seem dark!

1. Prepare the Rocks: Before class, hide 3, 5 rocks around the room (or outside if safe) and write a short Bible verse about Jesus' resurrection (e.g., "He is not here; He has risen!", Matthew 28:6) on each one with a marker.
2. Introduce the Hunt: Say, "Today, we're going on a 'Jesus Alive' rock hunt! Just like how Mary and the disciples found Jesus alive after He rose, we'll search for hidden clues about His power. Grab your bag!"
3. Search & Discuss: Have kids find the rocks while you read Matthew 28:1, 6. Ask, "What do you think happened after the stone rolled away?" Let them share their guesses.
4. Draw Their Discovery: Give each child a paper with a blank tomb outline (or a simple sketch). Have them draw a "rock" rolling away and Jesus appearing (like in the Easter story) with their pencils.
2. "Rise & Shine" Dance Party

6. Set the Scene: Start with a quiet moment, say, "Let's imagine Mary Magdalene found Jesus alive, just like He promised! First, we'll 'rise' like Jesus from the tomb."
7. The "Dead" Position: Have kids stand in a circle facing inward, arms stretched out like they're lying in a tomb. Play a song that starts quiet (e.g., "Here Comes the Sun").
8. The Resurrection: When the music swells, say, "Jesus rolled the stone away and said, 'Do not be afraid!'" Let them suddenly jump up and cheer, spinning around like they're alive! Repeat 2, 3 times with different songs.
9. Share & Apply: After the dance, ask, "How did Jesus' resurrection make Mary and the disciples feel? How can we feel 'alive' in our faith, even when things feel heavy?" Let them share (e.g., "We can trust God like Jesus did!").
10. Why These Work:
11. Rock Hunt: Teaches memory and curiosity while tying to the tomb story.
12. Dance Party: Engages movement and joy, kids leave energized and excited about God's promises!
13. Both activities use simple supplies, encourage teamwork, and leave room for prayer or discussion.

Discussion Questions

- Here are four open-ended discussion questions about the Resurrection for early elementary students (ages 6-8), designed to encourage deep thinking, wonder, and application:
- 1. What Do You Think Mary and the Women Did When They Saw Jesus Alive?
 - "The Bible tells us that Mary Magdalene and some women went to Jesus' tomb early on Easter morning, but they were scared. When they found the stone rolled away, what do you think they might have felt? Why was it so important for them to see Jesus alive? How could seeing Him change their lives? What would you do if you saw someone you loved come back from the dead?"
 - (This question invites them to explore emotions like surprise, joy, and hope while connecting it to their own experiences of waiting for something special to happen.)
- 2. How Can Jesus Being Alive Help Us Today?
 - "Jesus told His disciples, 'Do not be afraid,' and He showed them His hands and feet. If Jesus is really alive, how does that make you feel? What are some ways we can trust Him, just like the disciples did? Maybe we can pray together before a big test, or share kind words with someone who feels lonely. What's one thing you think Jesus would want you to do because He's alive?"
 - (This helps them see practical ways to apply faith in daily life.)
- 3. Why Did Jesus Tell the Women to Tell the Disciples He Was Alive?
 - "The Bible says Jesus appeared to Mary Magdalene first and said, 'Do not hold on to me,' then told her to go and tell the disciples. Why do you think He did that? What might have been hard about telling others? How would you feel if someone asked you to share a secret or big news? What does it mean for Jesus to ask us to share His good news with others?"
 - (This encourages them to think about communication and how Jesus wants them to be His witnesses.)
- 4. If Jesus Were Here Right Now, What Would He Do for You?
 - "Jesus is alive, and He loves us so much! If He could talk to you today, what would you ask Him? Maybe you have a fear, a worry, or a question. The disciples asked Jesus lots of things, like 'Where are You?' or 'How do You want us to follow You?' What would you say to Him? How could He help you feel brave or hopeful?"
 - (This sparks personal reflection and encourages them to build a relationship with Jesus.)
- Tips for Discussion:
 - Let them share in pairs or small groups before the class talks.

- Connect their answers to simple Bible verses (e.g., "Do not be afraid" in Matthew 28:10).
- Use props (like a empty tomb picture) to make the lesson visual!

Prayer Focus

"Dear God, Thank You for making Jesus so special, He loves us and wants to be our friend forever. One day, Jesus was in a big tomb, but because of Your love, He came back to life! Just like a seed grows into a new plant, Jesus showed us that He can be strong and alive again. We want to trust Him like Mary Magdalene did, when she saw Him, she ran and told others, "I have seen the Lord!" Help us believe in Jesus too, so we can share His news with others. We pray that kids like us feel safe and excited to tell others about Jesus being alive! Show us how to share His story with our families, friends, and even strangers, just like Mary did. Help us to be brave and kind, so others can see that Jesus is real and wonderful. Today, we thank You for the power of Your love! Let's remember that because Jesus rose from the dead, we don't have to fear the future, we have a Heavenly Friend waiting for us! Help us to love and trust Him every day, so we can grow strong in faith, just like the disciples did. Amen! --- How to use this with your class: - After reading Matthew 28:1-10 (Jesus' resurrection appearance to the disciples), pause and pray together. - Ask: "Who can tell me what Jesus showed Mary Magdalene?" (Pointing, talking to her!) Then pray this prayer aloud as a group. - End with a simple action: Have kids hold up a "resurrection rock" (a painted rock with a smiley face or cross) and share one way they'll share Jesus with someone this week! This keeps it simple, visual, and tied to the Bible story.

>> Missions Spotlight

Easter is celebrated on every continent. In Kenya, entire villages gather at sunrise to celebrate the risen Christ. In China, underground churches risk everything to meet on Easter morning. The resurrection is the heartbeat of the global church.

-> To the Cross

The cross was not the end. On the third day, Jesus rose from the dead! The cross paid for our sin. The resurrection proves God accepted that payment. Because Jesus lives, we will live too. Death is defeated. The grave has no power.