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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!

4th-6th Grade (Ages 9-11)

Free curriculum for small and rural churches

Lesson Overview

Lesson Title: "Jesus Is Alive, Death Is Defeated!" Matthew 28:1, 10 & John 20:1, 18 Overview for Upper Elementary (Ages 9, 11): This lesson explores the powerful truth that Jesus conquered death through His resurrection, showing that God's promises are always true, even when life feels scary. Using simple stories and interactive elements (like a "Empty Tomb Challenge" or a "Jesus Alive" song), we'll celebrate how His victory over death gives us hope today. Kids will reflect on how their own struggles look different through this hope, and leave with a personal prayer to trust God when fear creeps in. --- Lesson Outline: 1. Grab Attention: The "Empty Tomb Mystery" Start with a fun question: "What if you woke up one morning and found your favorite toy gone, not lost, but completely gone? How would you feel?" Then share that Jesus' tomb was empty on Easter morning, not because He was lost, but because He rose alive! (Show a simple graphic of Mary Magdalene's discovery or an empty tomb drawing.) Explain that Jesus didn't stay buried; He came back to show His followers He was real and powerful. "Death couldn't keep Him down!" 2. Big Truth: Death Is Not the End (Matthew 28:5, 6) Read the key verses: "Do not be afraid. I have conquered death!" (NLT). Use a props-based lesson: Have kids "rescue" a stuffed animal (symbolizing Jesus) from a "grave" (a buried egg or cardboard box) as a fun way to show His resurrection. Ask: "Why did Jesus come back? What did He prove with His life and death?" (His love is stronger than sin/sorrow; He's the first one to break free from death.) Connect to their lives: "If Jesus rose, what's one thing that feels impossible or scary right now, but God says He's still here?" 3. Personal Connection: Fear vs. Faith Share a heartfelt story (like Peter's fear in John 20:11, 18 where Mary Magdalene hid her fear and ran to tell the disciples). Then ask kids to write/draw one thing they're afraid of (e.g., failing a test, losing a friend). Challenge them: "Jesus knows your fear too. What if you told Him today, not just when you're brave, that you trust Him, even when it's hard?" (Hand out simple prayer cards with prompts like "Lord, help me believe You're alive, even when...") 4. Witness & Worship: "Alive in Jesus!" End with an activity: "Raise your hands if you believe Jesus rose!" (Celebrate!) Then do a movement song (e.g., "Jesus Lives!" or "The Resurrection Rock" by Crossroads). Remind them that because Jesus is alive, they can too! Share that they can tell their friends/family about His hope. "If Jesus rose, what's one way you can share His life-giving news this week?" Deeper Questions for

Discussion: - "What's something death doesn't have power over, even in our lives?" (Sin, fear, loneliness, Jesus broke them!) - "How does knowing Jesus rose change how we face hard times?" (We're not alone!) Encouragement for Teachers: This is a celebration of life, use bright colors, music, and movement to keep energy high! Remind kids that their fear is real, but their hope in Christ is bigger. End with a prayer: "Jesus, thank You for rising and showing us You're stronger than death. Help us believe Your promises in all of life's challenges." 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 Story of Jesus' Resurrection

One morning, while Mary Magdalene and the other women were on their way to visit Jesus' tomb, they found it empty! The stone had been rolled away, and the grave clothes were neatly laid out, even the cloth covering Jesus' head was still there. Their hearts sank as they realized what must have happened. But then, as they were still looking confused, a man in a bright white robe stood there, saying, "Don't be afraid!" (Matthew 28:5). The women were so scared they fell to their knees, but the stranger told them, "He is not here. He has risen!" He showed them the wounds where the nails had been in His hands and feet, proving it was really Jesus. The women ran to tell His disciples, and God's power was at work, Jesus was alive!

The next day, Mary Magdalene went back to the tomb with a friend, but the tomb was empty again. She was so sad that she thought maybe someone had taken Jesus' body. Then, while she was still crying, she heard a voice and turned around, Jesus was standing there! He said, "Peace be with you!" (John 20:16). When Mary recognized Him, she fell at His feet and cried out, "Master!" Jesus told her not to hold on to fear but to believe. "Go tell my brothers to go to Galilee, where I will meet them," He said. (John 20:17-18) Mary was so excited she ran to tell Peter and the other disciples, who didn't believe her at first. But Jesus' love was stronger than their doubts!

Why does this story matter? Jesus' resurrection proves that He conquered death and sin. Just like Mary Magdalene, we can trust that God keeps His promises, and because Jesus lives, we don't have to fear the end. He invites us to believe, too! What if we tell others about Jesus' victory over death? How can we share His love this week? (Think of friends or family who might need hope!)

Deeper Questions for Discussion: 1. Why were Mary Magdalene and the women so surprised when they found the tomb empty? 2. What did Jesus' wounds prove to the women? 3. How can we share God's good news with someone who might not believe? 4. What does it mean for Jesus to be "alive forever"? How does that change our lives?

Key Verse

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

Jesus Is Alive! A Story of Hope The Bible tells us a really exciting truth from the book of Matthew: "He is not here; He has risen, just as He said." (Matthew 28:6). Jesus didn't stay dead, He came back to life, just like He promised! When people in Jesus' time saw His empty tomb (the place where He was buried), they knew something amazing was happening. They couldn't explain it, but they believed God's big promise was true. God doesn't make mistakes, and He always keeps His word. Jesus didn't just rise for Himself, He rose for all of us! Because of that, we have hope, even when life feels hard. Imagine if you promised to bring a friend to your birthday party, but instead of showing up, you told them you were still playing hide-and-seek. They'd feel sad and confused, right? But Jesus didn't leave us in that sad place. He came back to show us He loves us more than anything and wants to be with us forever. This verse is like a big, happy message: "Don't worry, God is in control!" Even when bad things happen, like when you feel scared or lonely, remember Jesus is alive and ready to help. He walked through the darkest night of history to save us from mistakes and sin (that's when we do bad things that hurt ourselves or others). By rising from the dead, Jesus proved He can fix what's broken in our lives and give us a new, better story to tell. Deeper Questions for You: 1. If Jesus rose from the dead, why do you think some people still don't believe it? 2. What's one thing you're scared of that Jesus could help you overcome? 3. How would you tell a

friend about Jesus rising from the dead if you wanted them to believe too? Personal Application: Think about a time you felt really sad or worried. Maybe it was about a test, a fight with a friend, or even losing a toy. Jesus knows how you feel, and His rising from the dead shows He cares about every little part of your life. Next time you're feeling down, remember: "He is not here; He has risen!" That means He's still with you, watching over you, and ready to give you a big, happy smile. What's one way you can thank Jesus for rising from the dead today?

Activities

Activity 1:

In groups of 3, 4, students act out Mary Magdalene's encounter with the risen Jesus (John 20:11-18), then write how their "witness" affects them.

Supplies needed:

- *Uses basic materials and group interaction.*

1. Introduce the Tomb (5 min):
2. Explain that in Matthew 28, the women found Jesus' tomb empty (Matthew 28:6). Ask: "What does it mean that Jesus is alive now, even after He died?" Write their ideas on the board.
3. Cut & Decorate (8 min):
4. Give each student a paper plate with a circle cut out (the tomb). Have them:
5. Draw or glue details like a stone, grave clothes, or angels.
6. Color in the tomb's empty space (symbolizing hope).
7. Add a verse (e.g., "He is not here, He has risen!" Matt. 28:6).
8. Discuss & Apply (5 min):
9. "Why do you think the tomb was empty?" (Let them share: God's power, Jesus' promise.)
10. Ask: "How does knowing Jesus rose change how you trust Him in tough times?"
11. Invite a student to share a time Jesus "resurrected" their fear or doubt.
12. Personal Prayer (2 min):
13. Close with a prayer: "Lord, thank You for rising! Help us trust You more today."
2. "Mary Magdalene's Witness Chain"
15. Read & Relate (5 min):
16. Read John 20:11-18 aloud. Ask: "Why did Mary run to the disciples? How do we 'witness' Jesus today?" Write their answers on a whiteboard.
17. Group Role-Play (10 min):
18. Split into small groups (3, 4 students). Assign roles: Mary, Jesus, disciples.
19. Scene 1: Mary finds the tomb empty. She cries and runs.
20. Scene 2: Jesus appears to her and says, "Mary!" (John 20:16).
21. Scene 3: Mary shares the news with the disciples (John 20:18).
22. Encourage acting it out with expressions, no memorization needed!
23. Create a "Witness" Letter (5 min):
24. Each group writes/draws a short "witness" message inspired by Mary's story.
25. Example: "Like Mary, I share Jesus with..." or draw a person they'll invite to church.
26. Share one example with the class: "How will you tell someone Jesus rose?"
27. Reflect & Pray (3 min):
28. "How can we be more like Mary, who ran and shared?"
29. Pray together: "Lord, help us to tell others about Your love!"
30. Why These Work:

31. Engagement: Visual art and role-play keep energy high.
32. Deeper Questions: Focus on why resurrection matters (trust, hope) and how to apply it.

Discussion Questions

- Here are four open-ended discussion questions for upper elementary students (ages 9, 11) about The Resurrection of Jesus (Matthew 28:1, 10 and John 20:1, 18). Each question encourages deeper reflection, personal connection, and thought about how the story of Jesus' victory over death applies to their own lives.
- 1. Wondering About Doubt
 - "In the Bible stories, some people doubted Jesus' resurrection, like Thomas in John 20:24, 29, who needed to see and touch the wounds before he believed. Have you ever felt unsure about something important, like a promise from God, a belief in something bigger than yourself, or even a lesson from a book or movie? Why did you doubt? How might you overcome that doubt the same way Jesus' followers did, by seeking evidence, trusting others, or waiting patiently for proof?"
 - (This question invites them to explore their own doubts or fears and connect them to the story of faith.)
- 2. Why Does Jesus' Resurrection Matter?
 - "Imagine if Jesus had never risen from the dead. What would have happened to the people who followed Him? How might their lives have changed? In the stories, Jesus' resurrection isn't just about Him coming back, it's about God's power to overcome death, His promise to save us, and His love for us. How does knowing that Jesus is alive change the way you think about forgiveness, hope, or even small, everyday challenges you face?"
 - (This question helps them see the resurrection as more than a historical event but as a reason to trust God's power in their own lives.)
- 3. What Does It Mean to "Go and Tell"?
 - "After Jesus appeared to His disciples in the garden (John 20:11, 18), He told them to share His message with others. That sounds like a big job, like telling your whole family or even your school about something important. If you could share one thing you learned from Jesus' resurrection with someone else, what would that be? Why is it important to tell others about what God has done for us? How might you start sharing it in a way that feels brave and true to you?"
 - (This encourages them to reflect on how they can apply the news of Jesus' victory to their own lives and witness.)
- 4. How Can We Trust Like the Disciples Did?
 - "At first, the disciples were scared and confused after Jesus died. But then, they saw Him alive and knew He wasn't just a ghost, He was real. Later, they still had doubts (like Thomas), but eventually, they believed and became brave witnesses. If you had to trust something big today, like a friend's promise, a teacher's advice, or even God's plan for your life, how would you decide if it was real or just a dream? What would help you trust, like the disciples trusted Jesus?"
 - (This question invites them to think about how to apply faith and trust in their own lives, using the disciples' example as a model.)
 - Each question is designed to spark conversation while encouraging students to connect the biblical story to their own experiences, doubts, and hopes. Would you like any of these adjusted for a specific group or setting?

Prayer Focus

Prayer Focus for Upper Elementary: "Jesus Is Alive!" Closing Prayer for the Lesson Dear Heavenly Father, We come to You today with hearts full of wonder and gratitude, remembering how You sent Jesus to our world as our Savior. When He rose from the grave on Easter morning, He broke through death so that we could live forever with

You. We're so thankful that His love is stronger than even the darkest night, and that He still walks with us today. Help us to believe, as Mary did, when we feel scared or alone, remind us that Jesus is alive and ready to meet us. Teach us to trust Him more each day, to share His good news with others, and to live in the joy of knowing that our hope is in Him alone. Thank You for being our Resurrection, our Life. Amen. --- Deeper Questions & Reflection: 1. What did you learn today about how Jesus showed His followers He was really alive? (Hints: touched their hands, ate breakfast, said, "Peace be with you.") 2. Why do you think Jesus wanted His friends to know He was alive? How can we tell others that hope in Jesus is real? 3. Mary Magdalene ran away in fear. How can we handle scary moments in our lives, like doubting Jesus' power, with faith like hers? 4. What's one way we can "walk away from the tomb" today, by sharing the Gospel or trusting God in a new way? --- Personal Application for the Class: - Art Connection: Draw a picture of what Easter morning looks like to you, how does Jesus' resurrection make your heart feel? - Scripture Memorization: Pick a verse from today's lessons (e.g., John 20:27: "Touch my wounds, and you'll know I'm alive!") and practice saying it out loud. - Mission Mindset: Write a thank-you note to someone who helped you last week, just like Jesus thanked the women at the tomb! --- Teacher's Prayer Prompt (for group prayer): "Lord, today we worship You for the amazing truth of Easter, Your power to raise the dead and bring light into darkness. When we struggle to believe, remind us that Your word is stronger than our doubts. Help us to share this hope with kindness, like Mary did when she told Peter and John. And when we feel afraid, give us courage to run to You, just as she did. Amen."

>> 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.