

MinistryPlace.net

Jesus Appears to His Disciples

Scripture: Luke 24:13-49, John 20:19-31

Theme: The risen Jesus is real, and He is with us

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

Free curriculum for small and rural churches

Lesson Overview

Lesson Overview: Jesus Is Real and Always with Us Good morning, friends! Today we're going to talk about Jesus coming back to His disciples after He rose from the grave. Even though they were scared, He showed up in a special way to prove He was real and that He's with us today! First, let's remember that Jesus conquered death, just like He did for us! When His disciples saw Him alive again, they were so excited they didn't believe it at first. But Jesus didn't let them doubt. He showed them His hands and feet (like a doctor would check you to see if you're really okay), and He even ate a piece of broiled fish to prove it! (Luke 24:36-43) That's how Jesus makes things real, with proof! Jesus told His disciples to tell everyone He had risen. One man named Thomas doubted at first, but when Jesus came again and let Thomas touch His wounds, Thomas cried out, "My Lord and my God!" (John 20:28) This shows that faith isn't just believing in our heads, it's trusting Jesus with our hearts! Since Jesus rose from the grave, He's still alive today! Just like He showed up in a hurry to His scared friends, He's always near us, waiting to help, heal, and guide us. When we feel scared or alone, we can remember: Jesus is real, and He's with us! Let's pray together, Lord Jesus, thank You for rising! Help me believe in You today. Application for Volunteers: Encourage kids to share one thing they're excited about believing in Jesus for, maybe His love, His power, or His promise to always be with them! End with a prayer and a moment of quiet reflection. 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

Jesus Appears to His Friends

Long ago, two of Jesus' disciples named Cleopas and another friend were walking from Jerusalem to a village called Emmaus on a sunny day. They were sad and worried because Jesus had died on the cross, and many people had

already been wrong about Him. They had hoped Jesus would save Jerusalem from being taken over by the Romans, but He wasn't there anymore. As they talked and walked, they felt confused and disappointed. Suddenly, a stranger joined them, someone who walked beside them and asked, "What are you talking about?" They didn't recognize Him at first, but He listened to their sad story and explained God's plan. The two disciples were surprised when He invited them to share a meal with Him, and when they sat down to eat, Jesus' hands and feet were still there, He had truly risen from the dead! (Luke 24:13-35)

Later that evening, Jesus appeared to His disciples hiding in a room in Jerusalem. He had locked the doors because they were afraid of the Jewish leaders who wanted to kill Him. Jesus came and stood in front of them, and His wounds were still visible, He was alive! He said, "Peace be with you," and showed them His hands and feet. Then He told them to touch Him to be sure. The disciples were filled with fear and joy as they saw Him alive again. He also told them to go and share the good news with others, just like He had sent them to preach the gospel. (John 20:19-23)

Some of Jesus' followers who didn't believe the story still asked, "How can we be sure?" Jesus said, "If you see Me, you will see the Father too." Then He did something amazing, the disciples put their fingers into His hands and their hands into His side, and they believed. After that, Jesus asked them to stay with Him and eat, just like He had done on Emmaus. Finally, He said, "All authority in heaven and on earth has been given to Me." He had conquered death and was the true King of all! (John 20:29-31)

This story shows us that Jesus is real, He lives forever, and He wants to be with us. Even when we feel lost or scared, Jesus comes to help. He wants us to trust Him and share His good news with others. Just like the disciples, we can believe in Jesus because He has proved He is alive! When we follow Him, we are part of His great plan to save the world. (John 20:31)

Why This Story Matters: Jesus' appearances to His friends remind us that He never leaves us alone. Even when things seem hopeless, He is with us and wants to heal our hearts. When we believe in Him, we can share His love with others, just like the disciples did. This means we can trust God no matter what happens in our lives!

Key Verse

John 20:29 , 'Because you have seen Me, you have believed; blessed are those who have not seen and yet have believed.'

John 20:29 , A Verse About Trusting God This Bible verse is about believing in Jesus, even when we don't see Him in the same way we see other people. Jesus told His friends, "You saw me with your eyes, so you believed. But those who trusted me even without seeing me first are the happiest because they still believe!" (John 20:29, simple words). God doesn't always ask us to see proof like we see a friend or our pet, but He wants us to trust Him with all our hearts. Sometimes, we wonder if God will keep His promises, especially when things are hard. But this verse reminds us that faith isn't just about seeing God's love, it's about trusting Him anyway. Imagine if you believed in a magical gift you never saw, but you still opened your hand to receive it. That's how God wants us to trust Him! When we believe in Jesus without always seeing His miracles, we're showing that we love Him enough to trust even when life feels uncertain. This means we can ask God for big things, like help, courage, or forgiveness, without waiting to see them happen first. For example, if you're scared to ask your parents for something important, but you trust them will say yes, that's like believing God will answer your prayers too! The verse tells us that those who keep trusting in God, even when things look scary or unclear, will feel His joy in their hearts. So how can we use this verse in our own lives? Try this: Next time you're nervous about something, remember Jesus says, "I see you, I love you, and I'll help you!" Even if you can't see God's plan right away, believe that He's watching over you. You can even pray a little prayer like, "I trust You, Jesus, even if I don't see it yet!" It might feel small, but that's how faith grows, with small, brave steps of believing. When we choose to trust God first, we start living like He's already answered our prayers. That's how we make Jesus happy, and that's how we grow in His love. So keep believing, keep trusting, and remember, Jesus knows you, and He loves you more than you'll ever know!

Activities

Activity 1:

Kids explore how the disciples felt unsure of Jesus' return and how His presence brought peace. They create simple "lights" (candles) to symbolize Jesus' guidance, then act out His appearance with a "shining" effect.

1. Create "Candle Lights":
2. Glue red/yellow tissue paper strips around the plate to make a "candle." Add a small black "wax" strip in the middle as the "wick." Let dry.
3. Discuss Doubt & Doubt:
4. Ask: "What made the disciples feel afraid (like Thomas)?" Read Luke 24:37, 38. Explain Jesus' calm touch was a sign of His power.
5. Act It Out:
6. Gather in a circle. One student holds a flashlight (or shines it on a wall) as "Jesus' light." Others act as confused disciples hiding behind doors (like the locked room in John 20:19). Then, have the leader "reappear" with a whisper, "Peace be with you!"
7. Application:
8. Draw a crayon line on their "candle" to write: "Jesus' peace makes my doubts disappear!"
- 2.

Activity 2:

Kids search for "lost" items (like Jesus' body) in a decorated empty tomb, just like the disciples found it empty! They learn Jesus' resurrection was a surprise even He didn't fully understand at first.

1. Decorate the Tomb:
2. Draw a tomb opening with red/white paper on the box. Write "Jesus' Body" in bold letters.
3. Hide "Treasure":
4. Place 3, 4 small toys (e.g., a toy Bible, a coin, or a note) inside the tomb. Hide one "treasure" (e.g., a paper with "Jesus is alive!") under the lid.
5. Storytime & Hunt:
6. Read John 20:1, 2. Say: "The women found the tomb empty, just like the disciples later!" Have kids search for hidden treasures. When they find the "resurrection note," cheer: "Surprise! Jesus is alive!"
7. Application:
8. Draw a smiley face on a sheet to write: "Jesus' empty tomb shows He came back to save us!"
9. Why These Work:
10. Both activities use simple materials (tissue paper, plates) and group interaction.
11. They tie to the lesson's key themes: doubt overcoming, surprise, and God's faithfulness.
12. Time: ~12 minutes total, with breaks for discussion.
13. Would you like adjustments for group size or cultural adaptations?

Discussion Questions

- Here are four open-ended discussion questions for early elementary children about Jesus appearing to His disciples, designed to encourage thoughtful reflection and application:
- When Jesus came back to His disciples, they were scared and confused. What do you think they felt like inside? Why do you think they were afraid?
- Think about times when you felt scared or unsure, like when you had a big test or were nervous about trying something new. How did Jesus make things different? What could you learn from His disciples about trusting God even when things seem hard or scary?

- Jesus told His disciples, "Peace be with you." What does that mean, and how did they react? Why do you think Jesus wanted to give them peace in that moment?
- Imagine you and a friend had a big argument and then someone came and said, "Everything is okay now." How would you feel? How could Jesus' peace help you when you feel worried, lonely, or upset about something? What is one way you can ask God for His peace in your own life?
- The disciples didn't immediately believe at first, even after seeing Jesus. What happened later in the story (like Thomas touching His wounds) that helped them understand?
- Have you ever doubted something you believed before, like a story your parents told you or a lesson from school? How did Jesus show His disciples (and maybe even you!) that He was real through small things, like eating with them or showing His hands and feet? What's one way you can trust Jesus more, even when it's hard?
- After Jesus left, the disciples spent time talking about Him. Why do you think they wanted to remember Him so much? How can we remember Jesus today?
- If you had a favorite toy or teacher, would you want to talk about them a lot? Jesus was special to the disciples, so they wanted to share His love. How can we do the same? Maybe we can pray together, tell others about Jesus, or draw pictures or write notes to remind ourselves of His love. Who can you share Jesus with this week?

Prayer Focus

Prayer Focus: Thankful Hearts and Strong Faith "Dear God, thank You for the love You showed us when Jesus appeared to His disciples after He rose from the dead. Even though they were scared and didn't understand at first, You gave them a special sign, a piece of fish and bread, to remind them that You are always with them. Help us to trust in You, just like they did, especially when we feel afraid or alone. Teach us to share Your love with others, just like Jesus taught His friends to be kind and brave. Amen." --- How the Teacher Can Pray Together with the Class: "Let's pray with our hands stretched out like Jesus did with His disciples, wanting to feel His love! (Hold up hands in a simple gesture.) God, we thank You for being our Best Friend, even when we don't understand everything right away. Just like the disciples, we sometimes ask questions and feel nervous, but You never leave us alone. Today, let's remember how You showed up for them, with a meal and a promise: You'll always be there for us too. Help us to share Your peace, just like Peter did when he walked on water to meet Jesus. Amen." --- Application for the Class: "What does it look like to trust God like the disciples did? Maybe we can share a hug for someone who's scared today, or draw a smiley face for Jesus to remind us He's with us!" (Keep it simple and fun!)

>> Missions Spotlight

In secular Europe, many people doubt the resurrection. Yet in the same cities where doubt is strongest, immigrant churches are growing rapidly. African, Asian, and Latin American believers are bringing the joy of the resurrection back to Europe.

-> To the Cross

Jesus appeared to His disciples and said, 'Peace be with you.' Because of the cross, we have peace with God. Because of the resurrection, we have the living Jesus with us always. Thomas doubted, and Jesus gently proved He was real. He meets our doubts too.