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# 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**

*PreK-K (Ages 3-5)*

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Free curriculum for small and rural churches

## Lesson Overview

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Sunday School Lesson: Jesus Is Real! Opening Wonder: "Have you ever heard a friend say, 'I'll be back!' and then they came back? Today, Jesus says, 'I'm coming back!', but this time, He comes in a special way. Just like how friends show up to visit, Jesus is always with us, even when we can't see Him!" Story Time (Luke 24:13-49): The disciples felt scared after Jesus disappeared, but then, Whoosh!, Jesus showed up in a big way! He ate fish and bread with them and said, "Peace be with you." He wasn't just a ghost; He was real and full of love! Even though their hearts were worried, Jesus gave them a hug and said, "Don't be afraid!" Reality Check: "What if Jesus was just a story? But Jesus is really here, inside our hearts, waiting to love us! Just like when you hug a friend, Jesus hugs you too, even when you're alone." Closing Encouragement: "Today, let's remember: Jesus is real! He's with us always, like a superhero watching out for us. If we believe in Him, He'll keep us safe and happy forever!" Amen! (Keep it interactive: Ask kids, "How can we tell Jesus we're thankful for being real?" Let them draw Jesus smiling or share a hug!) 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

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### Jesus Appears to His Friends

One sunny morning, two friends named Cleopas and another walked to a village called Emmaus. They were sad and worried because Jesus, their teacher, had been taken away. They talked about how kind Jesus had been and how they hoped He would come back soon. They wondered, "Did He really leave us?"

As they walked, something wonderful happened! Jesus walked beside them, but they didn't know it was Him. He asked, "What are you talking about?" Cleopas said, "The Bible says Jesus must live again." Jesus sat with them and

shared a meal, then He showed them His hands and feet, He was real! Their hearts leaped up! "Didn't our hearts burn inside us?" they asked. Jesus smiled and said, "It's Me!"

Later, the disciples were hiding in a room when Jesus appeared. He was there in the middle, just like He said He would! His hands and side were open, He showed them where the nails had been. The disciples were scared but also so happy! Jesus said, "Peace be with you." Then He told them to share His news with all the people. "Look, the Lord lives again!"

The story told the disciples that Jesus was not gone forever. He had come back to be with them and all of us. Because Jesus lives, we know that He loves us and watches over us, just like He promised. His love keeps us safe and gives us hope, no matter what happens! What a wonderful truth to remember today!

## Key Verse

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

God loves you so much! Look at this verse from Jesus, it's like a little hug from heaven! "Because you believe even though you didn't see me with your eyes," Jesus says, that makes you special and blessed, just like a tiny treasure! Seeing isn't always needed to trust! Some people saw Jesus face-to-face, but God's love is bigger than that, it's like a soft cloud of warmth! Even if you haven't seen Him walk beside you, you can still believe because He knows you better than anyone! Your heart knows God's love! Imagine a friend who always gives you candy, even though you can't see them right now. God is like that, He loves you so much that you can trust Him even if you've never met Him in person! That's why you're so amazing! Jesus says, "You're blessed because you trust Him!" That's like winning a golden ticket, your heart is already filled with kindness, peace, and joy because you believe! (Repeat with wonder: "Did you see Jesus? Not yet? That's okay, God's love is big, it's true! Trust Him with all your heart today! He's waiting to hug you, just wait and see!")

## Activities

### Activity 1:

Kids will act out how Jesus appeared to His disciples by shining their own "light" (glowing hands) to show His love. They learn that even when we feel afraid, God is always with us!

1. Read the Story Shortly , Open the Bible to Luke 24:34 or John 20:19. Ask: "What did Jesus tell His disciples after He rose from the dead?" (Hint: "They should tell others about Him!")
2. Shine Like Jesus , Give each child a flashlight (or glow stick). Tell them to turn it on and show it to their neighbor: "Jesus is light! He shines even in the dark!"
3. Act It Out , Pretend to walk with Jesus! When a child shouts "Jesus is here!", everyone else should shine their light together. End by praying: "God, help us share Your light!"

### Activity 2:

Kids solve a simple puzzle to "find" Jesus' empty tomb (a hidden paper box), then draw what they wonder about His appearance to them. It teaches hope and trust in God's promises!

1. Tell the Story , Read Luke 24:34 (or John 20:19) and ask: "Why was the tomb empty? What happened?" (Answer: Jesus rose and visited His friends!)
2. Hide the "Tomb" , Place a small box labeled "Jesus' Tomb" (or draw one on paper) inside a larger box. Tape the hiding spot on the floor or under a table.
3. Puzzle Time , Give kids 3, 5 pieces of paper with Bible verses about Jesus' promises (e.g., "Do not be afraid!"). Let them glue them into the "tomb" box.
4. Draw What You Wonder , On another sheet, ask: "What do you wonder about Jesus' visit to His disciples?" Let them draw or color their thoughts, like Mary Magdalene might have felt!

5. Bonus Tip: End with "God loves you! Just like He loves Jesus' disciples, He loves YOU too!"

## Discussion Questions

- Here are four open-ended discussion questions to spark wonder and conversation about Jesus appearing to His disciples, tailored for preschool and kindergarten children (ages 3-5):
- (Wondering about meeting someone new)
  - What do you think the disciples were feeling when Jesus suddenly appeared in their room? Maybe they thought, "Who's this person?" or "What's happening?" How would you feel if someone you didn't expect walked into your room? What would you wonder or ask them?
- (Seeing Jesus in little ways)
  - The Bible tells us that Jesus often appeared in small, hidden ways, like through a dream, a gift, or even a whisper. Can you think of a time when someone you love showed you love in a tiny, special way? Maybe it was a hug, a kind word, or something only you and they knew about. How did that make you feel?
- (Sharing with others)
  - In the story, the disciples told others about Jesus, even though they were scared at first. Later, we're told that some people didn't believe them, maybe they thought their story was too big or too wonderful. What if you told someone about a time you saw Jesus in your heart or in nature? How would you explain it?
- (Following Jesus in our daily lives)
  - Jesus said, "Go and tell my disciples..." and He gave them a big, brave job. Today, we can follow Jesus by doing small, kind things for others, like sharing, helping, or praying for friends. Imagine you have a little box to put kind things in, like sharing your toys or giving a hug. What would you put in your box today?
  - These questions invite kids to explore emotions, wonder, and simple ways to live out faith. You can always add their own ideas or draw pictures together!

## Prayer Focus

*Prayer for Wonder and Light Dear God, Help us see like Jesus did! Today, we pray that our hearts feel warm and bright, just like when Jesus came to His friends. Even though they were afraid, He was gentle and full of love. Show us how to trust and believe, like Thomas did later. Help us wonder, "What would Jesus say to me today?" Amen. Dear God, Make our eyes open to little miracles, just like the disciples saw Jesus. Help us be brave like they were, even when things seem dark. Let us ask, "Who can I share kindness with today?" Like Jesus did, let our hearts be full of peace and light. Amen. Dear God, Teach us to trust You, just like the disciples did. Help us feel safe in Your love, like when Jesus appeared to them. Show us how to believe, even when our hearts feel unsure. Let us wonder, "What can I do for others today?" Amen. Dear God, Fill us with Your wonder, like Thomas did when he touched Jesus' hands. Help us feel Your love, just like the disciples did. Let us share kindness and trust, like Jesus showed them. Thank You for being with us always! Amen.*

### >> 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.