

# LESSON 10

## JESUS IS ALIVE



### BEFORE YOU TEACH

#### Jesus' Burial

Unlike today where people are buried in graveyards, the tomb where Jesus was buried was a cave carved in the side of a hill. A stone was rolled over the entrance as a seal. The cave was large enough for people to walk into. The burial site was well guarded and sealed securely to prevent anyone from stealing Jesus' body and then claiming falsely that He had resurrected. The Pharisees' plan backfired on them because the intense security only proved Jesus' resurrection all the more when the tomb was found empty.

#### Secret Followers

Joseph of Arimathea and Nicodemus were two devoted followers of Jesus. At first, they only followed Him in secret to protect their careers, Nicodemus being a member of the high council and Joseph an honored member of the Sanhedrin. However, both boldly proclaimed their faith after the death of Jesus. Joseph of Arimathea even offered his own tomb for the burial of Jesus (Mt 27:57-60), while Nicodemus brought myrrh and spices to wrap Jesus' body with (Jn 19:38-40).

### UNDERSTANDING YOUR STUDENTS

The resurrection of Jesus is the reason why we have the hope of salvation today. Death is a difficult concept to explain, but resurrection is even harder to explain. Indeed, some have argued that Jesus did not actually die, but simply passed out due to the immense pain of the cross, only to awaken later. But Jesus, who came to this world in human form, did suffer tremendously and not only died, but triumphed over death. As a result, He is now able to abide with His believers, offering comfort, strength, and love.

Your students may not truly understand how crucial the resurrection is. However, it is still important for them to know what happened, even if they can only retell the events. As they grow older, they will have a better realization of its significance. In the meantime, discuss in simple terms that Jesus had to die and rise from the dead in order for people to be able to go to heaven one day. Although Jesus was in human form when He came to this world, He is no longer in the flesh. That's why He sees, hears, and knows everything that is going on everywhere. He is God. Only God has this kind of power and authority. After resurrecting, He is now alive and will live forever. Encourage your students to seek after God so that they can have a more personal relationship with Him. Remind them to pray for the Holy Spirit constantly, because that's Jesus' promise to be with them always.

### BIBLE TEXT

Matthew 27:62-66; 28:1-8  
Mark 15:42-16:7; John 20:1-18

### BIBLE TRUTH

Jesus resurrected from the dead.

### LESSON OBJECTIVES

1. To understand that Jesus has power over sin and death.
2. To learn that Jesus helps us to have victory in our lives.

### MEMORY VERSE

"But now Christ is risen from the dead."

(1 Corinthians 15:20a)

### PRAYER

In the name of the Lord Jesus, we pray. Lord Jesus, You are the almighty God in heaven. You overcame death by rising again. You completed Your work of obtaining salvation for us by resurrecting. Thank You for Your great love. We know that You suffered a lot for us. Let us repay You by being Your good followers. Give us the strength so that we can live bravely for You. Hallelujah! Amen.

## VOCABULARY

**tomb:** a grave

**spice:** seasoning, herbs

**resurrect:** to raise, restore, make alive again

**burial:** the act of putting a person's body into the earth after they have died

## REVIEW

Last week, we learned about the death of Jesus. He was arrested while in the garden of Gethsemane. All of His disciples abandoned Him. Peter even denied knowing Jesus three times. Jesus had to suffer through all this alone. If you were Jesus, how would you feel? [Ask students to call out different adjectives to describe Jesus' feelings.] The priests and religious leaders decided to kill Jesus, so He was brought to the Roman governor Pilate to be sentenced. Pilate listened to the people and let them crucify Jesus. After suffering for many hours, Jesus eventually died on the cross. Even though He had done nothing wrong, Jesus knew that He had to die to save people from their sins. We learned that Jesus is the Savior, the one who endured the pain of death to save us.

## BIBLE STORY

### Jesus Is Buried

After Jesus died on the cross, His followers were heartbroken. Their Teacher was dead. They did not think that He could not hear their crying and mourning. Even the disciples who had deserted Jesus felt sad. They could not do anything to help Him.

Jesus died before the Sabbath. After sundown, it would be beginning of the Sabbath. Jesus' followers wanted to bury Him before it was too late, because people were not allowed to perform burials on the Sabbath. One of Jesus' friends named Joseph went and asked Pilate if he could take Jesus' body off the cross so that He could be given a proper burial. Pilate gave Joseph permission. Joseph and some other followers, including Nicodemus, had brought around one hundred pounds of funeral spices along to take care of Jesus' body. They first cleaned it well, and then wrapped the body of Jesus in strips of clean, expensive linen cloths, along with the spices. Afterward, they brought it to a new tomb, which had been carved out of a rock. They laid the body in the tomb and rolled a large stone over the entrance to seal the cave. After the burial, there was nothing else His followers could do that night so they went home, with their hearts surely full of sadness. Now that Jesus was buried, it seemed that He was really gone. He could not help and heal people like He used to.

### Guards Are Posted at the Tomb

The next day, which was Saturday, the leaders of the Jews went together to Pilate. "Sir," they said, "we remember that while He was still alive that deceiver said, 'After three days I will rise again.' So give the order for the tomb to be made secure until the third day. Otherwise, His disciples may come and steal the body and say that He has risen from the dead."

Pilate said to them, "Take soldiers with you and make the tomb as secure as possible." So, they went to the tomb, sealed the stone that was over the door, and posted soldiers to guard it. They would have "sealed the stone" by pouring warm wax over both the stone door and the rock doorway. Then, they would have imprinted a name into the wax while it was still soft. This way, if someone rolled the stone away to steal the body of Jesus, the hardened wax seal would break, proving that somebody had moved the stone. Nobody would be able to make a new seal with the same signature imprinted on it.

### The Tomb Is Empty

Now after the Sabbath, as the first day of the week began to dawn, some of Jesus' friends decided to go to the tomb. They wanted to show their love for Jesus by putting sweet-smelling spices on His body. They had to wait until the third day after His death because they were not allowed to buy spices on the Sabbath, which had been the day before. Among the people were Mary Magdalene and Mary. As they were walking to the tomb, they realized that they had a big problem—who would be strong enough to roll away the huge heavy stone? Perhaps they thought that they would figure it out when they arrived.

When the women went to the tomb, they were shocked. The stone that had once been in front of the tomb had been rolled away. How could that have happened? They looked around for the guards but could not see them anywhere. They looked into the tomb. Jesus' body was *not* there! Only the wrapping cloths used for His body were found in the tomb. What could have happened? Did someone come and steal Jesus' body? Mary didn't understand any of this. All she knew was that Jesus was not in the tomb anymore.

### Mary Magdalene Tells the Good News

Mary ran and came to Peter and John and told them that some people had taken Jesus away. They both ran to the tomb together, but John outran Peter and came to the tomb first. John stooped down, looked in, and saw linen cloths lying there, but he did not go in. Peter came shortly after and went into the tomb. He also saw the linen cloths lying there, as well as the handkerchief that had been around His head. The handkerchief was not lying with the linen cloths, but was folded together in a place by itself. John followed Peter and also went in. They both saw His wrappings and that His body was missing, so they believed Mary when she said that He was gone. They did not know that He had resurrected and so they headed off back home.

After Peter and John had left, Mary was still outside the tomb crying. She decided to take a look inside the tomb and saw that two angels were sitting inside, one at the foot and the other at the head of where Jesus had lay. "Why are you crying, Mary?" they asked.

"Some people have taken away Jesus and I don't know where they put Him," cried Mary. Then, she turned around and standing before her was Jesus, but she did not know that He was Jesus. Jesus asked her, "Why are you crying? Who are you looking for?"

She thought that Jesus was the gardener, so she

replied, "Sir, if you have taken Jesus away, tell me where you have put Him and I will take Him back."

"Mary!" Jesus surprised her by calling her name. In shock, she called out, "Teacher!" and reached for Him.

"Do not touch Me, because I have not yet ascended to be with My Father. Instead, go to the disciples and tell them that I am ascending to My Father and to My God and your God."

Mary wasted no time and left to go tell the disciples the good news. Jesus had risen!

### Final Thoughts

Boys and girls, some of you may be thinking, "It's great that Jesus is alive again, but what does that have to do with me?" Great question! Let's take a few minutes to think about this together. [Have the students pair up with their neighbors to share their thoughts.] First of all, Jesus' resurrection proves to us that He is God Himself. Only God has the power to rise from the dead. From His resurrection, we also learn that all of Jesus Christ's teachings are true, including His great promise in John 6:40, which states that "everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day." Let's remember that Jesus has power over sin and death and that we should always ask Him to help us have victory in our daily lives.

## CHECK FOR UNDERSTANDING

1. **What does "resurrect" mean?** It means to come back to life after dying.
2. **Where was Jesus buried after His death?** In a nearby tomb that had been carved out of a rock.
3. **Who buried Jesus?** Joseph, Nicodemus, and other followers.
4. **What did Mary and her friends discover when they went to the tomb?** They discovered that Jesus was missing.
5. **Who did Mary tell this news to?** Peter and John.
6. **What did Peter and John find in the tomb?** The wrappings of Jesus' body.
7. **How do you think Mary and her friends felt when they realized that Jesus had risen?** Surprised, amazed, shocked, etc.
8. **Why did Jesus rise from the dead?** To show us that He is God Himself, that He has power over death, and that all His teachings are true.

## MEMORY VERSE PRACTICE

Please reinforce the memory verse every week.  
You can practice the memory verse with your students anytime during class.

**"But now Christ is risen from the dead." (1 Corinthians 15:20a)**

## SPIRITUAL TEACHING & LIFE APPLICATION

### Resurrection is the key to our faith.

Today, we learned that Jesus had resurrected! Resurrection means restoration to life after being dead. Another example of resurrection in the Bible is Lazarus, whom Jesus brought back to life using His power, and it is the same power that brought Jesus Himself back to life! This proves to us that Jesus is God Himself—the only true and living God in whom we believe today. Because He is true and living, Jesus was not bound by death. He was able to restore Himself back to life after suffering and dying on the cross. Today, Jesus' resurrection is the key to our faith. Why? Let's take a moment and think about this. What does the Bible tell us about God?

[Divide the students into groups. Write down the following verses on separate pieces of paper and give each group 1-2 verses. Give them a few minutes to read the verse(s) and have them share with the rest of the class the attribute of God they learned from the verse(s).]

*Matthew 19:26* - Everything is possible with God

*Psalm 90:2* - God is everlasting

*Genesis 2:7* - God gives life

*Revelation 19:16* - King of kings, Lord of lords

*Hebrews 13:8* - Jesus is the same yesterday, today, and forever

From the verses we just read, we learned that Jesus, who is God Himself, is all-powerful and everlasting. In His hands is life; He can give, and also take away, life. No other power in this world compares to His. Jesus has been alive since the beginning of time and He will always be alive. Now, it had long been prophesied, even before Jesus was born, that Jesus would die on the cross for our sins and rise up again on the third day.

If Jesus didn't resurrect, then His status would become questionable. But indeed, Jesus is the Son of God. Not only did He fulfill every prophecy in the Old Testament, He also resurrected to assure us that He is still alive today. He was not a false prophet... He is a living God!

### A. We have an almighty God who overcomes death

God's power brought Jesus back from the dead. The Bible says, "With men this is impossible, but with God all things are possible" (Mt 19:26). Today, even though technology is so much more advanced than in the past, it is impossible to bring a dead person back to life. However, what may seem impossible to us is never a difficult task for God—everything is possible with God! It was indeed His power that brought Jesus back from the dead. In order to open the door of salvation for us, Jesus had to die on the cross for us. The blood that He shed on the cross is still flowing today, washing away our sins when we get baptized. But Jesus did not remain in death; instead, He resurrected! He is alive! He conquered death and demonstrated a very important truth to us—He is the living and everlasting God!

Students, no matter what it is that we need help with today, we can be confident that there's a powerful God from above on whom we can rely. Sometimes, facing a challenge is like standing in front of a big mountain. We are so small compared to this mountain that we cannot see what is behind it, or even if there is anything behind it. Have you ever been on a plane before? What was it like looking down from the sky to the ground? [Pause for students to think.] Everything seemed so small! This is what our challenge is like from God's perspective. He looks from above, and He knows exactly what's around this mountain. He will protect you from any dangers surrounding it and make sure you're going to get over it safely. When necessary, He can also simply lift up this mountain and toss it away for you. His power is beyond what we can imagine!

### B. Since Jesus is alive, we can be sure we will be raised from the dead to life in the end

Because Jesus has resurrected, we know that death has been conquered. It is therefore to us that death is no longer a mystery. John 6:40 says, "And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day." We, too, will one day be raised from the dead to live forever with Christ. Many people think that death is the end of life. But as Christians, we believe that Jesus has promised us everlasting life. When Jesus comes again on the last day, He will judge every one

of us according to His word. Did we follow everything He told us in our lives? Did we obey all His commandments? If we did, Jesus has promised to raise us up, meaning that we will go to heaven above and live with Him there forever.

In other words, death is not the end because there is a future life after this life. This is why the Bible refers to Christians as "sojourners" and "pilgrims" (1 Pet 2:11). We do not belong to this world but to the kingdom of God.



### B. Since Jesus is alive, we can be sure we will be raised from the dead to life in the end

Our time here is part of a much longer life. Compared to the everlasting life for which we all strive, this life is extremely short. But we can be confident that Jesus has prepared an everlasting kingdom for those who obey Him in this life. 2 Corinthians 4:18 says, "While we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal." What can be seen right now is our life, and it is only temporary. What we cannot see right now is God's kingdom, which is eternal.

Today, we can also ask power from God to help us in our daily lives. We can ask God to empower us as we walk in this journey. Just as Paul did, we should "press toward the goal for the prize of the upward call of God in Christ Jesus" (Phil 3:14). The upward call of God in Christ Jesus—He is calling us from above! He really wants us to live with Him there one day. Let us rely on God's power to continue our walk in this life until we can reach God's presence in His everlasting kingdom!

[Share the children's hymn "My God Is So Great" with the students. Talk about what the lyrics mean, and remind students again of how powerful and mighty our God truly is. We should not hesitate to go to Him anytime we need His help, comfort, guidance, etc. Let's not forget to say "thank You" to Him whenever we can, as we have already received so many blessings from our dear God.]

*My God is so great, so strong and so mighty, there's nothing my God cannot do.*

*My God is so great, so strong and so mighty, there's nothing my God cannot do.*

*The mountains are His, the rivers are His, and stars are His handiwork, too.*

*My God is so great, so strong and so mighty, there's nothing my God cannot do, for you!*

### HOMEWORK ANSWER KEY

1. tomb
2. stone
3. Peter, John
4. alive
5. False; He rose from the dead on the third day.
6. False; no one stole His body because He resurrected.
7. True
8. Answers may vary; suggested answer: to come back to life after dying.
9. They wanted to show their love for Jesus by putting sweet-smelling spices on His body.
10. Answers may vary.

---

**ACTIVITY**

---

**1****Feeling Strips****Objective:** To understand and experience what it was like before and after Jesus' resurrection.**Materials**

- Strips of paper
- Small Ziploc bags
- Pencils
- Permanent markers
- A basket

**Instructions**

1. Write the names provided below on strips of paper and put them in a Ziploc bag. This bag will be for the teacher only. There should only be one name per strip.
  - Peter (Jesus' disciple)
  - John (Jesus' disciple)
  - Mary (Jesus' follower who was the first to discover that His body was gone)
  - Joseph (Jesus' follower who buried Jesus)
  - Nicodemus (Jesus' follower who buried Jesus)
2. Ask students to pick a role from the teacher's Ziploc bag without looking.
3. Give each student five blank strips of paper and a small Ziploc bag.
4. Ask students to write down the name they picked on the Ziploc bag.
5. Explain to students that they will pretend to be the person who they picked when filling out their "feeling strips."
6. Ask students to recall the story of Jesus' resurrection (before and after), and pretend that they had been there witnessing everything. Wow, there were so many complex feelings that each person must have experienced! Encourage students to ask themselves what kind of feelings they would have had seeing Jesus being nailed on the cross, taken to the tomb, wrapped and applied with spices, and laid in the tomb. They should imagine saying one last goodbye, imagine discovering Jesus' missing body, and imagine learning that Jesus had resurrected from the dead. Once they have had some time to think about how they would have felt, they can share their feelings in writing on the strips of paper.
7. Each strip should start with "I feel \_\_\_\_\_ when \_\_\_\_\_." An example would be: "I feel heartbroken when watching Jesus die on the cross."
8. Have students fill out all five feeling strips and put them in their Ziploc bag. When finished, put all the bags in a basket, and have each student randomly choose one.
9. Give students a minute to finish reading their feelings strips and then have them share them with the class.

**2****What Happened?****Objective:** To remind students that Jesus rose from the dead after three days.

Refer to the handout on the next page. The answer is listed below.



*"Jesus was buried but He rose from the dead three days later."*



### What Happened?


**Instructions:** Write the name of each item underneath its drawing. Then add or subtract the remaining letters to solve the puzzle about Jesus.


1.  - ans +  +  - b = \_\_\_\_\_

2.  - ll +  = \_\_\_\_\_


3. but - t +  - ng +  - b = \_\_\_\_\_



4.  - at +  - c = \_\_\_\_\_


5.  - ad = \_\_\_\_\_



6.  = \_\_\_\_\_

7.  - g +  = \_\_\_\_\_


8.  - re = \_\_\_\_\_

9.  - sk +  - d = \_\_\_\_\_

10. the - e +  - t = \_\_\_\_\_

11.  - Mon +  = \_\_\_\_\_

<p>Answer: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>
---

12.  - mb +  - n +  = \_\_\_\_\_

E1 Year 3 Book 2 Lesson 10—Jesus Is Alive

# Homework Assignment

Name: \_\_\_\_\_ Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Bible Truth:** Jesus resurrected from the dead.

**Lesson Objectives:** 1. To understand that Jesus has power over sin and death.  
 2. To learn that Jesus helps us to have victory in our lives.

**Bible Reading:** Please put a check mark in the space when you complete the reading each day.

**Prayer:** Please put a check mark in the space on the days you prayed to God.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bible Reading							
Prayer							

## Memory Verse

Please write down this week's memory verse.

(1 Corinthians 15:20a)

---



---

## What I Learned from the Bible This Week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Homework Assignment

*Understanding What You Have Learned*

## Fill In the Blank

John	stone	alive	Peter	tomb
------	-------	-------	-------	------

1. Jesus was buried in a \_\_\_\_\_.
2. When Mary and her friends arrived at the tomb, they saw that the \_\_\_\_\_ had been rolled away.
3. Mary went to tell \_\_\_\_\_ and \_\_\_\_\_.
4. The angel told the women that Jesus was \_\_\_\_\_.

## True or False

5. Jesus rose from the dead on the fourth day. \_\_\_\_\_
6. The disciples secretly went into the tomb and stole Jesus' body. \_\_\_\_\_
7. The women were the first to see the empty tomb. \_\_\_\_\_

## Short Answer

8. Use your own words to explain what the word "resurrect" means.
- 

9. Why did Mary Magdalene and her friends go to Jesus' tomb?
- 

## Life Application

10. Since Jesus has power over sin and death, He can help us have victory in our daily lives. Have you experienced God's victory in your life? Please use pictures to show how God has helped you overcome a bad habit, save you from danger, make right decisions, etc.

