

June 24-30 Matthew 28; Mark 16; Luke 24; John 20-21

# "HE IS RISEN"

- 1. Guess Whose Hand:** Explain that we're going to start today with a game. Blindfold them and have them take turns feeling different hands to see if they can guess whose it is (Mom/Dad/sister/different stuffed animals/dolls/etc.). Talk about how they knew which hand was whose.
  - Show them the picture of Christ's crucifixion from last week and review what happened to His hands. After He was crucified, did He come back alive again? Read/discuss/summarize Matthew 28:1-8 and talk about what they meant when they said, "He is risen."
  - Show picture of Christ's hands/feet. What are the marks in them from? Explain that after He was risen (resurrected), some people got to feel His hands. What do you think they felt like? Read/discuss/summarize 3 Nephi 11:13-15. How did these people know that it was Jesus Christ? Remind them that He went through the Atonement because of His love for us. Also remind them that Jesus has a body of flesh and bones.
  - Sing "Did Jesus Really Live Again?" (Children's Songbook).
- 2. Because Jesus was Resurrected, I Too Will be Resurrected:**
  - Remind them that we have both a spirit and a body. Our spirits are what make it so our bodies can walk/talk/move/etc. When we die, our spirits leave our body. This is what happened to Jesus when He was crucified. His spirit left His body when He died. When He was resurrected, His spirit and His body came back together again.
  - Print up the spirit/body mittens from <https://www.theredcrystal.org/post/he-is-risen-june-24-30> to help them visualize this. Have them put their hand in the spirit mitten. Lay the body mitten next to it and point out that the body can't move without the spirit in it. Summarize John 20:1-18. Help them use these mittens to demonstrate what happened to Jesus's body and spirit when He died and when He was resurrected. When were they together? When were they apart?
  - Explain that this is what happens to people when they die. Even though we can't see our spirits, they are inside of us. Because of Jesus, our bodies and spirits will be put back together again after we die.
  - Show/discuss "What Happens After We Die" video from lds.org [https://www.churchofjesuschrist.org/media-library/video/2015-08-1080-what-happens-after-we-die?lang=eng&\\_r=1&category=topics/plan-of-salvation](https://www.churchofjesuschrist.org/media-library/video/2015-08-1080-what-happens-after-we-die?lang=eng&_r=1&category=topics/plan-of-salvation)
- 3. Resurrection Rolls:** Follow directions here <http://pleasegivepeasachance.blogspot.com/2010/04/empty-tombsresurrection-buns.html> to make resurrection rolls to show how the tomb was empty after Jesus was resurrected. Can also use this story from *The Friend* to go along with this [https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2017/04/april-2017-friend-magazine-mormon\\_1902933.pdf](https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2017/04/april-2017-friend-magazine-mormon_1902933.pdf).
- 4. Tomb Craft:** While the rolls cook, do the tomb craft from this link: [https://static.wixstatic.com/ugd/e5a618\\_f689ae20fcbe41c185bf8b197a4b20b5.pdf](https://static.wixstatic.com/ugd/e5a618_f689ae20fcbe41c185bf8b197a4b20b5.pdf). Read/summarize/discuss the scriptures that go with each picture. (Let the rolls cool while we finish discussing)
- 5. People's Reactions to Christ's Resurrection:** Ask how they would have felt if they had been able to see Christ when He was resurrected. Excited? Scared? Show pictures of the different people, read descriptions of their reactions, and discuss/summarize the scripture passages. Compare the different reactions. Who do you think you would be the most like? This site also has masks that could be printed up for kids to use to act out the responses <https://www.theredcrystal.org/post/he-is-risen-june-24-30>.



6. “Blessed are They That Have Not Seen, and Yet Have Believed”:
  - Talk about things we can see. If time/interest, make binoculars from toilet paper tubes (instructions here <http://ididityoudoit.blogspot.com/2013/08/spying-out-land.html?m=1>). Walk around the house/neighborhood with them. What are some things we can see with our eyes? We know they're there because we see them.
  - Remind them of how Thomas didn't believe Jesus was resurrected because he hadn't seen him himself at first. Later when he got to see Jesus, he believed. Can we believe in Jesus even if we can't see him right now? Share John 20:29. How can we be blessed for believing in Christ even while we can't see Him? What can help us have faith in Him when we can't see Him? Share experiences that have helped us believe in Christ and share testimonies.
  
7. **Movie and Treats**: Watch “He is Risen” 30 minute video while eating the resurrection rolls. <https://www.youtube.com/watch?v=DqnjOfh3UTM>. Tell them to watch for the different people we discussed.

Additional Ideas:

More videos from lds.org that go with this week's lesson: <https://www.churchofjesuschrist.org/media-library/video/2014-01-010-the-risen-lord-appears-to-the-apostles?category=jun-24-30-matthew-28-mark-16-luke-24-john-20-21&lang=eng>

Resurrection Cookies <http://pleasegivepeasachance.blogspot.com/2008/03/resurrection-cookies.html>

Doubting Thomas Ice Breaker Game <https://teresaklassen.wordpress.com/2010/04/11/doubting-thomas-ice-breaker-idea/>

Doubting Thomas Game <http://easybreezysundayschool.blogspot.com/2015/04/doubting-thomas.html?m=1>

Christ's Hands/Feet:



# EMPTY TOMB ROLLS

(Resurrection Rolls from [pleasegivepeasachance.blogspot.com](http://pleasegivepeasachance.blogspot.com))

*If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9*



3 Ingredients. 3 days.  
3 nights. Biscuits= linens  
Butter and cinnamon= oil  
and spices.



Flatten out a biscuit.  
This represents the linens  
Jesus was wrapped in.  
Mark 15:46.



White marshmallows represent  
our sinless Savior. The butter  
represents the oil Jesus was  
anointed with.  
Luke 23:55-56



Roll the marshmallow in  
spices. Jesus was wrapped  
in linen and spices.  
John 19:38-40



Wrap the linen strips and  
pinch each one to seal.



Roll in butter to prevent  
sticking. Place seam side  
down in a muffin tin.



Bake.  
Read Matt.12:40, Luke 24:1-8.  
Jesus was in the tomb for 3  
days and 3 nights.



Let cool for 5-7 minutes.  
Tear open, the tomb is  
**EMPTY!**  
Romans 10:9

People's Reactions to Christ's Resurrection:  
*descriptions from Crystal Wallace*



Soldier: I was guarding the tomb. An angel came and rolled the stone off of the tomb door. I was very scared. Matthew 28:2-4



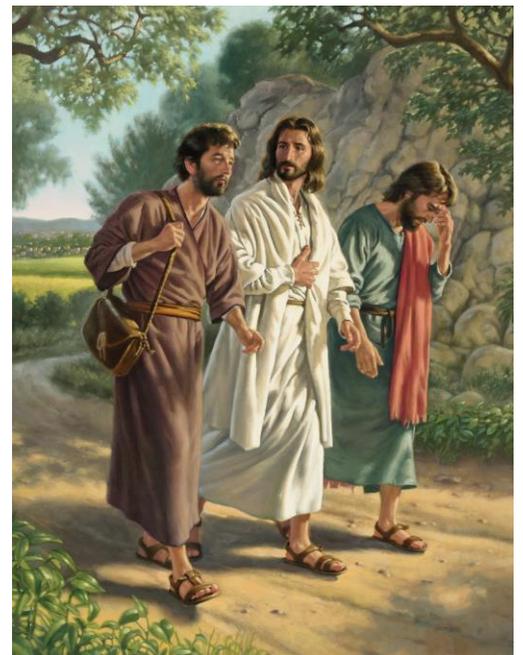
Mary Magdalene: The tomb was empty. I thought the gardener was talking to me. I asked him where Jesus's body was. It was Jesus, he is alive! John 20:11-18



Peter: I ran to see the empty tomb. Jesus's body was gone. Later that evening, the disciples had a secret meeting. Jesus appeared to us! He asked us to touch Him. He ate food. He has a body. Luke 24: 36-43



Thomas: I wasn't at the secret meeting with the other apostles. They told me that Jesus appeared to them. I didn't believe them. Then we had another meeting and Jesus came. I felt bad for not believing. John 20:19-29



Two traveling disciples: We didn't recognize Jesus at first. He shared scriptures with us and we asked him to stay (abide) with us. Our hearts felt the spirit when He talked to us. Luke 24:13-35