

Unit 28: Jesus Is Alive

Unit Description: Jesus' resurrection was no secret. For 40 days, Jesus appeared to His disciples and hundreds of others so that they would know He is alive forevermore. Jesus wants everyone to know Him, trust Him, and live for Him.

Big Picture Question: How do we know that God wants us to know Him? We can know that God wants us to know Him because He has revealed Himself through His Word.



SESSION 1: Jesus Appeared to the Disciples Luke 24



SESSION 2: Jesus Appeared to Thomas John 20



SESSION 3: Jesus Forgave Peter John 21



SESSION 4: God Wants Us to Know Him Matthew 28



UNIT 28 | SESSION 1

JESUS APPEARED TO THE DISCIPLES

LUKE 24

KEY PASSAGE:

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent. John 17:3 NIV

BIG PICTURE QUESTION:

How do we know that God wants us to know Him? We can know that God wants us to know Him because He has revealed Himself through His Word.

CHRIST CONNECTION:

For 40 days, Jesus presented Himself to over 500 people and proved that He is alive. (1 Corinthians 15:3-8) Jesus is still alive today. He sends out believers to tell others about Him.



PRIOR TO TEACHING THE SESSION



LEADER Bible Study

In the final chapter of Luke's Gospel account, we receive insight into how Christ made His resurrection power known. The manner He chose to reveal His newly resurrected body teaches us how we can share and receive His gospel truths in the present day. Since Christians today represent the body of Christ in action, we serve as living, tangible proof of His resurrection power in the world. Just as the earliest followers sought to make His life, death, and resurrection known within their circles, we too must seek to share the gospel with the world today.

Why did Christ return to the people after His crucifixion? What knowledge did He seek to impart to them amidst their weariness and confusion?

Though Christ now sits at the right hand of God, shortly after His resurrection He chose to stand in His followers' midst, that His resurrected humanity might become apparent to them. The first greeting He offered was that of peace through the gift of His presence.

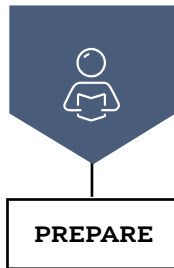
The questions He posed were rhetorical: "Why are you troubled? For what reason do you doubt?" Jesus recognized their fear and welcomed His disciples to see and touch His body so that their fear may be overcome with

belief. His desire was that they would realize their need for His peace and be assured by the power of His resurrected presence.

As you prepare to teach kids about Christ's resurrection, reflect on the peace that His presence provides. He left the comfort of heaven that we would have peace with the Father through His death and resurrection. The disciples saw and believed in Christ's resurrection and would later come to profess His peace throughout the world. Only Jesus provides peace to all who trust in Him as Savior. By teaching this story to your group, you're extending the legacy of the earliest church members!

TERMS TO KNOW

Peace: Jesus said, "Peace to you!"
Spiritual peace is a sense of well-being and fulfillment that comes from God and is dependent on His presence.



PRIOR TO TEACHING THE SESSION

GATHER Supplies

Keep a regular supply of the following items available at all times: Bibles, pens or pencils, markers, crayons, colored pencils, scissors, glue or tape, paper.



WELCOME

Activity Page

- ☐ "It's All about Jesus" activity page

Session Starter (Option 2)

- ☐ inflated balloon
- ☐ piece of wool
- ☐ paper plate
- ☐ canister of pepper



LEARN

Introduce the Session

- ☐ countdown video

Big Picture Question

- ☐ Big Picture Question Poster

Review the Timeline

- ☐ Giant Timeline

Tell the Bible Story

- ☐ "Jesus Appeared to the Disciples" video
- ☐ Bible Story Picture Poster

Questions from Kids

- ☐ "Unit 28, Session 1" questions from kids video

Missions Moment

- ☐ "Send City Denver" missions video
- ☐ map of the United States

Key Passage Activity

- ☐ Key Passage Poster
- ☐ "This Is Eternal Life (John 17:3)" song
- ☐ worship song of your choice (optional)
- ☐ large sheet of paper
- ☐ fly swatter or spatula
- ☐ stopwatch or timer



LOVE

Review & Bible Skills

- ☐ Small Group Timeline and Map Set
- ☐ world map



LIVE

Activity Choice (Option 1)

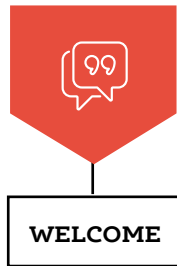
- ☐ white paper or white socks

Activity Choice (Option 2)

- ☐ Big Picture Question Poster
- ☐ magnifying glasses, 4

Journal and Prayer

- ☐ Journal Page
- ☐ "Many Witnesses" activity page



WELCOME Kids

Greet each kid as he or she arrives. Use this time to collect the offering, fill out attendance sheets, build relationships, and help new kids connect to your group.

| **SAY** “Who is your favorite person to visit you at your house? Why is he or she your favorite?”

1 ACTIVITY PAGE (5 minutes)

Invite kids to complete “It’s All about Jesus” on the activity page.

| **SAY** “The Bible is made up of 66 books and those books are placed into specific divisions. But no matter how the Bible is divided, it is all about Jesus. Today, we will learn how Jesus explained the Bible to His disciples.”

2 SESSION STARTER (10 minutes)

☐ OPTION 1: DO YOU RECOGNIZE ME?



Lead kids to sit in a circle and close their eyes. Tell the kids that you will walk around the circle and tap someone on the head. Explain that whoever is tapped on the head must say a word aloud such as “cat” or “pineapple.” Explain that kids cannot disguise their voice but must simply talk as normal. Tell kids that once the person has spoken, they can all open their eyes. Lead kids to guess who spoke the word. If the majority of the group guesses correctly, that person is out. Continue playing, choosing to tap different kids each time.

| **SAY** “When we hear a familiar voice, such as a friend or a family member, we can usually recognize it easily. After Jesus rose from the dead, His followers didn’t always recognize Him at first. At the right time, Jesus revealed Himself and showed over 500 people that He is alive! Let’s get ready to learn more about why Jesus appeared to His disciples.”

☐ OPTION 2: PROVE IT



Before the session, gather an inflated balloon, a piece of wool, a paper plate, and a canister of pepper. Invite the kids to sit in front of you. Then hold up the pepper.

| **SAY** “Do you think I can move pepper off the plate without touching it? [Allow responses.] Let’s see if I can prove it to you.”

Sprinkle some pepper on the paper plate. Rub the inflated balloon with the piece of wool or invite a kid to rub the balloon across his hair. Hold the balloon about an inch or two away from the pepper and prompt kids to look closely as the pepper “jumps” onto the balloon. Repeat the activity, allowing kids to try it for themselves.

| **SAY** “Through a simple experiment, I was able to prove to you that I could move pepper without touching it. Today, we will learn that Jesus proved to His disciples that He is alive. Let’s get ready to learn how Jesus proved He’s alive.”





THE STORY OF THE GOSPEL

INTRODUCE the Bible Story

1 INTRODUCE THE SESSION (3 minutes)

Show the countdown video as you transition to introduce the Bible story. Set it to end as the session begins.

SAY “Hello, everyone. My name is [your name]. I am so happy to see you and share our Bible story with you! Today, we will learn about a miraculous surprise visit that changed everything for Jesus’ disciples. How do you feel about surprise visits? [Allow responses.]

If you brought a Bible, please take it out and open it to the book of Luke. [Distribute Bibles to kids who need one.] The book of Luke is in the New Testament and is the third Gospel book. The word ‘gospel’ means good news, and we will hear some good news today in our Bible story. Let’s get our hearts ready to hear how Jesus appeared to His disciples. ”

2 BIG PICTURE QUESTION (1 minute)

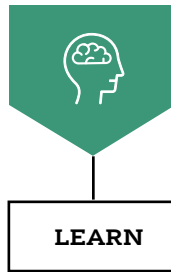
SAY “Since we are beginning a new unit, we have a new big picture question and answer. We are asking, **How do we know God wants us to know Him?** Before I share the answer we’ll learn, how would you answer this? [Allow responses.] The answer we’ll learn is, **We can know God wants us to know Him because He has revealed Himself through His Word.** Let’s say it again together: **We can know God wants us to know Him because He has revealed Himself through His Word.**

We get to know people in our lives through conversations, video chat, emails, or even written letters. God has given us His Word so we can know Him. As we read our story today, we will learn how Jesus revealed who He is to His disciples through His resurrected appearance and by explaining the Scriptures to them. Jesus helped His disciples understand that He alone is the way to God because only He can offer forgiveness of sins. ”

3 REVIEW THE TIMELINE (1 minute)

Show the giant timeline. Point to individual Bible stories as you review.

SAY “The Bible teaches us God’s plan to save people from their sin. God’s plan to provide a Rescuer came true when Jesus came to earth. He lived a perfect life in our place. He was crucified on the cross even though He was not guilty of any crime. Then He was buried in a tomb, but that was not the end! God raised Jesus to life on the third day. Jesus is alive! Jesus lives forever to reign over the universe as the King of kings. Today, we will learn that after Jesus rose from the dead, He showed His followers that He is really alive by visiting them, eating with them, and continuing to teach them His Word. Let’s learn how Jesus appeared to His disciples and taught them about His mission for them. ”



THE STORY OF THE GOSPEL

LEARN the Bible Story

1 TELL THE BIBLE STORY: VIDEO OR STORYTELLER (10 minutes)

Open your Bible to Luke 24. Use the Bible storytelling tips to help you tell the story, or show the Bible story video “Jesus Appeared to the Disciples.” Use the bold text to retell or review the story.

JESUS APPEARED TO THE DISCIPLES

“On the first day of the week, in the evening, Jesus’ disciples gathered together in a house in Jerusalem. News about Jesus was spreading. Some of Jesus’ followers reported that Jesus wasn’t dead anymore. Two of Jesus’ followers told the other disciples that Jesus had appeared to them on the road to Emmaus. They had traveled with Him and once they reached their destination, they invited Him to stay with them. They had recognized Him when He broke bread with them.

As the disciples talked, Jesus came and stood among them. “Peace to you!” He said.

The disciples were surprised and terrified. They couldn’t believe their eyes! Was this really Jesus? The disciples thought they were seeing a ghost.

“Why are you afraid?” Jesus asked. “It’s Me! Why do you doubt? Look at Me and touch Me. You can see that I’m not a ghost. A ghost does not have flesh and bones like I do.”

Jesus showed the disciples His hands and His side. They saw the holes in Jesus’ hands and in His side. It seemed too good to be true, but Jesus really was alive!

“Do you have anything here to eat?” Jesus asked. The disciples gave Jesus some fish, and He ate it.

Jesus talked to the disciples and explained the Bible to them. He helped them understand how the Law of Moses, the Prophets, and the Psalms told about Him. The Scriptures said the Messiah would suffer and rise from the dead so that people could be forgiven for their sins. Then Jesus told the disciples that they had a job to do. The disciples needed to tell other people to repent from their sin and be forgiven.

Christ Connection: For 40 days, Jesus presented Himself to over 500 people and proved that He is alive. (1 Corinthians 15:3-8) Jesus is still alive today. He sends out believers to tell others about Him. ”

STORYTELLING TIPS

Use facial expressions: Invite kids to make faces to represent the emotions of each character as you tell the Bible story.

Discuss Bible divisions: Hold up a Bible and turn to the first five books of the Bible to point out the Law of Moses. Then turn to any of the books of the Prophets, finally turn to the book of Psalms. Remind kids that the whole Bible points to Jesus.



THE STORY OF THE GOSPEL

2 REVIEW THE BIBLE STORY

SAY “Imagine you are one of the disciples and you saw how Jesus had died. It would have been a scary time to see the man you followed for three years die on a cross, and then also know that the religious leaders were against Jesus’ followers. Jesus’ disciples were scared and unsure of what the future would hold. They were hiding in a room in Jerusalem because they were afraid.

Then all of a sudden, Jesus appeared in the room. Some of Jesus’ followers had already seen Him, including Mary Magdalene and the disciples on the Emmaus road. Now the rest of the disciples, except Thomas, were staring at Jesus right in front of them. How did the disciples react when Jesus appeared to them? Look at Luke 24:37. **[Choose a volunteer to read aloud Luke 24:37.]** They were startled and terrified. They thought they were seeing a ghost. But Jesus was not a ghost. He really is alive!

How did Jesus prove He is alive? Look at Luke 24:39-40. **[Choose a volunteer to read aloud Luke 24:39-40.]** Jesus showed them His hands and feet. He even invited them to touch Him. Jesus also proved He was not a ghost and that He is really alive by eating fish. He had real flesh and bones. He was hungry and wanted food.

After Jesus ate, He spent time with the disciples and explained the Bible to them. Jesus taught how all the Scriptures in the Old Testament pointed to Him as the Messiah. Jesus also told them they had a job to do. What was the job Jesus gave them? **[Allow responses.]** He told the disciples that they were to share the good news of the gospel with others. Jesus gives all of His followers, including us, this same job. We must tell everyone the importance of repenting of sin and receiving forgiveness through faith in Jesus. ”

3 CHRIST CONNECTION

SAY “For 40 days, Jesus presented Himself to over 500 people and proved that He is alive. (1 Corinthians 15:3-8) Jesus is still alive today. He sends out believers to tell others about Him. ”

(Tip: Use Scripture and the Gospel Plan Poster to explain how to become a Christian. Make sure kids know when and where they can ask questions.)

4 QUESTIONS FROM KIDS (3 minutes)

Show the “Unit 28, Session 1” questions from kids video. Prompt kids to discuss:

1. How can we know that Jesus is alive today?
2. How can you know and have a relationship with Jesus?

5 MISSIONS MOMENT (3 minutes)

Display a map of the United States and point to Denver, Colorado.

SAY “Denver, Colorado, is a beautiful city with the Rocky Mountains in view. Many people move



THE STORY OF THE GOSPEL

to the area to enjoy its beauty and participate in its fun outdoor adventures, such as snow skiing, snowboarding, snowmobiling, kayaking, hiking, and riding mountain and road bikes. ”

Point out that Denver is a large city with about 2.9 million people. Tell kids that it is the 15th largest city in the United States. Explain how more churches are needed to reach the many people living in Denver. Tell kids that Dave Howeth, Denver's Send City missionary, worked in Denver as a church planter strategist in 2007. Share how he worked with other organizations for three years and then returned in 2012 to serve as a missionary in Denver.

Play the missions video. Then close in prayer, asking God to help more churches partner with the missionaries and churches in Denver. Ask God to send more missionaries to start more churches in Denver and tell more people about Jesus.

6 KEY PASSAGE ACTIVITY (5 minutes)

Show the key passage poster. Lead kids in reading aloud John 17:3 together.

Before the session, use a marker to write the words of the key passage out of order on a large sheet of paper. For larger groups, consider having more than one large sheet of paper. Hang the paper over a door. Challenge kids to use a fly swatter or a spatula to see how quickly they can swat the words in order of the key passage. Time each child and declare a winner. After they have all finished, invite them to practice saying the verse aloud.

SAY “ Jesus defeated sin and death. When we trust in Him, we are forgiven and given eternal life. Everyone needs to hear the good news of the gospel! ”

Lead kids to sing “This Is Eternal Life (John 17:3).” You may also choose to sing a worship song of your choice.

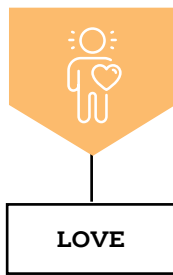
7 PRAY (2 minutes)

Invite kids to pray before transitioning to Love.

SAY “ God, thank You for sending Your Son Jesus. Help us trust in Jesus and give us the boldness to tell others the good news of Jesus. We praise You that Jesus is alive. Amen. ”

Transition from **LEARN** to **LOVE**





THE GOD OF THE GOSPEL

LOVE God by Applying the Story

1 REVIEW & BIBLE SKILLS (5 minutes)

Distribute Bibles and display the New Testament Israel Map. Guide kids to open their Bibles to Luke 24. Explain that the Gospel of Luke was written by a doctor named Luke. Tell kids that Luke was a friend of the apostle Paul, and he recorded the disciples' testimonies of their time with Jesus. Share how Luke's Gospel provides us with eyewitness accounts of Jesus' life, death, and resurrection.

Consider comparing the New Testament Israel Map to a modern-day map to help kids understand where these stories took place. (Tip: Locate the areas in and around modern-day Jerusalem [H4].) Choose a volunteer to read aloud Luke 24:26-27,32.

SAY “ Before Jesus had even appeared to His disciples in that room, He had appeared to two men walking on the road to Emmaus. Jesus explained the Scriptures to them and told them that God’s plan had always been for Him to die for the sins of the world. Later, after they recognized Jesus, they marveled and delighted in Jesus’ words when He helped them understand the Scriptures. Not only did Jesus prove He is alive by visibly appearing to His followers for 40 days, but He also used the Bible to prove that He is the fulfillment of God’s plan. Our hearts can trust and believe, like these two men, that Jesus is alive and He is the only way to be saved. ”

2 GROUP DISCUSSION (10 minutes)

Ask the following questions. Lead the group to discuss.

SAY “ Why do you think the disciples thought Jesus was a ghost? ”

Discuss how Jesus suddenly appeared in the room and how people don’t just enter a room without first walking through a door. Tell kids that if Jesus has power to rise from the dead, then He certainly has power to suddenly appear in a room. Explain that while Jesus could appear, He still had a visible body that showed His scars and He ate food.

(Option: Choose a volunteer to read John 20:19-20.)

SAY “ Jesus told His disciples ‘Peace to you.’ How does Jesus bring us peace with God? ”

Remind kids that Jesus forgives our sins and makes the way for us to come to God. Tell kids that Jesus’ death has satisfied the wrath of God over our sins, and we now have peace with Him.

(Option: Choose a volunteer to read Rom. 5:1.)

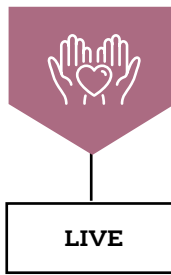
SAY “ In Luke 24:48, Jesus called His disciples witnesses. What were they witnesses of? ”

Tell kids that Jesus had opened their hearts to understand the Bible and how Jesus is the promised Messiah. Explain that the disciples were witnesses of Jesus’ life, death, and resurrection and now they could share the good news with others.

(Option: Choose a volunteer to read Acts 10:39-42.)

Transition from **LOVE** to **LIVE**





THE MISSION OF THE GOSPEL

LIVE the Mission

1 ACTIVITY CHOICE (10 minutes)

☐ **OPTION 1: SNOW MUCH FUN**



Tell kids that Denver, Colorado, is ninth on the list of US cities with the most snowfall in a year. Explain that Denver averages about 57 inches of snow each winter.

Form kids into two teams and provide teams with either white paper or white socks to form “snowballs.” Designate a side of the room to each team. Instruct kids to throw their “snowballs” at the other team, aiming below the head. Tell kids that if they get hit with a “snowball” they are out. Continue until one team remains. Lead kids to help pick up the paper or socks.

SAY “Next time you see or hear about snow, remember to pray for the people who live in Denver and the missionaries who are reaching them. When we trust in Jesus, He takes away all our sin and makes us whiter than snow. We can pray that the people of Denver will trust in Jesus and experience His forgiveness.”

☐ **OPTION 2: GIVE US UNDERSTANDING**



Print the words Jesus Appeared to His Disciples on copy paper in tiny font, preferably size three or four. Tape four copies to a wall. Form kids into four groups and have each group line up in front of a paper. Lead groups to stand about six feet away from the paper. Ask kids if they can see anything on their paper. Continue leading kids to step closer to their paper, asking if they can make out how many words are on the paper, until they are right against it. Ask kids if they can read the words. Finally, give each group a magnifying glass. Direct them to take turns reading the words on their paper. Then read 1 John 5:20.

SAY “You all had to be given a magnifying glass to read and understand what was on the paper. In a similar way, when Jesus appeared to the disciples, He opened their eyes to see and believe the Scriptures. God wants us to know Him because He has revealed Himself through His Word—Jesus.”

2 JOURNAL AND PRAYER (5 minutes)

Distribute journal pages and pencils. Guide kids to think about and answer the questions listed on the page. As kids journal, invite them to share their ideas.

- What does this story teach me about God or the gospel?
- What does the story teach me about myself?
- Are there any commands in this story to obey? How are they for God’s glory and my good?
- Are there promises in this story to remember? How do they help me trust and love God?
- How does this story help me to live on mission better?

Review the gospel and encourage kids to speak with you or another teacher if they have questions. Then pray, thanking God for raising Jesus from the dead and asking Him to help us share the gospel with others. As time allows, lead kids to complete “Many Witnesses” on the activity page.



JOURNAL PAGE

1. What does this story teach me about God or the gospel?
2. What does this story teach me about myself?
3. Are there any commands in this story to obey? How are they for God's glory and my good?
4. Are there any promises in this story to remember? How do they help me trust and love God?
5. How does this story help me to live on mission better?

FOLD



Unit 28 • Session 1

JESUS APPEARED TO THE DISCIPLES

Luke 24

**HOW DO WE KNOW THAT GOD WANTS US TO KNOW HIM?
WE CAN KNOW THAT GOD WANTS US TO KNOW HIM BECAUSE HE HAS
REVEALED HIMSELF THROUGH HIS WORD.**

On the first day of the week, in the evening, Jesus' disciples gathered together in a house in Jerusalem. Jesus' followers reported that Jesus wasn't dead anymore. Two of Jesus' followers told the other disciples that Jesus had appeared to them on the road to Emmaus.

As the disciples talked, Jesus came and stood among them. "Peace to you!" He said.

The disciples were surprised and terrified. The disciples thought they were seeing a ghost.

"Why are you afraid?" Jesus asked. "It's Me! Why do you doubt? Look at Me and touch Me. You can see that I'm not a ghost. A ghost does not have flesh and bones like I do."

Jesus showed the disciples His hands and His side. Jesus really was alive!

Jesus talked to the disciples and explained the Bible to them. He helped them understand how the Law of Moses, the Prophets, and the Psalms told about Him. The Scriptures said the Messiah would suffer and rise from the dead so that people could be forgiven for their sins. Then Jesus told the disciples that they had a job to do. The disciples needed to tell other people to repent from their sin and be forgiven.

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It's All about Jesus

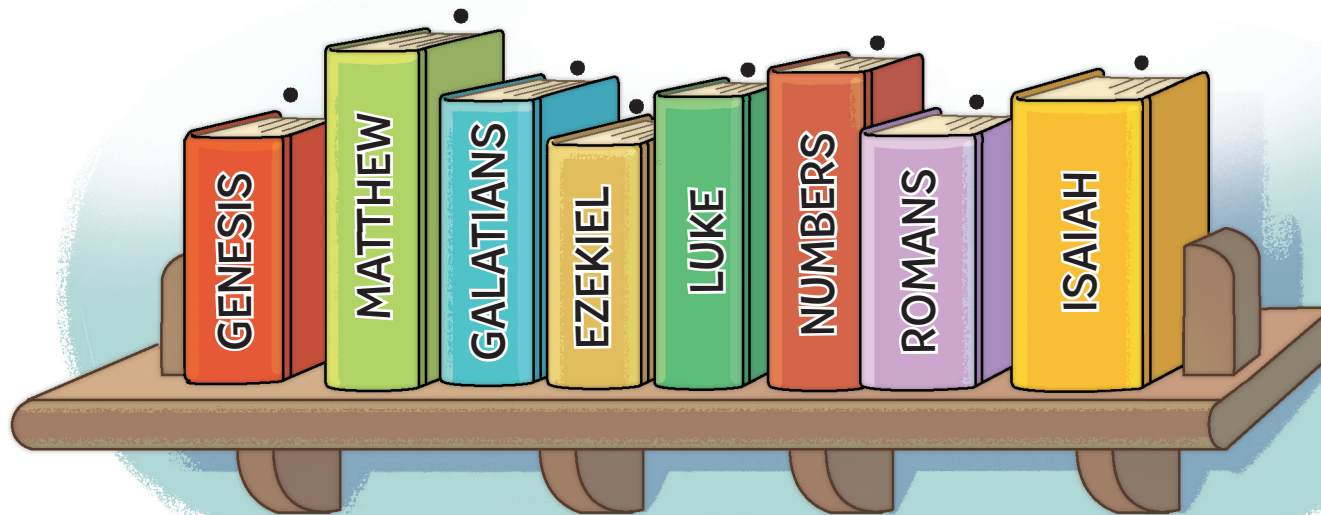
Jesus explained the Scriptures to the disciples and helped them understand how it's all about Him. Match each book of the Bible to its correct division.

LAW

PROPHETS

GOSPELS

LETTERS



Many Witnesses | Look up and read 1 Corinthians 15:3-8. Then fill in the blanks to reveal all the different people who saw the resurrected Christ.



👁 C _ _ P _ _ A S

👁 THE T _ _ _ L _ _ E

👁 OVER _ _ _ V _ _ H _ _ N _ _ _ E D PEOPLE

👁 J _ _ _ E _ _

👁 _ _ L _ _ THE A _ _ O _ _ T _ _ _ S

👁 P A U _ _

NAME: _____



the **GOSPEL** PROJECT

Jesus Appeared to the Disciples

BIBLE STORY SUMMARY:

- Jesus had already appeared to two of His followers on the road to Emmaus when His disciples gathered together in a house in Jerusalem.
- As the disciples talked, Jesus came and stood among them. "Peace to you!" He said.
- Jesus showed the disciples His hands and His side. Jesus really is alive! Then Jesus explained Scripture to them.

CHRIST CONNECTION:

For 40 days, Jesus presented Himself to over 500 people and proved that He is alive. (1 Corinthians 15:3-8) Jesus is still alive today. He sends out believers to tell others about Him.

KEY PASSAGE: John 17:3

BIG PICTURE QUESTION:

How do we know that God wants us to know Him? We can know that God wants us to know Him because He has revealed Himself through His Word.

