

He's Alive!

Matthew 27:57-61; 28:1-10, 16-20; *The Desire of Ages*, pp. 769-794, 818-828

Have you ever had some good news you wanted to share? Maybe you just couldn't wait to tell someone! Mary Magdalene was among the first to know that Jesus had been resurrected. And she couldn't wait to tell the world!

It was Sunday morning after the most difficult Sabbath of Jesus' disciples' lives. Jesus had died just a few hours before sundown on Friday.

And His sad, troubled followers had buried Him quickly in a tomb that belonged to Joseph of Arimathea. Then they had hurried home to observe the Sabbath.

The women who had been at the cross wanted to serve Jesus by caring for His body. They had followed and watched as He was laid in the tomb. They saw the heavy stone rolled across the opening to seal it. They, too, had rested on the Sabbath. But at daylight on Sunday morning they hurried to the grave. The burial

spices they carried were to anoint His body.

Who is going to roll away that heavy stone for us? they wondered as they neared the tomb.

They didn't know that an angel had already been to the tomb. With a mighty earthquake he had rolled away the stone. And he had called Jesus to life in the name of the Father.

The women trembled at the sight of the open tomb. Bravely they



The Message

We serve God when we tell others that Jesus is risen.

Memory Verse

“He said to them, ‘Go into all the world and preach the good news to all creation’ ”

(Mark 16:15, NIV).

looked inside. An angel, shining with the glory of heaven, spoke to them. “Don’t be afraid,” said the angel. “I know that you are looking for Jesus, but He is not here. He has risen from the dead, just as He said He would. Go quickly and tell His disciples, ‘Jesus is on His way to Galilee, and you will see Him there.’ ”

Can you imagine the shock? After all that had happened the past few days, the women probably didn’t know what to think. The Bible says with fear and great joy they ran to tell the others.

Can’t you imagine them dropping their spices? Can you see them running back to town as fast as they could go? Do you think they were full of energy? Of course they were! Do you think they were enthusiastic? Without a doubt! Nothing could stop them! They had to share the good news! Jesus had risen from the dead!

We have the honor of sharing that same message with the world today. Before He left earth to return to heaven, Jesus spoke to His followers.

“Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,” He said.

Are you ready to tell the world the good news about Jesus?





S A B B A T H

READ With your family, read the lesson story. Talk about how you are going to feel when you see Jesus.

DO Use the following to teach your memory verse to your family.

He said to them,	Point upward.
Go	Point straight ahead.
into all the	Make a globe
world	shape with arms.
and preach the	Point finger to others, as
good news	if telling someone something.
to all creation.	Sweep outstretched arms.
Mark 16:15	Palms together, then open.

S U N D A Y

READ Read and discuss Matthew 27:57-61. Who was this Joseph? Who else went to Pilate? Why? What day of the week was it? What did Pilate agree to?

DO With the help of an adult, pop some popcorn and see how it changes. Compare it with the unpopped popcorn. How is this like Jesus' resurrection? Share the popcorn with your family and thank Jesus that He's alive.

After Jesus died and came back to life, many people saw Him. Mary and the disciples are some of them.



M O N D A Y

READ Read and discuss Matthew 28:1-10 with your family. Describe the angel. Who did the women see when they left the tomb? What did the angel say?

SHARE Share the empty plastic egg (or another empty container) you received in Sabbath School with someone this week. Tell them about Jesus' death and resurrection.

DO Check out a world mission Web site. Try the Adventist Development and Relief Agency at <ADRA.org>. Also try Adventist Frontier Missions at <afmonline.org>.

W E D N E S D A Y

SING During worship have everyone sing "He Lives" (*The SDA Hymnal*, No. 251) or "He Is Lord" (*Sing for Joy*, No. 87).

DO Have your family try this: Stand with their toes touching a wall. Press their wrists and fingernails against the wall as hard as they can. Count to 30, by counting one-one thousand, two-one thousand, etc. When they reach 30, have them turn around. Their arms will begin to float upward from the muscle tension. Ask what it reminds them of. (Jesus rising from the dead.)

T U E S D A Y

READ With your family read and discuss Matthew 28:2-4 and verses 11-15. What did the guards tell the chief priests? What did the priests do? Why?

DO Just before family worship, build a pretend cave in the living room. Have someone hide in the "cave." Tell your family that you have the best news in the world. Say loudly, "He's alive!!!" When the hidden person hears this they are to burst out of the "cave."

T H U R S D A Y

READ With your family read and discuss Matthew 28:16-20. What did Jesus ask the disciples to do? What did He promise them? Is this for us today?

DO Make up a 30-second chant about our amazing, living Jesus. Share it with a friend at school.

DO Look at a globe or world map. Where in the world would you like to go to share Jesus? Now look out your window. Is there someone right on your street or even in your own house to share Jesus with?

PRAY Ask God to help you know what to say and do when sharing Jesus with others.

F R I D A Y

READ During worship, read and discuss Luke 24:1-12 and 36-53. How did the disciples feel when the women gave them the news? How did they feel when they saw Jesus? After Jesus talked with them? Where is Jesus now? What do you think about that?

ASK Ask a grown-up to tell about a time they told someone about Jesus. What happened?

He's Alive!

PUZZLE

Directions: Write the answers for the following questions on the lines provided. The letters in the box spell the message of hope we have for the world.

1. What did the women feel when the angel said Jesus was alive?
2. Who ran to tell the disciples that Jesus was alive?
3. What do you do when you have good news?
4. What is another word for "risen from the dead"?
5. Jesus said to "make disciples of all."



A crossword puzzle grid consisting of a vertical column of 10 squares and a horizontal row of 10 squares intersecting at the 5th square from the top. The rest of the grid is empty.