

**LIFE OF CHRIST**  
from the gospel of  
**Mark**

**LESSON 12**

**JESUS IS ALIVE!**

**MARK 16:1-16**

# Life of Christ

## Jesus is Alive!

## Mark 16:1-16

### Younger Verse

Those who believe without seeing are blessed.

John 20:29

### Older Verse

Jesus said, "Because you have seen me, you have believed. Those who believe without seeing are blessed."

John 20:29

### Lesson Goals

**Learn that Jesus rose from the dead after three days in the tomb**  
**Learn that Jesus appeared to several people, including the disciples**  
**Learn that the disciples had to see Jesus to believe He was alive**

### Opener

*Have you ever received some news that you did not believe? Did you later find out that it was true? The disciples received some exciting news, but they had trouble believing it. Let's see what happens.*

### Bible Story

*Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible. Do **NOT** read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.*

Last week, we learned about how Jesus died on the cross. It was a very painful time for Him. But it was all part of God's plan to save us and give us eternal life.

A man named Joseph of Arimathea had taken Jesus' body down from the cross. He wrapped the body in linen cloth and placed it in a tomb formed out of a large rock. Then he rolled a huge rock in front of the opening of the tomb. Two of the women were there with Joseph and saw the place where he put Jesus.

Three days later, on Sunday morning, three women took some sweet-smelling spices they had purchased to put on Jesus' body. That is what people did back then. They were wondering who they could ask to roll the huge, heavy rock away from the opening to the tomb. When they got there, the rock had already been rolled away! They ran inside and saw a young man in a white robe sitting down. He was an angel. The women were afraid. Where was Jesus' body? The angel said, "Do not be afraid. You're looking for Jesus, who was killed on a cross. He has risen from death! You see that His body is not here. Now go and tell His followers. And be sure you tell Peter. Tell them to go to Galilee, and Jesus will meet them there."

The women were so scared that they were shaking! They left the tomb and ran away. They did not tell anyone what had happened because of their great fear.

Later that day, Jesus appeared to Mary Magdalene, one of the women who had been at the tomb. After Mary saw Jesus, she went and told the disciples. When she got there, they were very sad and were crying. She told them that she had seen Jesus, but they were so filled with grief that they did not believe her.

Then Jesus appeared to two friends while they were walking. They went back to the disciples and told them they had seen Jesus, but again, the disciples did not believe.

Finally, Jesus appeared to the disciples while they were eating. He told them that they should have believed that He was alive. After all, He had told them He would come back to life. But they chose to believe only when they had seen Him with their own eyes.

Everything we've talked about really did happen. We are given the chance to believe it without being able to see Jesus with our eyes. When Jesus came back to life, He showed us that He really is God's Son.

The last thing Jesus said to His disciples was a command. He told them to go throughout the world and tell people the Good News. What is the Good News? *Jesus is the Good News!* The fact that He died on the cross and rose again three days later is what we must believe to be saved. And this Good News is for all people.

We can celebrate Easter every day by telling others the story of Jesus. Then, we are obeying His command to tell everyone the Good News!

#### Review Questions

1. How long had Jesus been in the tomb when the women came to visit? (three days)
2. What did the angel tell the women? (Jesus had risen from the dead; to go tell the disciples)
3. Did the disciples believe Mary and the other friends when they said they had seen Jesus? (No)
4. When did the disciples believe that Jesus was alive? (When He appeared to them.)

#### Prayer Time

Thank God that He raised Jesus from the dead. Pray that we will have the faith to believe in Jesus, even though we haven't seen Him.

#### Life Application

*Why was it so hard for the disciples to believe that Jesus was alive? Remember, they had watched Jesus die on the cross. That was a very real image in their minds. With that picture fresh in their minds, it would be difficult to think that now, three days later, He was alive again!*

We may think we would have believed when someone told us about Jesus. But would we? How many times did it take before we believed in Jesus? Or are we still not sure about Him? Jesus said that we are blessed when we believe in Him without seeing Him. That is what faith is: believing without seeing (Hebrews 11:1). Jesus can take our small amount of faith and turn it into something great, just like He told His disciples. Let's be willing to take that small step of faith—and help others to do the same.

Planning for Lesson 13  
Jesus is Lord of the Sabbath  
Mark 2:23-28

## **Preschool Lesson for Jesus is Alive!**

(Teacher: If desired, bring a large rock that will fit over a plastic cup. Lift the large rock off of the cup for a visual of the empty tomb.)

Last week, we learned about how Jesus died on the cross. It was a very painful time for Him. But it was all part of God's plan to save us and give us eternal life.

A nice man named Joseph put Jesus' body in a cave-like tomb formed out of a large rock. Then he rolled a huge rock in front of the opening of the tomb (Hold up the large rock; then place over the cup). Two of the women were there with Joseph and saw the place where he put Jesus.

Three days later, on Sunday morning, three women took some sweet-smelling spices to put on Jesus' body. That is what people did back then. They were wondering who they could ask to roll the huge, heavy rock away from the opening to the tomb. When they got there, the rock had already been rolled away (Lift the rock off of the cup; show children the empty cup.)! They ran inside and saw a young man in a white robe sitting down. He was an angel. The women were afraid (Have children make their scared faces). Where was Jesus' body? The angel said, "Do not be afraid. You're looking for Jesus, who was killed on a cross. He has risen from death! You see that His body is not here. Now go and tell His followers."

The women were so scared that they were shaking (Have kids shake their hands.)! They left the tomb and ran away. They did not tell anyone what had happened because of their great fear.

Later that day, Jesus appeared to Mary Magdalene, one of the women who had been at the tomb. After Mary saw Jesus, she went and told the disciples. Then Jesus appeared to two friends while they were walking. They went back to the disciples and told them they had seen Jesus.

Finally, Jesus appeared to the disciples while they were eating. The last thing Jesus said to His disciples was a command. He told them to go throughout the world and tell people the Good News. What is the Good News? *Jesus is* the Good News! The fact that He died on the cross and rose again three days later is what we must believe to be saved. And this Good News is for all people.

We can celebrate Easter every day by telling others the story of Jesus. Then, we are obeying His command to tell everyone the Good News!

Sing "Celebrate Jesus!"

## **Hands-on Activities for Jesus is Alive!**

For preschoolers, bring objects and distinguish whether they are alive or not alive. (Examples may include plants, pictures of people, chair, toys, rocks) Talk about what it means to be alive. Then, share how Jesus came back to life. Explain that we celebrate Easter because Jesus is alive!

Place words or phrases of the verse on slips of paper inside plastic eggs. Hide the eggs and let the kids find them and put the verse in order.

Bring seeds to pass out to the students. Talk about how a seed has to be put in the ground before it can bring life. Compare this to Jesus—He had to die and be buried to have the victory of the resurrection! You could also bring flowers to show what the seeds become. Flowers are a great way to celebrate life!

Bring hard-boiled eggs for the children to decorate. Talk about how eggs represent new life. We can have new life in Christ!

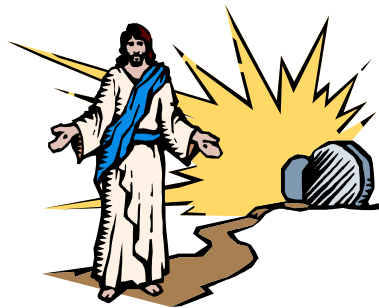
Try singing “Celebrate Jesus” or “He is Lord” to emphasize the significance of Jesus’ resurrection.

**Those who  
believe without  
seeing are  
blessed.  
John 20:29**



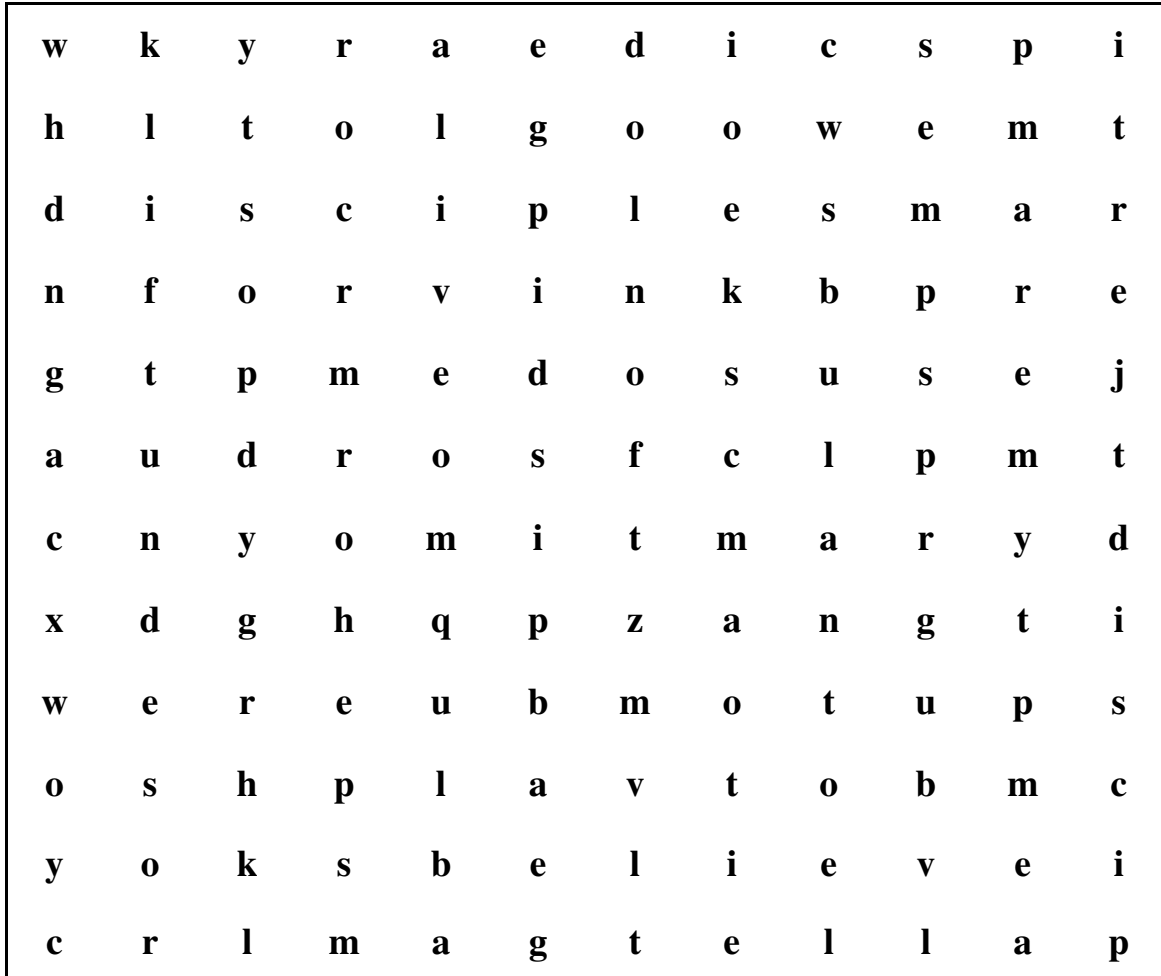
Jesus said, “Because you have  
seen me, you have believed.  
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John 20:29



# Word Search

## Jesus is Alive!

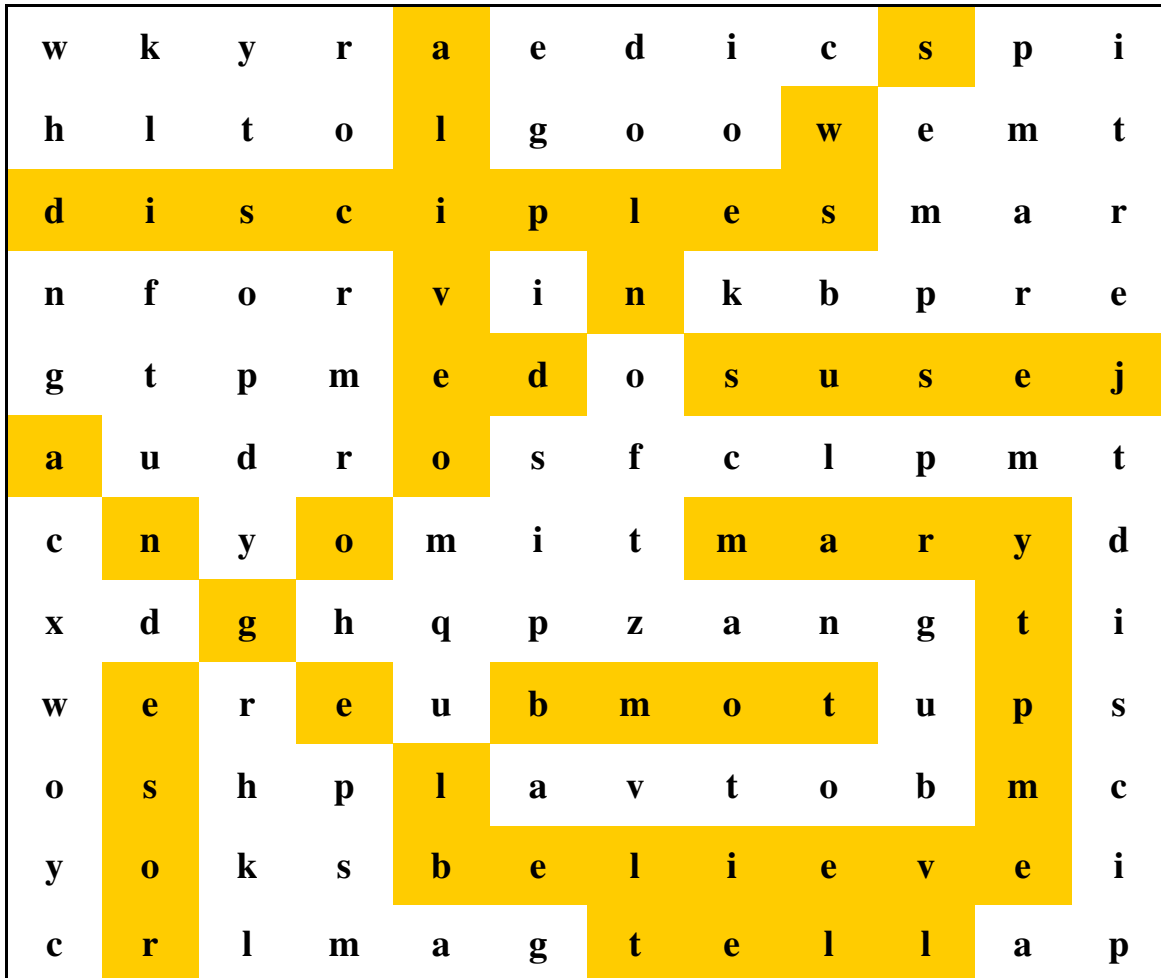


<b>tomb</b>	<b>empty</b>	<b>angel</b>
<b>Mary</b>	<b>disciples</b>	<b>believe</b>
<b>Jesus</b>	<b>rose</b>	<b>alive</b>
<b>Good News</b>	<b>tell</b>	



# Word Search

## Jesus is Alive!



tomb	empty	angel
Mary	disciples	believe
Jesus	rose	alive
Good News	tell	

Who was the first person to see Jesus alive?

Mary

Magdalene



Jesus said, “Those who believe without seeing are

B\_\_ess\_\_d