



**Date:** \_\_\_\_\_  
**Series:** Holiday---Easter  
Winter Year 2, Lesson 48

# Jesus is Alive

**Take Home Point:** \*Don't panic – Jesus is alive!

\*Repeat this phrase throughout the lesson.

**Bible Event:** Mark 15:42-16:7. Jesus came back to life.

**Key Verse:** Matthew 28:20, "And remember that I am always with you until the end of time."

**We will help kids know:**

- The Bible event of Jesus' resurrection from the dead.
- The angel encouraged the women not to panic, but assured them that Jesus was alive and that he would meet his disciples.
- Because of Jesus' resurrection, we are assured that he is alive and meets us as his disciples. We don't have to panic in life's trials.




**We will help kids feel:**

- That panic feeling triggered by certain memories.
- Confidence as they remember Jesus' resurrection and victory, his presence with them now.

**We will help kids do:**

- Not to press the "panic button" when feeling overwhelmed. Rather, call on the name of Jesus, our Risen Lord.
- Make a craft that fits over their light switch at home, reminding them not to panic but to turn on the light of Jesus.
- Pray for God's help so that they remember Jesus in times of panic.

# THIS LESSON'S ROADMAP

DESTINATION	PAGE #	DISCOVERIES ON YOUR JOURNEY	SUPPLIES NEEDED
<b>Small Group Warm-Up</b> 	3	Kids rub their heads with a balloon to make their hair stand up, simulating panic when they discuss the things that can make them panic.	<ul style="list-style-type: none"> <li>inflated balloon for each group</li> </ul>
<b>Large Group</b> 	3  8-10  10-12  12	<p><b>Overview</b></p> <p><b>Interactive Drama:</b> “The Panic Button”—Three scenarios are simulated with a response from the panic button in contrast to the response from the “don’t panic button.”</p> <p><b>Puppet Presentation:</b> The No-Panic Gordy – Gordy learns from the Easter Bible event found in Mark 15:42-16:7 that Jesus defeated all that could cause us to panic.</p> <p><b>Video:</b> <i>JESUS</i> from the JESUS Film Project— (Inspirational Films, 1979) A clip is shown of the women going to Jesus’ tomb and meeting an angel.</p>	<ul style="list-style-type: none"> <li>a table covered in white sheets (simulating grave clothes) and lit with black light</li> <li>“panic button,” which might be an ordinary switch colored in red (<i>See directions in the lesson.</i>)</li> <li>“don’t panic button” with a cross attached to it and labeled Don’t Panic! (<i>See directions in the lesson.</i>)</li> <li>large box for a child to stand in</li> <li>sirens</li> <li>flashlight or strobe light</li> <li>Gordy</li> <li><i>JESUS</i> video from the JESUS Film Project</li> </ul>
<b>Small Group Application</b> 	4-7	Kids make a switch plate cover to remind them of the “don’t panic button.” They are reminded that Jesus is alive and is the light of the world.	<ul style="list-style-type: none"> <li>story, “Taylor’s Panic Button”</li> <li>light switch run on card stock (<i>p. 13</i>)</li> <li>crayons and markers</li> <li>scissors</li> </ul>

## Small Group Warm-Up: 15 minutes



**Purpose:** *Get pointed in the right direction!* Build relationships and help guests feel at ease. Do the learning readiness activity that will point your group in the right direction for the lesson.

*Supplies needed: one inflated balloon*

Blow up a balloon and tie it off in a knot. Rub it on the top of one's hair to collect static electricity. This balloon will be passed around the group and rubbed on the hair, making the hair stand up. Have the person who is holding the balloon and making his or her hair stand up, describe a time from his life in which he had a panicky feeling. (With the younger children this also might be described as feeling nervous inside.) This emotion can be close to fear. It comes when one is overwhelmed with the circumstance at hand.

### **When was the last time you felt panic or that nervous feeling inside?**

After all the children have had a turn answering the question while passing the balloon, invite them to further discuss how they might get rid of that panicky feeling.

Help prepare them for today's Bible event by asking them to listen for what the angel told some very panicked women. Say:

**In today's Bible event, the women who went to the tomb early Easter morning, were feeling overwhelmed. They felt panic when they saw the empty tomb and the angel inside. Today we will learn *\*don't panic—Jesus is alive!***

Encourage the children to bring their Bibles along to large group.

## Large Group: 20-30 minutes



**Purpose:** *Help kids observe what the Bible says. Present the Bible event in creative fashion. Help kids begin to interpret what it means.*

### **Overview**

**Interactive Drama:** "The Panic Button"—Three scenarios are simulated with a response from the panic button in contrast to the response from the "don't panic" button.

**Puppet Presentation:** The No-Panic Gordy---Gordy learns from the Easter Bible event found in Mark 15:42-16:7 that Jesus defeated all that could cause us to panic.

**Video:** *JESUS from the JESUS Film Project*—A clip is shown of the women going to Jesus' tomb and meeting an angel.

# Small Group Application: 20-25 minutes



**Purpose:** *Help kids map out the meaning of the Bible event in their lives. Use the questions to stimulate discussion but don't feel tied to them. Allow the Holy Spirit to guide you. Include personal examples from your own faith journey. The example of Christ at work in your life will leave lasting impressions of how Christ can work in the children's lives.*

*Use your Bibles! Children need to learn how to look up references and follow along when scripture is read aloud. Allow for quality time of prayer at the close of the lesson.*

## Observation Questions: What happened?

Have kids refer to Mark 15:42-16:7 for the following questions.

**Which women were the first to go to Jesus' tomb?** *(Mark 16:1. Mary from Magdela, Mary, the mother of James, and Salome)*

**What had happened to the stone rolled against the door of the tomb?** *(Mark 16:4. The stone had been rolled away.)*

**The women looked inside and saw a man dressed in a white robe. It was an angel. What were they feeling? Why were they feeling panicked?**

**What did the angel say?** *(Mark 16:6. Stress the main point: Don't panic! Jesus is brought back to life.)*

## Interpretation Questions: What does this mean?

**When do you think the women first started to panic?** *(Maybe when Jesus was arrested and nailed on the cross. On this Sunday, they seemed anxious about who would move the stone. They may have panicked when they saw the stone rolled away.)*

## Application Questions: What does this mean to me?

**What things make you panic? What do you think makes adults panic?**

Different things can make us panic. When we know that Jesus is alive and there for us, we have reason not to panic. Some people panic when they think about death. Some panic when they see something that scares them. Sometimes we panic when little things go wrong. Whenever we panic, we need to remember what the angel said, ***"Don't panic! Jesus is alive!"***

Application Activity:

*Supplies needed: light switch run on card stock for each child, crayons, markers and scissors.*

Pass out the paper light switch plate covers and have kids cut them out. Explain to kids they are to decorate them and tape over their switch plate at home. They should label them something like, "Don't panic. Jesus is the light of the world" and then decorate as they choose.

Read the following story, "Taylor's Panic Button," while kids decorate a "don't panic button" switch plate.

## **Taylor's Panic Button**

**Taylor had just moved into a new house. Well, it was not really a new house. Actually, it was an old house.**

**He liked everything about the house, except for one thing: the basement. The basement seemed old and creepy. It was only used for storage because it was dark and damp.**

**Taylor's new friends in the neighborhood even teased him about the old house and its basement. They told him stories that he did not really believe. But he thought about them. They were stories about how the owners before his family had kept creepy things in the basement. The kids said they kept creepy creatures, like monsters, in the basement.**

**Since Taylor did not like dark places or stories about creepy creatures, he very seldom went down in the basement. But on one particular day he had to go to the basement to get his sleeping bag. He and his friends were going to spend the night in a tent in the back yard. He was even a little scared about that. Though he did not tell anyone else, he was scared of the dark.**

**He made sure when he went down to the basement to get his sleeping bag that he left the basement door open and turned the light on. He made his way slowly down the stairs. The stairs creaked with every step. It felt cold when he got to the bottom of the steps. He felt a shiver down his spine.**

**There was only one light in the basement so it seemed dark and shadowy. He wanted to hurry and find his sleeping bag and get out of there. This place was creepy!**

As he went to the shelf to find his sleeping bag, he heard his father's voice from the top of the stairs. His father was talking to someone else and said, "Who left this door open and the light on?"

Then it happened! The light went off and the door closed! He was surrounded by darkness. Taylor wanted to say something right away, but when he opened his mouth nothing came out.

Then he heard it. There was a growling in the corner. It was the creepy creature he had heard about! Again he opened his mouth. He wanted to press his own panic button. He wanted to scream or shout so someone would turn the light on, but he was too scared.

Then he heard the noise again. It seemed to be getting closer. It was a gurgling noise. Now he was in real panic. He was pressing the "panic button" inside but no screaming came out.

"What do I do?" he said to himself.

The gurgling noise was getting louder. It was getting closer. He did not think he could move. "What do I do?" he thought.

Then Taylor remembered what the angel said when Jesus was raised to life. "Don't panic! Jesus is alive." So he said to himself, "Don't panic! I know Jesus is alive. Jesus, be with me. Don't let that creepy creature get me."

Taylor reached his hand out in the darkness and started to move slowly. The gurgling noise followed him. Again he said, "Don't panic! Jesus, I know you are alive and with me right now."

He bumped into something. "Oh, no! What was that? Oh, it's just an old suitcase."

He continued toward the stairs. Finally, he was touching the wall. By then the gurgling noise had gotten louder. He wanted to panic but again he remembered that Jesus was with him.

Then his hand touched it. There was a light switch on the wall at the bottom of the stairs. He quickly flipped it on and looked back to the direction of the gurgling noise. He just knew that he would see the creepy creature crawling toward him. Nothing was there! He heard the noise again. Then he realized what it was. In the corner was the old hot water heater. It was making the gurgling noise. There was nothing to be afraid of after all.

**“Thank you, Jesus. There is really no reason to panic. Thank you for being with me, even in this dark old basement.”**

**He quickly ran to get his sleeping bag and bounded up the stairs. He turned off the light and closed the door. His father was in the den and noticed the look of relief on Taylor’s face.**

**“Is everything okay, son?” he said.**

**“Sure, Dad,” Taylor said. “There’s no reason to panic. I’m just getting my sleeping bag for our backyard camp out.”**

**His dad responded, “I thought you were afraid of the dark. Isn’t it going to be hard to sleep in the backyard tonight?”**

**‘Oh, don’t panic, Dad,” Taylor replied. “I have someone with me. There is no reason to panic.”**

If children are still decorating their light switches after the story is over, have them talk about their own stories of panic and what they can do the next time they feel panic. Then say:

**These “Don’t Panic” buttons remind us that Jesus is alive and with us. When you switch on your light, you can remember that Jesus is the light of the world. He can dispel all of our darkness. When you press the “don’t panic” button, remember that Jesus is alive and pray for his presence.**

**Jesus said in Matthew 28:20, “*And remember that I am always with you until the end of time.*” \*Don’t panic—Jesus is alive!**

**Closing Prayer:**

**Dear Heavenly Father, we are so glad that you sent Jesus to die for our sins. Your resurrection proved your might. We trust you with our lives. We thank you for saying you’ll never leave or forsake us. When we panic, we will turn to you for comfort. Thank you, thank you, thank you. In Jesus’ Name, Amen.**

**Safety and Security:** Safety and security procedures are important for each church to carefully define and implement according to their unique needs. The security, safety, illness and accident procedures described in this curriculum are provided for example purposes only and may not be appropriate, applicable or adequate for every situation. Each church is responsible for determining whether any security, safety, illness and accident procedures contained in the curriculum are appropriate, applicable or adequate for its unique situation. The activities described in this curriculum require adult supervision and may not be suitable for each child and each situation. Each church is responsible for ensuring that adequate adult supervision is provided for all activities and for determining whether an activity is appropriate for each child and each situation. Kids Kount Publishing disclaims all liability for the implementation of any procedures or the performance of any activities described in this curriculum.

# Large Group Presentation: 20-30 minutes

## Introduction

*Supplies needed: a table covered in white sheets (simulating grave clothes) and lit with black light, a “panic button,” which might be an ordinary switch colored red (See directions below), “don’t panic button” with a cross attached to it and labeled: Don’t Panic! (See directions below), large box for a child to stand in, sirens, flashlight or strobe light, Gordy, JESUS video from the JESUS Film Project (Inspirational Films, 1979).*

*The large group leader needs to be aware of the main point of the day and make sure that point comes through loud and clear through the next events.*

Presenter:

**The resurrection of Jesus is proof that his sacrifice for our sins was acceptable. Because he is alive, he promised to be with us, especially when we are in a panic, nervous or afraid. The angel’s message to us is the same as it was to the first witnesses of the resurrection: *\*Don’t panic – Jesus is alive!***

## Interactive Drama: “The Panic Button”

In advance, design the “panic button,” which might be an ordinary switch colored red. For a more dramatic effect, make a panic box in which the student volunteer would stand to act out his response of panic. When he presses the panic button, lights can flash, special sirens can go off, or even the entire room is darkened with the exception of a flashlight or strobe light aimed at the child.

The second switch is the “don’t panic button.” When this is pressed, other changes happen in the room. The room is darkened but another section is lit up. This is an area simulated to be a place where Jesus was buried and his burial clothes are found. This would be more dramatic when lit by a black light.

These two contrasting responses, the “panic button” and the “don’t panic button,” can be developed simply with little special effects or more elaborately for a sensational effect. Let the creativity of the people creating the props make their own personalized interpretation. The following script will help them get an idea of the sequence of action. Volunteers can audition their panic skills before one is selected to push the panic button. Once a volunteer is selected, they are brought to the place where the panic button is located. This may mean that they are within a panic box or simply standing in front of a table with the panic button in front of them.



Invite a volunteer to come forward who will press a panic button and give expressions of panic. Prompt this to happen when recalling situations in which children might typically panic. This becomes more fun if the child dramatically overplays the response of panic.

After three scenarios of panic and pressing the panic button, present the “don’t panic button.” When this is pressed, the response is calm and the focus changes to a setting on the stage that has a table covered in white sheets (simulating grave clothes) and lit with black light. The room should be darkened at this point. The following description will help put this in place.

The large group leader introduces this person as one who is going to show us how we sometimes react with panic when certain things arise. The first example follows.

- **At school you forgot that this was the day you had a spelling test. You did not study at all. Now you are afraid that you might fail the test. What are you going to do? Will you press the “panic button?” Let’s pretend that, yes, you press the “panic button” and this happens.**

The person simulates cries of panic while lights flash and sirens blare. A spotlight is pointed at the child. After that scenario stops, the next panic scenario is introduced.

- **You are feeling sick. As a matter of fact, you are feeling so sick that you have a fever. You are burning up with fever. It hurts so much it feels like you are going to die. What do you do? Press the “panic button!”**

Again the panicked responses are invoked.

- **You got caught cheating at school. You knew it was wrong but it was so important to you to make a good grade. Your parents will find out but, what is worse, you feel so bad that you wonder if God can even forgive you. You decide to press the “panic button.”**

Panicked responses again.

**Wait a minute! In today’s Bible event, we are going to see some women who were panicked. They had just watched Jesus die. They had hoped he was the promised Messiah. They were sad and they were ready to panic. Instead of pressing the “panic button,” they were told to press the “don’t panic button.”**

**Let’s press the “don’t panic button” and see what happens.**

As the child presses the don't panic button with a cross taped or attached to it, a special section on stage is lit up with black light. This reflects on grave clothes draped over a table. This reminds us of the empty tomb and that Jesus had risen just as he said.

**This switch demonstrates to us that when we, by faith, reach out and touch the “empty” cross we are reminded that Jesus was victorious over all our sins and problems. He rose again and is alive to be with us now.**

**Let's read from the Bible, Mark 15:42-16:7. As you listen to this reading, see if you can find when the women pressed the “panic button” and when they pressed the “don't panic button.”** *(If you read this from the God's Word translation, verse six says, “Don't panic...”)*

Encourage kids to read from their Bibles or have the scripture passage up on an overhead for all to follow along.

After the Bible reading, Gordy appears.

## **The No-Panic Gordy**

### **Puppet Presentation**

**Gordy:** Hey, Mr. King!

**Mr. King:** Hey, Gordy! Did you see the “panic button” and the “don't panic button?”

**Gordy:** Yeah, I saw it, but I don't get it.

**Mr. King:** What don't you get?

**Gordy:** Well, I get the part about panicking.

**Mr. King:** You do? Do you ever panic?

**Gordy:** Sure, I panic when I have to come up here on stage and I might forget my lines.

**Mr. King:** I know what you mean.

**Gordy:** I know you do because I panic when you forget your lines!

**Mr. King:** Well, I guess we all panic sometimes.

**Gordy:** What I don't get is the “don't panic button.” What does that have to do with Jesus being alive?

**Mr. King:** Gordy, all of us face things that make us panic. They may be things that make us worried or afraid. It was like the women visiting Jesus' tomb.

Gordy: Yeah, they were worried and afraid!

**Mr. King:** Right. I think they felt panicked because they had watched Jesus die. So they did not understand when they saw the angel. At first, they really were ready to panic.

Gordy: How did they keep from panicking?

**Mr. King:** They pressed the "don't panic button."

Gordy: What's that?

**Mr. King:** That is when you know that Jesus rose again and is alive!

Gordy: How does that help you not panic?

**Mr. King:** Because Jesus is *alive*, he defeated the power of death over our lives and anything else that might worry us.

Gordy: But what if we still worry or panic?

**Mr. King:** We just remember that Jesus is alive and we ask him to be right with us. He helps us so we don't have to panic.

Gordy: I get it! That's the "don't panic button."

**Mr. King:** Yes! "Don't panic!" said the angel. "Jesus has been brought back to life."

Gordy: I think I get it!

**Mr. King:** Well, just in case you don't, let's watch today's video and imagine what the women felt on their way to the tomb. See if you can find the point when they met the angel who told them that they should not be looking for Jesus among the dead because he is living. Then they were no longer afraid or panicked.

Gordy: Okay, Mr. King. Roll the video!

**Mr. King:** Bye, Gordy!

Use the *Jesus* video and show the section from Jesus laid in the tomb through the discovery of the women on resurrection morning. A good place to stop the video is after they return to the disciples. The women's last line is quoting the angel, "Why do you look for the living among the dead... It's true."

After showing the video, summarize the main points and have Gordy close in prayer.

**Mr. King:**               **Gordy, doesn't the video showing Jesus' resurrection give you hope?**

Gordy:                    You bet, Mr. King. Now whenever I get scared or panicky, I can turn to my best friend in the entire world, Jesus.

**Mr. King:**               **Would you close in prayer, Gordy?**

Gordy:                    Sure. Dear God, thank you for sending Jesus to pay for my sin. I've got him as my friend. I'm looking forward to seeing him someday. Whenever I get scared, I'm going to hit the "don't panic button" and remember that Jesus is alive. Amen.

## Switch Plate Template

