

WEEK 2 LESSON GUIDE

RISE & SHINE

BIG IDEA

Jesus is alive today and every day!

BIBLE

Jesus Died and Rose Again: Matthew 27:45-28:10; Psalm 118:21-24

LARGE GROUP TIME

Welcome back to another glorious day on the farm! So much happened here while you were away. Seeds have begun to sprout, some of our hens are roosting, and I believe we have just welcomed a new calf to our homestead.

Lets get started and see what fun things we are going to learn about today!

WHAT? What are we talking about today?

MUSIC | Worship

- **INSTRUCTIONS:** You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Good Morning" (Mandisa)
 - "Rise Up and Shine" (Rend Co. Kids)
 - "This is Living" (Hillsong Kids)
 - "Story of the Cross" (Rend Co. Kids)
 - "The All Day Song" (Go Fish)

ACTIVITY | The Rooster Crows

- Let's play a game to see how quickly the rooster can rouse all of you out of sleep!
- You will all lay down and fake sleep but if I see you move, or flinch, or smile then you're out!
- **INSTRUCTIONS:** All players spread out and lay on the ground pretending to be asleep with a straight face. Play different funny-sounding crow calls or have someone pretend to be a rooster and try to wake everyone up. If a player laughs or moves, they are out. Last kid still sleeping is the winner.
 - ✂ **PRETEEN HACK:** Set up a simple mock trial where kids have to put a fairytale character of their choice "on trial." Appoint lawyers, witnesses, and jury members and have them present a case for or against the character. Afterward, lead into today's Bible story about how nobody could make a case against Jesus because there was no evidence that he did anything wrong.

✂ **SPECIAL NEEDS HACK:** *Have kids spread out and sit and lie down however they are comfortable because crouching all the way down can be challenging for some kids.*

- Last time in our Bible story, we learned that when the rooster crowed, that meant that something very sad had happened. Peter, who loved Jesus very much, was so scared in the moment that he pretended he didn't know who Jesus was three times!
- But you know what? Usually, when the rooster crows, you know that a new day is dawning. So we think that means even Peter will get a second chance. Stay cock-a-doodle-tuned!

ACTIVITY | Homestead Mornings

- **INSTRUCTIONS:** *Divide your group into small relay teams. Provide each team with the list of five things that must be done during the relay race. All team players must complete the five chores. They will be timed to see how long it takes for their entire team to go through all the stations. The team with the shortest time is the winner. See your Shop & Prep List for instructions on how to set up each chore.*

✂ **SPECIAL NEEDS HACK:** *Having to do these stations might become cognitive or sensory overload for some kids. You might choose to do this activity without timing it and use it more as a sensory experience. Or consider having the kids walk with you around the room, pretending like you're taking a morning stroll on the farm then have kids pretend to see different farm animals along their route. Each time someone in the group suggests an animal, have everyone try to make the sound that animal makes together.*

- Thank goodness that after every night comes a brand new morning! But there are many chores waiting for you each morning on the farm. Let's race to see who can finish the chores the quickest!
- We will complete a chore at each of the following stations:
 - Getting dressed station
 - Watering station
 - Feeding station
 - Milking station
 - Cleaning station
- Let's get started!

POLL | Early Bird or Night Owl?

- **INSTRUCTIONS:** *Have kids answer the question by imitating a rooster crow and strutting around the room for "early bird" and "flying" around the room with their arms outstretched while hooting for "night owl." Kids can also shout or sign their names out if the other actions might be challenging for them. After they roam around the room for a few minutes, have all the early birds and night owls line up on opposite sides of the room and tally up how many of each you've got!*

✂ **PRETEEN HACK:** *For preteens, create a [TikTok style "This or That" video](#) where they line up and have to jump to the side that you designate as "early bird" or "night owl." You can throw in more "this or that" categories to make the activity last longer (e.g., pizza or cheeseburger, comedy or action, fruits or vegetables, etc).*

- **Are you an early bird or a night owl?**
 - If you are an early bird, that means that each morning you wake up with lots of energy and joy for the new day.
 - If you are a night owl, that means you find your groove and best energy to do things in the evening hours, when it is nighttime.
- Whatever you are, I hope you're ready to hear the rest of the Easter story and you're in luck — they take place in the evening *and* morning.

SO WHAT? *Why does it matter to God and to us?*

SCRIPTURE | Matthew 27:45-28:10 (Jesus Died and Rose Again)

- **INSTRUCTIONS:** Read Matthew 27:45-28:10 then invite volunteers to rehearse and act out the story using props and costumes. Characters needed: Narrator, guard, angel.
- Nighttime on the farm is magical. While the rest of the world is falling asleep, new life is growing, animals are snoozing, creatures are crawling, and things are made ready for the new day.
- But something about the night in today’s Bible passage is off. Darkness wasn’t just seen in the sky but felt by everyone. There was great sadness and fear as Jesus carried a heavy cross to the place where he would soon die.
- Let’s lean in and hear what happens next.
 - **Narrator:** After Jesus was arrested and put on trial, even though he hadn’t committed any crimes, the leaders and all the people wanted Jesus to be put to death. They didn’t believe that he was really the son of God and they wanted him to suffer for causing trouble. They made a crown out of thorns to put on his head, Then they crucified Jesus. They hung him on a cross with nails in his hands and feet. Right before he died, he cried out in a loud voice to God, because he felt all alone. Soon after, he died.
 - **Guard:** As soon as Jesus breathed his last, the curtain of the temple was torn in two from top to bottom. Then the ground shook like I had never experienced before. I knew at that moment that everything Jesus had told us was true. Jesus was really God’s son!
 - **Narrator:** The guards took Jesus’ body down, wrapped it in cloth, and laid it in a tomb. Then, they rolled a giant stone in front of the tomb. The hope Jesus brought everyone was disappearing because he was gone. Just like the sun going down on the day, it was getting dark in their hearts.
 - **Guard:** We were ordered to keep watch outside Jesus’ tomb. The religious leaders remembered that Jesus once said that he would rise again from the dead. They wanted to make sure nobody would steal Jesus’ body and pretend like it really happened. But no one came.
 - **Narrator:** But after three days something incredible *did* happen! Mary Magdalene and another Mary went to visit Jesus’ tomb. An angel of the Lord rolled the stone in front of the tomb away.
 - **Guard:** What is that!?! Not another earthquake! *[Guard falls to the ground and lies still.]*
 - **Angel:** I told the women who came to see Jesus, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here, he has risen, just as he said. Come and see. Go quickly and tell his disciples, too. Then go and meet Jesus in Galilee . . . he’ll be waiting for you there.”
 - **Narrator:** The women were full of joy to know that Jesus was not dead! They hurried away from the tomb and ran to tell the disciples what the angel said. But along the way, they met Jesus himself! They saw with their own eyes that Jesus truly was alive!
- Wow! Isn’t that wonderful news? Jesus is not dead! He is alive! He is not in a tomb, he is with us always!

BIG IDEA | Jesus is alive today and every day!

- **INSTRUCTIONS:** Using a garden bed or an inflatable pool filled with dirt, have kids dig and find the words from the Big Idea. Let kids know there are seven separate words they are searching for. Bring towels and wipes for kids to wash their hands afterwards.
- It's time to get our hands in the dirt to reveal . . . our BIG IDEA!
- **Jesus is alive today and every day!**
- Yes! Just like the Marys couldn't find Jesus in a tomb because he was alive and walking around. Jesus proved he was alive then and he's alive with us today!

VIDEO | Rise & Shine, Episode 2

- **INSTRUCTIONS:** Play this week's episode of [Grow TV](#).

ACTIVITY | Funny Roosters

- **INSTRUCTIONS:** Ask three volunteers to do their best rooster wake up call. The other kids will vote for the best one. For some bonus laughs, you can call up some leaders to pretend to have an entire conversation by crowing only!
- The rooster crows when the sun rises in the sky each morning. The day Jesus rose up from being dead to being alive was an amazing moment. I can just hear the rooster crowing to announce his arrival!
- **Does anyone here know how to make a really awesome rooster sound?** Let's see who can wake up the whole farm.

ACTIVITY | Jesus' Tomb

- **INSTRUCTIONS:** Give each kid or a small group of kids some clay or play dough to mold an empty tomb and boulder shape as you go over the talking points below. Feel free to pause and wait for everyone to make each piece before you continue. Use small Lego people to re-enact the story, taking turns moving Jesus in and out of the tomb.
 - ✂ **PRETEEN HACK:** Some preteens might have personally been to the funeral or burial of a loved one and find some of the language to be triggering. Keep the focus on Jesus' resurrection, not on burying the dead.
- In more modern times when people die we bury them six feet underground by shoveling out dirt. Maybe you've seen it in person, or a cartoon, or a show.
- Well, in Jesus' day, they didn't bury underground, they placed dead people in tombs that looked like caves, and the entrance was covered by a big boulder.
- After Jesus died on the cross, he was taken down then wrapped up in cloth and placed inside a tomb. And the stone was rolled in front.
- But after three days, Jesus came back to life and gave everyone hope again because **Jesus is alive today and every day!**

SCRIPTURE | Psalm 118:21-24

- **INSTRUCTIONS:** Read Psalm 118:21-24. After each verse pause and have the students say or yell, "Jesus did it!"
- Even though this Psalm was written many, many years before Jesus did what he did on the cross (or even before Jesus came to earth for that matter), the words in this Bible passage show us God has always been good.
- It also perfectly describes what Jesus has done for us.
 - Jesus became our salvation — he saved us from our sins being a permanent obstacle to God.

- Jesus was rejected, even by friends, but everyone realized that he was the one that held everything together.
- Jesus not only did these things that first Easter day but every day since then.
- **Jesus is alive today and every day!** Let us rejoice and be glad!

NOW WHAT? *What does God want us to do about it?*

VIDEO | “God’s Wonderful Surprise”

- **INSTRUCTIONS:** Play “[God’s Wonderful Surprise](#)” from the Jesus Storybook Bible. Start at 0:45 seconds, or read the story from the book. Afterward, have kids write or draw personal prayers on a construction paper cross.
- The fact that Jesus died and came back to life is amazing.
- As it says in the story we just heard, Jesus defeated death. And if he can do that, he can do anything!
- Right now we’re going to write or draw some prayers we have for Jesus knowing that he can do anything for us.

RESPONSE | Farmer’s Almanac

- **INSTRUCTIONS:** Kids will reflect by journaling this Easter season using the Farmer’s Almanac printable.
- If you remember from last time, a Farmers Almanac is a helpful guide for farmers. It predicts what the weather might be like for that year, when the moon will be full, tips for gardening and fishing along with some fun facts and jokes.
- We are continuing to make our own almanac to remind us of important things we are learning this Easter season.
- Today, draw or write a response to the following question:
 - **Tell about a mistake that you have made recently.**
 - **What do you wish you had done differently?**
 - **What have you learned from making this mistake?**
 - **How does your life change when you know Jesus is alive?**

MEMORY VERSE | Luke 24:6a (NIV)

- **“He is not here; he has risen!”**
- We are going to practice our memory verse by doing an egg hunt again, and like last time, if you have more words than you need, help out a friend who needs them. Today, along with the words of the memory verse, you might find an extra surprise!
- **INSTRUCTIONS:** Using glow-in-the-dark plastic Easter eggs, set up a hunt where the kids can search for the eggs in the dark. Inside each Easter egg, place one word of the memory verse per egg with a piece of candy. **(Don’t forget to also check out the memory verse signs – a combination of SEE and ASL – available in your Programming folder or at growcurriculum.org/Luke24-6a.)**

PRAYER

- **INSTRUCTIONS:** Invite each small group leader to lay out a picnic blanket for a picnic prayer time. As they gather in small groups upon picnic blankets, have the group repeat the following prayer after you, then have leaders spend a few minutes praying with their small groups.
- Jesus, thank you for watching over me. I am so glad that you are alive and living in our hearts. Help me to share this good news with all who need to hear it. Because you’re alive today and every day! Amen.

SMALL GROUP TIME

DISCUSSION

- What were Jesus' last words on the cross?
- How did the people who saw Jesus die know that he really was the son of God?
- How did Jesus' friends know that he was alive again?
- Read Psalm 118:24. How do you feel knowing that Jesus is alive? What does this verse help you think about Jesus?
- How do you think you might have reacted if Jesus appeared to you after he came back to life?
- What does Jesus being alive mean for us?
- What can we do to "wake" others up about this wonderful news?

ACTIVITY | Salt Painted Crosses

- **INSTRUCTIONS:** Pass out cardstock to each kid, have them outline a cross using Elmer's glue. Sprinkle salt onto each cross so the glue is completely covered up. Use a tray to minimize the mess. Provide watercolors in small jars and invite the children to dip their paintbrushes or fill their eye droppers with their choice watercolor and apply it directly onto the salt which will absorb the color so only a little is required. Set them out to dry or use a handheld hairdryer.
- In recognition of the wonderful work that Jesus did for us on the cross and to celebrate that Jesus is alive, we are going to create a special Easter Sunday craft.
- If there is extra time you can use the same watercolors to paint a sunrise in the background of the cross.
- This reminds us to rise and shine like Jesus!