

# 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

## WELCOME TIME

### MUSIC | Sunrise Songs

- **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!](#)
  - "Rise and Shine" (Go Fish)
  - "Brand New Day" (Arkkids)
  - "On the Farm" (Kidspring Children's Ministry)
  - "Your Light Has Come" (Cokesbury VBS)
  - "It's a Happy Day" (Yancy & Little Praise Party)

### ACTIVITY | Sunrise, Sunset

- **INSTRUCTIONS:** This game is played just like "[Red Light, Green Light](#)", except you'll say "Sunrise" for "green light" and "Sunset" for "red light."
  - ✂ **TODDLER HACK:** Simplify this game by using "stop" and "go" as the game commands. Demonstrate to toddlers how to play. They will catch on!
- Hello, friends! Last week we heard a story about a dark day, but it's a new morning and the sun is shining here on the farm! I hope you're ready to wake up and move because we're going to play a game called Sunrise, Sunset!

### ACTIVITY | Wake-Up Call

- **INSTRUCTIONS:** Tell kids, "It's nighttime," and instruct them to lie down on the ground and pretend to be asleep. Then crow like a rooster ("Cock-a-doodle-doo!") and everyone has to "wake up" by standing up as fast as they can.
  - ✂ **TODDLER HACK:** Gather your toddlers and ask how roosters greet us in the morning. They will say, "Cock-a-doodle-doo!" Afterward play a fun song ([like this](#)) and have toddlers dance around and greet everyone.
- Last time we heard a story where a rooster crowed and it was a sad story.
  - Jesus had been taken away and Peter was scared that would happen to him, too.
  - So Peter pretended he didn't know who Jesus was so he wouldn't get in trouble.

- He knew that was not the right choice. But you know how every day, the sun comes back up again? That means we get a brand new day to try again whenever we mess up.
- And today is a wonderful day because we're going to get some really good news!

## STORY TIME

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

- **INSTRUCTIONS:** Read and tell the story from Matthew 27:45-28:10 as a farmer taking a break from their work. You can set up your story space with [DIY hay bales](#) and [fruit crates](#) kids can sit on instead of regular chairs.
- Hi friends! It's time for story time on the farm! Everyone come circle up by me!
  - (Sing to the tune of "Old Macdonald Had a Farm".)
  - **Circle up for story time, E-I-E-I-O.**
  - **Bible stories are the BEST, E-I-E-I-O.**
  - **the Bible is TRUE, the Bible is FUN,**
  - **the Bible is for everyone!**
  - **Circle up for story time, E-I-E-I-O.**
- Today's Bible story starts with a dark sky and big feelings of sadness and fear.
  - Jesus had helped a lot of people. He taught them all about who God was, because Jesus is a great teacher and friend.
  - He is also the son of God but some people didn't believe that was true. They thought Jesus was a troublemaker so they made plans to keep him quiet.
  - They captured him. They made fun of him. They hurt him. Then they put him on a cross.
- That was a very dark day, not just in the sky but there was darkness in people's hearts.
  - **Let me see your saddest faces.**
- Now Jesus was all alone and in so much pain. His friends and family were gone or they couldn't help him.
  - But Jesus knew that everything that was happening was a part of God's plan. Something good and amazing was about to happen! But before a bright new day could begin, this dark day had to end.
- Then, Jesus died while he was on the cross. The earth shook, and even the rocks split in a great big earthquake.
  - **Let me see you shake in your seats.**
- Jesus' body was laid in a tomb. Then, a large stone was rolled in front of the tomb.
- On the third day since Jesus died, two women went to visit Jesus' tomb. An angel rolled the heavy stone away from the tomb. The guards in front of the tomb were scared stiff!
  - **Show me what it looks like when you're so afraid that you can't move!**
- The angel told the women who had come to visit Jesus that he wasn't inside the tomb anymore, because Jesus was alive again! Then the angel told them to see it with their own eyes. It was true!
  - **Everyone show me your best surprised face!**
- The women hurried to tell everyone what they had seen. But as they were going, they bumped into Jesus himself!
- Isn't that wonderful news?
  - **Let me hear you say "HIP HIP HOORAY!"**
- 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, an inflatable pool filled, or a plastic bin filled with dirt, sand, rice, or [kinetic sand](#), 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. Once the kids find all of them, pin or tape them up where kids can see them then point to each word while saying it out loud. Then say it once more while doing the hand motions and have kids repeat after you.
- You dug up today's Big Idea! Let's all say it together:
  - **Jesus** (put both arms up like a "V")
  - **is alive** (jump in the air)
  - **today** (point down with index fingers)
  - **and every day!** (make an "O" with your arms – like the sun – and sweep across from left to right)

### VIDEO | Rise & Shine, Episode 2

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

### ACTIVITY | Big Idea Parachute Play

- **INSTRUCTIONS:** Kids will circle up around a [parachute](#) or a large sheet, each holding a handle or around the edge.
  - ✂ **TODDLER HACK:** Toddlers will enjoy playing with the parachute. Help them to raise and lower the parachute. You can have leaders raise it high for them so they can run underneath.
- Today we heard an amazing, true Bible story about how **Jesus is alive today and every day!**
- Hold onto the parachute and let's say "Jesus is alive!" and lift the parachute into the air. Then let's quickly run under it and say, "Today and every day!"
- What a fun way to remember our Big Idea!

### PRAYER

- Dear God, thank you for sending Jesus to us. We know that's how much you love us. We're glad Jesus is alive today and every day! Amen.

## SHARING TIME

### SNACK | Empty Tomb, Full Tummies!

- **INSTRUCTIONS:** Cut chocolate donuts in half. Give each kid one half of a donut and a chocolate sandwich cookie. Show them how to stand up the donut and roll the cookie in front of the donut hole. [Here](#) is an example.
- Today we have a tasty snack to remind us that Jesus is alive today and everyday!
- You're going to build your snack to look like the tomb where Jesus body was.
- Now roll the cookie in front of the tomb opening and then roll it away. **Is there anything in there?**
  - **Was Jesus' body in the tomb when Mary came to visit?** No!
  - Because **Jesus is alive today and every day!**

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** Kids will pass a stone around the circle as they discuss and review the Bible story.
- Today we heard an amazing, true Bible story about how Jesus died but came back to life! **Jesus is alive today and every day!**
- This stone reminds me of the stone they put in front of the tomb where Jesus was buried.

- What did Jesus die on?
- Where did they put Jesus' body?
- Who rolled away the stone?
- When the two women went to visit Jesus at the tomb, was he there? Why not?
- Jesus told his friends to tell everyone the good news! We can tell others the good news that Jesus is alive, too!
  - Who is someone in your life that you can share the good news that Jesus is alive?

### ACTIVITY | Jesus is Alive Craft

- **INSTRUCTIONS:** Cut a paper plate in half and then cut a semi-circle near the center of one of the plates. Have them color and decorate both halves of the plates. Then staple the plates together ([like this](#)) Cut out circles from brown or gray construction paper. These represent the stone that was rolled away from the tomb. Using a brad, help preschoolers attach the "stone" to the paper center of the arch in the paper plate, so that it [rotates](#) in front of the arch.
  - ✂ **TODDLER HACK:** Toddlers will need adults to cut the pieces out for them, but they can help you open the ends of the brad to create the moving stone effect.
- When friends of Jesus went to visit the tomb where he was buried, he wasn't there anymore. That's because he is alive! **Jesus is alive today and every day!**

### MEMORY VERSE | Luke 24:6a (NIV)

- "He is not here; he has risen!"
- **INSTRUCTIONS:** Play this modified version of "Duck Duck Goose" to help kids memorize the verse. Have kids sit in a circle. One kid will gently tap the head of each kid as they walk and say one word of the memory verse (make sure you recite it with them): "He is not here he has . . . risen!" On "risen," the last kid tapped has to jump up and try to catch the kid who tapped them before they reach their old seat. Whoever is left standing is now the one who starts. Have kids start at different points in the circle so all the kids have a chance to get tagged.

## PLAY TIME

### ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.

### ACTIVITY | All About the Farm

- **INSTRUCTIONS:** This week, show this [video about the farm](#) and have kids play with the [farm sensory bin](#) you prepared in Week 1.

### ACTIVITY | Mini Easter Egg Hunt

- **INSTRUCTIONS:** Create an Easter-themed sensory bin by filling an inflatable kiddie pool with [crinkle-cut basket filler](#) and hiding plastic Easter eggs in them. Fill each egg with some small goodies (e.g., individually wrapped gummy candies, mini squishies, erasers, bouncy balls, etc.). Give each kid a small [basket](#) to collect their eggs. Make extra eggs to keep on hand.
  - ✂ **TODDLER HACK:** If you have toddlers joining this station, consider using [edible grass](#) and larger items that are not choking hazards.

# WEEK 2

## SMALL GROUP GUIDE

RISE & SHINE

### BIG IDEA

Jesus is alive today and every day!

### BIBLE

**Jesus Died and Rose Again:**  
Matthew 27:45-28:10

## QUESTIONS

*Kids will pass a stone around the circle as they discuss and review the Bible story.*

Today we heard an amazing, true Bible story about how Jesus died but came back to life! **Jesus is alive today and every day!**

This stone reminds me of the stone they put in front of the tomb where Jesus was buried.

- **What did Jesus die on?**
- **Where did they put Jesus' body?**
- **Who rolled away the stone?**
- **When the two women went to visit Jesus at the tomb, was he there? Why not?**

Jesus told his friends to tell everyone the good news! We can tell others the good news that Jesus is alive, too!

- **Who is someone in your life that you can share the good news that Jesus is alive?**

## ACTIVITY

*Cut a paper plate in half and then cut a semi-circle near the center of one of the plates. Have them color and decorate both halves of the plates. Then staple the plates together. Cut out circles from brown or gray construction paper. These represent the stone that was rolled away from the tomb. Using a brad, help preschoolers attach the "stone" to the paper center of the arch in the paper plate, so that it rotates in front of the arch. Scan QR code for a visual of what this craft might look like.*



When friends of Jesus went to visit the tomb where he was buried, he wasn't there anymore. That's because he is alive! **Jesus is alive today and every day!**

**MEMORY VERSE:** "He is not here; he has risen!" — Luke 24:6a (NIV)

[Click here](#) for a memory verse sign language tutorial video you can share with your families and volunteers!

**BIG IDEA:** Jesus is alive today and every day! **BIBLE:** Jesus Died and Rose Again: Matthew 27:45-28:10

