

# WEEK 3

## LESSON GUIDE

RISE & SHINE

### BIG IDEA

I can meet with Jesus every day.

### BIBLE

**Jesus Appears to the Disciples:**  
John 20:19-31

## 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 | Farmer Says

- **INSTRUCTIONS:** Show the group how to do the list of activities, encouraging them to do what the farmer says. But they must only do the action if it's preceded by the phrase "Farmer says." If kids do the action when you don't say, "Farmer says", have them go around the room once making an animal noise before rejoining the game.
  - ✂ **TODDLER HACK:** Remember toddlers are great at mimicking! Play this with toddlers without the "Farmer Says" part. Just get silly with toddlers as they follow the different motions listed.
- Okay, when I say "Farmer says," I need you to do these motions to help us around the farm:
  - Collect the chicken eggs. [Form a "basket" with one arm and pick up imaginary eggs to place inside]
  - Go horseback riding. [Gallop around with your arms in front of you]
  - Pick and smell the flowers. [Bring both your hands upward to your face and inhale]
  - Wash your hands. [Rub hands together]
  - Plant the crops. [Pat the floor with both hands]
- Great job, friends! You listened so well to what the farmer said!
- Today we will hear an amazing Bible story and I want you to use your listening ears to hear all about it!

### ACTIVITY | Barnyard Obstacle Course

- Taking care of the animals on a farm is hard work! You have to be able to do a lot of different things to take care of each animal.
- **Do you think you'd be able to take care of a farm?**
- Let's try this obstacle course and find out!
- **INSTRUCTIONS:** *Split preschoolers into two groups. The groups will race, one child at a time, to complete an obstacle course that you create. Use any items that you already have on hand to create an obstacle course for two teams. Ideas: tape on the floor to create a "balance beam" for kids to walk on, a hula hoop to jump through, a chair to crawl under, a ball to throw in a basket. Just be sure that that obstacle course for each group is the same. The first team to have every member complete the course is the winner.*
  - ✦ **TODDLER HACK:** *Invite toddlers to create an "obstacle course" for their farm animal toys using blocks, dominos, or any other toys you have on hand. Help or demonstrate how to run a toy truck or tractor through the course.*
- These were some tough obstacles to go through, huh? Today, we're going to learn that nothing stood in the way of Jesus wanting to meet his friends after he came back to life . . . not even a locked door!

## STORY TIME

### SCRIPTURE | John 20:19-31 (Jesus Appears to the Disciples)

- **INSTRUCTIONS:** *Read and tell the story from John 20:19-31 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 picks up at a very exciting time! Last week we learned how Jesus is ALIVE!
  - **Everyone say "Hooray!"**
- Some of Jesus' friends did not know this good news yet. They still felt sad and afraid. They were sad after Jesus died on the cross and they were just about to give up. But then something amazing happened.
  - **Let me hear you say, "What happened?"**
  - Let's find out!
- The disciples, Jesus' friends, were together in a room behind locked doors. They locked the doors because they were afraid. Suddenly, right through the locked doors, Jesus was standing there with them!
  - **Everyone say "WOW!"**
- His friends couldn't believe he was there! Jesus showed his friends the places on his hands and side where he had been hurt.
- But Thomas, one of Jesus' friends, completely missed out when Jesus showed up. So when his friends told him Jesus was alive again, he just could not believe it.
  - **Everyone say, "No way!"**
- Thomas said he would believe it only if he got to see and touch Jesus himself.
- About a week later, the disciples were again together in a room behind a locked door and suddenly Jesus appeared among them again! This time, Thomas was there. He saw Jesus with his own eyes and so he

finally believed that Jesus was alive.

- **Let's all say "I believe!"**
- But you know what the Bible says? That we can believe in Jesus even though we haven't seen him with our eyes.
- And what's even better is that just like Jesus went to meet his friends – twice, because Thomas got left out the first time – Jesus wants to meet with us, too!

### BIG IDEA | I can meet with Jesus 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:
  - **I can meet** (Shake your own hands by inverting one of your hands)
  - **with Jesus** (Put arms up in a "V")
  - **every day.** (Hold up an "O" with your arms – like the sun – and sweep across from left to right)

### VIDEO | Rise & Shine, Episode 3

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

### ACTIVITY | Meet With Me

- **INSTRUCTIONS:** In this simple game you will invite preschoolers to jump out of their seat to meet with you in the front of the room based on what you say. Continue the meet with me invitations until every child has come up front to meet with you. They can remain standing with you once called. (Example: If you are wearing PINK come meet with me, if you have on SNEAKERS come meet with me, if you have brown hair come meet with me, etc.).
  - ✂ **TODDLER HACK:** Hand each toddler a different colored block or different shaped tiles. Hold up its twin in the front of the room and whoever has the same one should come to the front.
- It was the best day ever! Jesus came back to meet with all of his friends. And here's even better news: Jesus wants you to meet with him, too!
- Jesus wants to be forever friends with everyone!
- Let's play a special game to remind us that **I can meet with Jesus every day!**

### PRAYER

- Thank you, Jesus, for coming back to life. Thank you for loving us so much that you want to meet with us. Help us meet with you every day by talking to you and learning more about you. Amen.

## SHARING TIME

### SNACK | Beary Nice to Meet You

- **INSTRUCTIONS:** Using Teddy Grahams or another animal-shaped snack and put at least ten on each kid's plate.
- On your plate, you have several characters. Let's use our characters to act out our bible story together!
  - Take one of the bears off your plate. This bear is Jesus.

- Put the other bears together, just like they were meeting together behind locked doors.
- Now put Jesus back on the plate.
- Wow! All the bears are excited! Gently shake your plate to have your bears celebrate.
- Jesus met with his friends and he wants to meet with you, too!

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** Number dot stickers one through six and pass them out to kids. Roll a giant die, and everyone with that number gets to answer the question. It's great if multiple kids have the same number, and can answer together.
- **Was the room where Jesus' friends staying locked or unlocked?**
- **Who came through the locked door?**
- **Who wasn't there when Jesus came to meet his friends?**
- **How did Thomas finally believe that it was really Jesus?**
- **When can we meet with Jesus?**

### ACTIVITY | Hands of Love Craft

- **INSTRUCTIONS:** Trace preschoolers' hands on construction paper and cut out the handprint. Give preschoolers a heart sticker and instruct them to place it in the middle of their hand cutout.
  - ✂ **TODDLER HACK:** Tracing toddler hands is tricky. Instead, use a large stamp pad to create their handprint on a piece of paper. Then give the toddlers a heart sticker and show them how to place the sticker in the middle of the hand.
- Let make a project to help us remember how Jesus came to meet with Thomas and how he comes to meet with us. Then say, **I can meet with Jesus every day!**

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

- **"He is not here; he has risen!"**
- **INSTRUCTIONS:** Divide kids into eight teams and assign each team a word from the memory verse. Have them say their word out loud when you point to each team in order so that they're working together to say the entire verse.

## 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 | Rub Elbows with Nature!

- **INSTRUCTIONS:** Collect some nature items (e.g., flowers, leaves, twigs, rocks, etc.) and have kids place paper over each item and rub crayons or colored pencils to create textured art. You may need to help them hold the paper down and steady. Check out [this video](#) to see how it's done.