

WEEK 4 LESSON GUIDE

RISE & SHINE

BIG IDEA

Jesus is there for me every day.

BIBLE

The Road to Emmaus: Luke 24:13-35;
Psalm 23

LARGE GROUP TIME

Have you ever gotten that warm and fuzzy feeling you get when you stand quietly before a sunset? The sun is sinking down into the horizon, and the sky is filled with colors of oranges and purples. It is a magnificent sight! I see Jesus in those moments. Do you?

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 | How Many Do You Know?

- **INSTRUCTIONS:** Split kids into teams of three or four, and give each team a sheet of butcher paper, along with markers. All the team members need to write as many animals and plants as they can think of on their sheet (not limited to the farm). After a designated amount of time, have the first team call out an animal or plant from their list. Every other team who has that item has to cross it off their list. The team with the most amount of unique words (words that didn't get crossed off) wins!
 - ✳ **PRETEEN HACK:** Make this slightly more challenging for preteens by giving each of them a blank [5x5 Bingo board](#) and having them fill it out with all the farm words they can think of. Afterward, play Bingo by calling out words you might have prepared beforehand (or pick at random from a list like [this one](#)). First kid to get five in a row wins. If you have time, keep playing to see who gets all the words crossed out first.

✂ **SPECIAL NEEDS HACK:** Have kids play a memory matching game with farm-themed cards ([like this](#)).

- I bet if we did this contest up against someone who works with plants and animals every day, like a farmer, they might have come up with words we've never even heard of. They know everything about their farmlands and it would show.
- Jesus knows everything about us, too, and lets us know how much he cares for us. Let's keep learning!

ACTIVITY | Pruning Pick-Up Sticks

- **INSTRUCTIONS:** Divide kids into teams and give each team 20-30 colorful paper straws. Have a leader hold all the straws in their hand and let them [fall down randomly](#). Any stray straws should be added on top of the pile. Decide as a team which color straw will be the "weeds" and they have to take turns trying to remove only that color from the pile, without disturbing the other straws. If a player moves another straw, they pass their turn to another teammate. The team that removes all the weeds the fastest wins!

✂ **SPECIAL NEEDS HACK:** You might want to use actual Pick-Up Sticks because the sensitivity of the straws' movements might make it frustrating for some. Alternatively, you can allow kids to remove the sticks without penalty for moving the other sticks.

- For plants and flowers and vegetables to grow best, weeds must be removed so the good stuff gets all the nutrients from the ground.
- Just like how these flowers were mixed in with weeds that would have been harmful to them, sometimes we mix up what is good and bad for us. But God stays involved. God sticks with us and lets us know how to make things right again.
- God wants us to thrive and grow, and the best place we see that is in how Jesus interacted with people, especially in those days after he came back to life!

QUESTION | How do people recognize you?

- **INSTRUCTIONS:** Pass around a handheld mirror and dry erase marker. Using the marker, every student will write the very best thing about themselves. It can be things like 'I'm great at soccer', or 'I have great hair', or 'I'm kind'. Wipe the mirror clean for the next person to go. Make sure to add a positive comment to what the student shared, since this is a very vulnerable ask.
- Everyone has unique, meaning one-of-a-kind, features on their face and unique talents and experiences.
- **I'm curious, how do people recognize you?**
- **What is a noticeable feature of yourself?**
- **How might you describe yourself to someone else if they could not see you?**
- You are made in the beautiful image of God to reflect God. Your best feature is a reflection of God, and we can see God in each other!
- Let's find out more about how else we can know God is with us.

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

SCRIPTURE | Luke 24:13-35 (The Road to Emmaus)

- **INSTRUCTIONS:** Read Luke 24:13-35 then invite volunteers to rehearse and act out the story using props and costumes. Characters needed: Narrator and Cleopas.
- Walking up and down the rows and rows of gardens here on the farm, what you might find is pretty predictable. I like how every person, animal, and plant here is a part of a system that keeps this farm going.

- We work together to create a beautiful life. The animals recognize the farmer and we recognize how things just seem to flow around here.
- Take a walk with me – in your minds – as we dive into today’s Bible story where two friends are walking together.
 - **Narrator:** Cleopas and his friend were walking on a road toward a place called Emmaus. They were discussing all of the things that happened recently. They were chatting about all the rumors they had heard about Jesus when suddenly, a man joined them. He asked them, “What are you talking about?”
 - **Cleopas:** I thought for sure this man had been living under a rock! How had he not heard about everything that had happened? So my friend and I explained to this man about Jesus. How Jesus was handed over to the authorities and was sentenced to death on a cross. We shared that we had hoped that Jesus would be the Savior we had all been waiting for, but now that he’s dead, how could that be? Although we did hear some women claim that Jesus was alive again . . . but when some of our friends went to the tomb, it was empty alright, but Jesus was nowhere to be seen.
 - **Narrator:** Then the man told Cleopas and his friend that they should trust Scripture. And then he explained to them all the things that had been taught ever since a long time ago that showed that Jesus was indeed the Savior the prophets had written about.
 - **Cleopas:** We were so intrigued by this man’s words. So when we got close to the village, we begged the man to stay with us since it was getting dark anyway. And then, when we sat down for the meal, the man took the bread, gave thanks, broke it, and gave it to us. My friend and I looked at each other in shock. Could this be . . . Jesus?!
 - **Narrator:** It was! But the minute they recognized Jesus, he disappeared from their sight.
 - **Cleopas:** I can’t believe we didn’t realize it was Jesus all along. When he was teaching us about Scripture, we felt deep in our heart and soul that this man was definitely special. And of course he was – he was Jesus! Jesus had been there the whole time, walking with us.
 - **Narrator:** Cleopas and his friend hurried back to Jerusalem to tell everyone that it was all true – Jesus was alive and they knew this for a fact.
- This story tells us that even when Jesus was right there in front of their eyes, people didn’t recognize Jesus. We don’t know if it’s because Jesus looked different after he came back to life or it’s because they simply couldn’t believe that Jesus was alive again.
- In any case, when we open ourselves up to the truth that Jesus is always there, then we’ll begin to notice him everywhere!

BIG IDEA | Jesus is there for me 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.
- Alright, farmhands, time for another dig in the dirt to make room for our crips and to find . . . our BIG IDEA!
- **Jesus is there for me every day!**

- Even when we're on walks or not doing anything special, Jesus is with us every day.
- It might be hard to recognize his presence but if look closely, we will realize that he's everywhere and always there for us.

VIDEO | Rise & Shine, Episode 4

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

ACTIVITY | Jesus in Everyday Things

- **INSTRUCTIONS:** Ask a painter from your church to be a special guest painter for this activity. Set up their canvas and paints so they can paint an art piece encouraging kids to guess as they watch the art come to life! Have the artist stick with a theme relating to Jesus like him feeding others, preaching to others, praying, or the cross. If you don't have anyone you could recruit, you could show videos of art or different landscapes [like this one](#).
- **Jesus is there for me every day.** That means if we pay enough attention when we look around, we will recognize Jesus in everyday life.
 - We can see Jesus in the amazing talent our artist shared with us today.
 - We can see Jesus in the sunrise and sunset and all the beautiful scenes of nature.
 - We can see Jesus in the ways people love and serve one another.
 - We can see Jesus in the ways our families care for us.
- Jesus is everywhere! All these different ways show us that Jesus is truly there for all of us all the time.
- Jesus is with us even when we talk about his story to others, just like the people on the road to Emmaus.
- **Who is someone you might want to walk with while telling them about Jesus?**

ACTIVITY | Flower Press Suncatchers

- **INSTRUCTIONS:** Give each kid a paper plate with the middle cut out of it. Cover the center of the plate with contact paper. Place dried flowers directly on the sticky part of the contact paper. Seal the flowers in with a second layer of contact paper. Cut off excess contact paper. Punch a hole at the top of the paper plate and loop a ribbon through so kids can hang it. [Here's an idea](#) of what this might look like.
 - ✂ **PRETEEN HACK:** Have preteens make a kaleidoscope out of seeds and flowers. Follow [these instructions](#), but instead of drawing on the circular piece of paper, have them glue on seeds and flowers to use instead.
- The Bible says that creation and all of nature show us God. We see God's handiwork and creative power in the sunsets, sunrises, animals, and plants. We can recognize God everywhere!
- Every time you look at this suncatcher you can be reminded that just as God's fingerprints are all around us, **Jesus is there for me every day!**

SCRIPTURE | Psalm 23

- Some farmers raise sheep like shepherds the Bible talks about a lot. People who take care of sheep have a very important and tough job!
- Let's pretend that we are sheep on a farm. Let's lie down on the ground, or however you are comfortable, and really imagine it. As sheep, we are loved but we're sometimes a little clueless. We need someone to lead us and keep us safe.
- **So what if your shepherd was like this?**
 - **INSTRUCTIONS:** Read Psalm 23 together.
- The shepherd described in Psalm 23 sounds amazing.
 - This shepherd makes the sheep so comfortable, they are in want of nothing.

- They are guided to only the best pastures.
- And even when they get lost, they know their shepherd will be right along to protect them.
- The shepherd is gentle with the sheep but fierce against their enemies or predators.
- I wish I had someone like this to watch over me all the time! But wait . . . I do! We all do! It's Jesus.
- Okay, we are a lot smarter than sheep are but sometimes, like sheep, we get lost and go down the wrong paths. I do this all the time, too. But because **Jesus is there for me every day**, he redirects me and leads me back to safety!

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

REFLECTION | I Spy Outdoors

- **INSTRUCTIONS:** Go on a nature walk to enjoy outdoors and identify how nature speaks of God's splendor and presence. If possible, visit a local farm or plan a picnic together outdoors. Before program, use sidewalk chalk to write out a few verses about God in nature so you can point them out on the walk (e.g., John 1:3, Psalm 19:1, Psalm 96:12, Psalm 104:14, Luke 12:27). Play I Spy with the class using clues from nature, the verses, and the people around.
- Jesus is everywhere! And sometimes, I feel the closest to Jesus outside in nature.
- **What do you notice? What do you hear? What do you feel and smell?**
- **How does nature help us recognize Jesus?**
- **How do other people help us recognize Jesus?**
- **How does God's word help us recognize Jesus?**

RESPONSE | Farmer's Almanac

- **INSTRUCTIONS:** Kids will reflect by journaling this Easter season using the Farmer's Almanac printable.
- Let's get out our Farmers Almanac and add more important information about ourselves and the things we've been learning on the farm.
- Draw or write to respond to the following question:
 - **What kind of outdoor scene do you like most? Why?**
 - **What are some ways we might be able to see Jesus in the world around us?**
 - **How do you know Jesus is always there for you?**

MEMORY VERSE | Luke 24:6a (NIV)

- **"He is not here; he has risen!"**
- Because Jesus is with us every day, we can recognize Jesus in nearly everything. But can you recognize the words from our memory verse hidden in the picture? Let's find out!
- **INSTRUCTIONS:** Using the provided printable, invite the kids to find the words of the memory verse hidden in the picture. They can circle or color the words found then write them in order.
- **(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 reminding me that you are all around. Your creation, nature, and everything around us tells of your beauty, creativity, and joy. Thank you for being there for me every day. Amen.

SMALL GROUP TIME

DISCUSSION

- What were the people on the road to Emmaus talking about when Jesus came up to them?
- Why do you think the people on the road to Emmaus didn't recognize Jesus?
- How did they know it was Jesus in the end?
- Read Psalm 23. Based on all of the action words that describe what the Lord does for us, why do you think Jesus is called the good shepherd?
- Why do you think it could be hard for us to remember that Jesus is always there for us?
- Name something that you can hold in your hands that helps you remember Jesus is here with you.
- Name something bigger than your house that helps you know Jesus is always there for you.

ACTIVITY | The Lord Is . . .

- **INSTRUCTIONS:** *On a piece of paper or on a board, write the three prompts below. Then have the kids jot down their answers to the prompts. When everyone has finished, start the sentence, "The Lord is..." and invite kids to complete it using any of the things they've written down.*
- **Jesus is there for me every day.** But how? Let's see if we can describe the many ways Jesus is there for us by remembering that "The Lord (Jesus) is my shepherd," but also so much more! **What is . . .**
 - a word that describes Jesus?
 - a phrase that describes something Jesus is doing to take care of you?
 - a phrase that describes something Jesus is doing to help you grow?