

Bible background

John 20:1-20; 21:15-17

Aim of lesson

To show the children what a difference it made to the disciples when they knew that Jesus was alive again, and to appreciate the difference it can make to us.

Preparation required

You will need materials for drawing/colouring and perhaps some clothes for dressing up.

Suggested outline of lesson

1. Get the children to imagine that they were Mary (Magdalene). They had been with Jesus for over three years, and had seen him die. How would they feel? Draw a sad expression, and tears, on Mary's face on the activity sheet. Tell the children how Mary went to the tomb very early on a Sunday morning and saw that the stone had been rolled away. How would she feel then? Then describe how Jesus appeared to her and she recognised him. Try to communicate the enormous joy she would have felt, and get the children to draw a really joyful face on the activity sheet.
2. But the other disciples still did not know that Jesus was alive again. Explain that the same Jews and Romans who had killed Jesus would want to kill them, and they were very frightened. When Jesus had been arrested they had all run away and hidden. Ask the children to whether they have ever done that? How did it feel? Draw frightened (wide open?) eyes peeping through the fingers on the activity sheet. Now describe how they had met that evening in a locked room, when Jesus appeared among them and showed them his wounds, so they knew that it really was him, alive again. Were they still frightened? Why not? Draw happy faces to show the change in their feelings.
3. But there was one disciple who was ashamed of himself. Describe briefly the way in which Peter had denied Jesus, Jesus had looked at him and he had gone out and wept. How do the children feel when they have done something wrong? Draw a worried (lots of lines) face on the activity sheet. Now describe how Jesus went to Peter and asked him if he loved him, and how Jesus then told Peter to tell other people about him. So Peter was no longer ashamed; he was happy too. Complete the activity sheet.
4. Discuss with the children things of which they may be sad, frightened or ashamed. Get them to draw a picture of themselves on the activity sheet, with a happy version when they remember about Jesus being alive.
5. Depending on the children in the class, choose one of the situations described and get the class to act it, encouraging them to think how the characters felt and what they would have said.

Alternative activities

1. Try some role plays as suggested in the lesson notes e.g. Jesus comes for a meal with his disciples or Peter and his friends are fishing when they see Jesus on the beach. Use a large box, furniture or even a mat to be a boat. Make some play dough food to share.
2. Help children to draw pictures of things that have frightened them, e.g. getting lost, being in the dark, going to a strange place.
3. Using card circles or paper plates, make two-sided masks, one side can be either sad, ashamed or frightened and the other side, happy. Attach thin dowel or a strip of strong card so that the children can hold up the masks and turn them round.

Relevance to the children's lives

If we are sad, or frightened, or ashamed, we can remember that Jesus is alive, knows all about us, and loves us. Then we can be happy

Prayer

Pick on some of the things the children have said, and pray about them.

Verse

'The disciples were overjoyed when they saw the Lord.' John 20:20.

Rhyme

Mary's eyes were full of tears
For she was very sad;
But when she saw that Jesus lived
It made her feel so glad.
The other men very scared;
It made them want to hide.
But they were really happy when
They saw him by their side.
Peter was a sorry man,
He knew he had done wrong;
But Jesus asked him for his help;
It made him bold and strong.