



# Jesus Rises from the Dead

Matthew 28



## LESSON GOAL

Students will tell their friends and family about Jesus' resurrection.

## BIBLE TRUTHS

- The angel showed the women that Jesus was alive.
- Jesus rose from the dead, as He promised.
- Some trusted in Jesus after He rose from the dead. Some did not.
- Jesus told His disciples to tell the nations about Him.

## KEY VERSE

"He is not here; for He is risen, as He said. Come, see the place where the Lord lay" (Matthew 28:6).

## APPLICATION

- Sing praise to the risen Savior.
- Obey Jesus as Savior and Lord.
- Tell people who do not know Jesus about His death and resurrection.

### Symbol Key



Craft



Finger Play



Memory Verse



Object Lesson



Game



Visual Aid



Center



Activity



Q & A



Age Group

# Teacher Planning Sheet

## PREPARE

**Objectives/Truths** to cover this week

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Personal Application

*As a result of my study in this passage, God wants me to*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Three ways students need to apply this passage are*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## POINT

*Choose from various ideas to point students to the coming Bible lesson.*

- \_\_\_\_\_
- \_\_\_\_\_

## PROCLAIM

*Choose from various ideas to proclaim the Bible lesson.*

### Presentation Ideas

- \_\_\_\_\_
- \_\_\_\_\_

### Praise/Music Ideas

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PRACTICE

*Choose ideas to help review and apply today's lesson.*

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**Materials Needed**

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## PREPARE WITH THE TRUTH

*“Therefore you shall lay up these words of mine in your heart and in your soul.... You shall teach them to your children” (Deuteronomy 11:18–19).*

Please take time to prepare your mind and heart to accurately handle the truths of God’s Word (2 Tim. 2:15). Read through the Bible background and study the truths contained in this lesson. Crucial background information is included here to aid you in understanding the Scripture.

### Bible Background

Matthew wrote his Gospel to show that Jesus Christ was Israel’s long-awaited King and Messiah. He began his book by establishing that Jesus was the fulfillment of messianic prophecy. In chapters 21–23, Jesus is presented and rejected as the Messiah. Chapter 26 also focuses on the rejection of Jesus as the Messiah. The religious leaders rejected Jesus as the Messiah, the nation rejected Him as their King, and even His disciples abandoned Him. In Matthew 27:26–56 we see the culmination of God’s wrath being poured out on His Son for the sins of the world. Three major events took place. Jesus was mocked, crucified, and died. In today’s lesson, Jesus will be buried and will rise from the dead, proving His power over death. In Jesus’ final moments before leaving earth and ascending into heaven, He will leave one last command for His disciples. That command is to go into the entire world, sharing the gospel with everyone and discipling those who believe. This passage is best known as the Great Commission.

#### The Burial (Matt. 27:57–65)

Following the crucifixion, Joseph of Arimathea asked Pilate for Jesus’ body. Joseph and Nicodemus (John 19:39) prepared His body and placed Him in Joseph’s unused tomb. Joseph and Nicodemus were members of the Sanhedrin, the Supreme Court of Israel. There were 71 members of the Sanhedrin, with the high priest at the head. Joseph was one of these religious leaders who had become a disciple of Christ. Nicodemus was a Pharisee. He had come to Jesus in secret to speak with Him regarding salvation. Jesus explained to him that he must be born again, not of water but of the Spirit, and that God sent His Son to be the Savior of the world (John 3:1–21). Nicodemus also came to faith in Christ.

Placing Jesus in an unused tomb fulfilled the prophecy of Isaiah 53:9, which says, “And they made His grave with the wicked—but with the rich at His death, because He had done no violence, nor was any deceit in His mouth.” Waiting by the tomb, watching Jesus’ burial, were Mary Magdalene and Mary the mother of James and Joseph. Joseph of Arimathea rolled a stone against the opening and then left.

The chief priests and the Pharisees wanted to make sure that Jesus’ disciples did not fabricate His resurrection, so they secured and sealed the tomb with Pilate’s permission. Roman guards were placed outside the tomb to protect it from grave-robbing disciples. Everything that was humanly possible was done to prevent the resurrection of Christ. It was, in fact, a benefit providing witnesses an even more spectacular demonstration of Christ’s resurrection. No person, no seal, and not even death had power over Christ.

#### The Resurrection (Matt. 28:1–17)

After the Sabbath, Mary Magdalene and the other Mary went to the tomb. There was a great earthquake, and an angel of the Lord moved the stone that covered

### Additional Reference Materials

*The Murder of Jesus* by John MacArthur

*The MacArthur Study Bible* by John MacArthur

the tomb. The stone was moved not so that Jesus could get out of the tomb but so that others could go in and see that He was gone. The angel of the Lord told the women not to be afraid and to look and see that Jesus had risen. The angel then told them to go and tell the disciples what had happened.

The Roman guards that were placed at the tomb fainted at the sight of the angel. They were placed there under Pilate's order and could have been killed for their failure to guard the tomb. They told the chief priests what had happened and were bribed to change the story. They were told to say that it was the disciples who came and stole the body during the night.

The power of Christ's resurrection was demonstrated with undeniable evidence. During Christ's resurrection, saints were raised from the dead. They went into Jerusalem and testified to the reality of Jesus' resurrection and the gospel (Matt. 27:52).

### **The Ascension (Matt. 28:18–20)**

When a person leaves on a long trip or is on his deathbed, his last words are what resounds in the ears of those who remain. Some of Christ's last words on earth were indelibly seared on the minds of His disciples. Some of His last instructions are known as the Great Commission. Jesus told His disciples, "All authority has been given to me in heaven and on earth." Jesus' time of suffering was now over. He was about to be exalted in heaven. He had absolute sovereignty over everything in heaven and on the earth. Based on that authority, Jesus sent the disciples out into the world. He called them to "make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you." Jesus called His disciples to evangelize and disciple those who would believe.

Jesus ended the Great Commission with one last encouragement. He said, "I am with you always, even to the end of the age." The disciples had nothing to fear, for Jesus, the omnipotent Savior, was with them.

Jesus' followers saw the power in His life, death, resurrection, and ascension. They were given an instruction before Jesus left earth to return to His Father in heaven. The application of Christ's commands is just as relevant to believers today. Jesus said, "Go and make disciples of all nations and baptize them... commanding them to observe all that I have taught you." Disciples of Christ are called to share the good news of Christ's death and resurrection with the lost of this world. They are not only to evangelize the lost but are also to disciple them. Although this command may come with many trials and persecutions, believers are reminded that Jesus will be with His children, even to the end of the age.

## POINT TO THE TRUTH

*"Give ear, O my people, to my law; incline your ears to the words of my mouth"*  
(Psalm 78:1).

This section includes questions to review last week's lesson and ideas to prepare students for this week's lesson. Choose from the following ideas to point to the truths of this lesson.



### Review Questions

*Use these questions to review and reinforce key truths.*

How was Jesus killed?

*He was crucified on the cross.*

When people saw Jesus on the cross, what did they do?

*They mocked and insulted Him.*

What were the signs that accompanied Jesus' death?

*The veil of the temple was torn in two from top to bottom, there was a great earthquake, and rocks were split.*

Who was ultimately in control of Jesus' death.

*God.*

Why did Jesus die on the cross?

*So we could have forgiveness of sins.*



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### Still in Your Sins

Place a small plastic tarp on the floor. Bring in a small bucket of water and put in several drops of black food coloring. Stir it until the water is very black. Then, put an inexpensive doll or action figure into the water. Tell the students that the black water represents sin. We are like the doll in the water. The wages of sin is death (Rom. 6:23). Each sin is worth infinite time in hell. It takes more than just someone else dying for us. It takes someone who is good enough and great enough that he can pay for many people's sin. Jesus died for sin (Rom. 5:8). He proved that He was good enough and great enough to pay for all our sins by dying and rising again. Read 1 Corinthians 15:17. If He did not rise from the dead, we would still be in our sins, just like the doll in the bucket of black water.



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### Now the Good News

Tell the students that you are going to share some wonderful news with them. Play a game of telephone by whispering, "Jesus Christ is risen" into a student's ear, and have him pass it along until the last student gets to announce the news in a regular voice. Explain that in today's lesson, we will learn all about the good news of Jesus Christ's resurrection and how Jesus commanded us to spread the news.



### Impossible for Man, Accomplished by God

Bring various objects of different weights to class. Have students try to lift the objects. Some will be easy, some very difficult, and some that only a few in the class will be able to pick up. One object should be too heavy for any of them to move. Explain

that there are many things we can do and accomplish, and some people can do more than others. However, the resurrection was something so great that it could be done only by God. By raising Christ from the dead, He testified to His power, His victory over sin and death, and He gave us hope.

**Variation:** Take a picture of a man, tear it into tiny pieces, and place it in a bag. Explain that this is what the people did to Christ. They broke and killed His body. Ask the students whether it would be possible to put a hand in the bag and pull the picture out whole and restored. But that is exactly what God did. Have an identical, whole picture hidden against the side of the bag. Pull this picture out, to their amazement. Explain that this is only an illusion, a trick, but that God actually raised Jesus from the dead and gave Him a new, glorified body. That is much more amazing!



### Only God Can Do That

Bring in a dead branch to class. Have the students take turns telling the branch to grow flowers or leaves. You may even tell them to talk louder because the plant may not have heard. Tell the class that once things are dead, men cannot bring them back to life. Only God can do that. Today we are going to hear about somebody rising from the dead. Can you guess who rose from the dead? Yes, Jesus did. God raised Him from the dead.

## PROCLAIM THE TRUTH

*“Telling to the generation to come the praises of the LORD, and His strength and His wonderful works that He has done” (Psalm 78:4).*

This section includes the Bible lesson, lesson questions, and praise and worship ideas. Song suggestions are included that you can use to proclaim your worship to God. Use the lesson questions to check the students’ understanding. This section also includes various presentation ideas to use during the teaching time. Read the Bible passage several times before you read these pages. All teaching should be done directly from the Bible.

### Bible Lesson

Two of the most important things about Jesus’ life are His death and resurrection. God had promised throughout the Bible that Jesus was going to come and die for our sins. The Bible speaks of a Messiah, who would save God’s people from their sins. It is also important to know that God would also prove that He kept this promise by having Jesus come back from the dead. The resurrection proved the power of God and that He keeps His word.

Joseph of Arimathea was a follower of Jesus and loved Jesus very much. On the night of Jesus’ death, he decided to go to Pilate, the governor, and ask for permission to bury Jesus’ body. Pilate said yes, and Joseph took Jesus’ body to a tomb he had bought. Joseph was a very wealthy man and could afford to buy an unused tomb for Jesus. A tomb is a type of cave with a large stone that rolled over its opening. Joseph, along with Mary Magdalene and another Mary, carefully wrapped Jesus’ body with clean linen and placed it in the tomb.

The next day, the chief priests and Pharisees, who hated Jesus, also went to Pilate and told Pilate of Jesus’ promise to resurrect, or to rise, three days after His death.

The Pharisees were afraid that Jesus would keep His promise. They wanted to make sure this resurrection did not happen. The Pharisees did not believe that Jesus is God and had the power to come back from the dead. They tried everything in their power to make Jesus break His promise. So they made a plan. With Pilate's permission, they sealed the tomb and placed guards to watch over it. The Pharisees thought this was enough to keep Jesus from fulfilling His promise.

On the third day, which was the Sabbath, Mary Magdalene and the other Mary came back. Suddenly there was a great earthquake! The ground started shaking, and there was a loud roaring noise. It must have scared the women a lot! It certainly terrified the soldiers who were sent by the Pharisees to guard the tomb. You can imagine how frightened they must have been. But they were even more frightened by the angel who appeared before them. It was the angel who had caused the earthquake. God had sent the angel to roll away the stone and break the seal. The angel was very beautiful, with flowing white robes, and he was so bright that the Bible said he looked like lightning. The soldiers were so scared that they fell to the ground as if they were dead.

The angel then turned to the women and told them not to be afraid. But he also told them something they did not expect at all. He said that Jesus was not in the tomb! The women peered into the tomb, and sure enough, Jesus was not lying where He had been placed.

The angel then commanded the women to share with Jesus' disciples the good news that He had kept His promise and had risen from the dead. The women were so happy that they left right away and told the disciples about what they had learned.

The soldiers, who had fainted at the sight of the angel, got up and also left the tomb to tell the story. But they went to the chief priests who had hired them. When the chief priests heard that Jesus had risen from the dead, they gave the soldiers money to lie. They told the soldiers to say that Jesus did not rise from the dead but that the disciples had come in the middle of the night and stolen his body. The soldiers obeyed the chief priests.

But Jesus had kept His promise, and He is alive. Jesus appeared to His disciples on a mountain and gave them one last command before He left to go to heaven. He told them to share the good news they had learned and to tell everyone around the world that what Jesus said is true and that God had sent His Son to die for our sins, but also that Jesus came back from the dead and kept His promise.

He then gave another promise to His disciples. He said that they should never be afraid of anything because He will always be with them.



## Lesson Questions

What did the chief priests and Pharisees do to try to stop the resurrection of Jesus?  
*They sealed the tomb and placed guards by the door.*

What happened when the two Marys came to see Jesus' body?  
*There was a great earthquake, and an angel appeared and rolled away the stone door.*

What did the angel tell the women?  
*He told them that Jesus was not in the tomb. He had risen.*

What did Jesus command His disciples before He ascended to heaven?  
*Jesus told them to share the good news of salvation.*

What did Jesus promise the disciples?  
*Jesus promised that He would always be with them.*

## Presentation Ideas



### A Beka Book Flash-A-Cards

Use appropriate A Beka Book Flash-A-Cards with the lesson.



### Betty Lukens Flannelgraph

Use appropriate flannelgraph pieces with the lesson.



### Empty-Tomb Set

Reenact the story of the resurrection. Paint several pieces of butcher paper to make a wall-size mural of a tomb. You can purchase a 4x8-foot piece of foam at a local hardware store to make the shape of the stone that was in front of the tomb. Dress several students as characters, and reenact the story as you teach the Bible lesson.



### A Boxed Tomb

Wrap a doll in cloth and place it in a box. Close the box and seal it with packing tape. Post a guard, either by drawing men on the box or by using paper people or other dolls. This will help the students visualize what the chief priests and Pharisees did by making "the tomb secure by sealing the stone and setting a guard." (Matt. 27:66). Emphasize that it is impossible for the doll to get out without a miraculous display of divine power.

## Praise and Worship

*Jesus Loves the Little Children*

*Lord, I Lift Your Name on High*

*Nothing but the Blood of Jesus*

*Praise the Name of Jesus*

*Shout Hosanna (2nd verse)*



### He Arose

In a stone-covered tomb the Savior was laid.  
*(Hold hand flat; then place fist on flat hand.)*

Two guards were outside to keep robbers away.  
*(Hold up two fingers; place fists on waist.)*

But the guards were astonished and trembled with fear.  
*(Open eyes and mouth wide; hold fists at sides and shake arms.)*

When the ground shook and quaked and an angel appeared.  
*(Hold hands flat, palms down and shake them; use hands to form a halo over head.)*

"Jesus is risen!" the angel proclaimed.  
*(Hold hand palm up and raise slowly; place hands at sides of mouth.)*



The Lord was alive; He had conquered the grave.  
(Clasp hands together and wave over head victoriously.)

His order to us is to tell the good news,  
(Point outward; place hands at sides of mouth.)

And He promises always, "I will be with you."  
(Place hand over heart; nod head.)

## PRACTICE THE TRUTH

"That they may set their hope in God, and not forget the works of God, but keep His commandments" (Psalm 78:7).

Choose ideas from this section to review and apply the truths of the Bible lesson.



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### What Is Your Response?

As you read the resurrection account in Matthew 28, it is fascinating to notice various people's responses to the event. The guards were absolutely petrified, the women were filled with fear and great joy, the chief priests tried to deny it and cover it up, some of the disciples worshiped, and some of them doubted. Try to get the students to understand that each of these people knew the facts of the resurrection, as the students now do, but each responded differently. Question them about their response and whom in the Gospel account they most emulate. Explain that your prayer and desire for them is to look most like the women and disciples who feared God, rejoiced in Him, worshiped Him, and gave their lives to obeying Him.



### Like Air

After presenting and teaching the Great Commission, this presentation helps with the explanation of Jesus being with us always. Invite students to take a deep breath (and let it out). Breathing is what keeps you alive, keeps your bodies working. But did you see the air that you breathed? No; but it is there (given by God). And you breathe all the time, when running, when asleep, and when alone. In a similar way, we cannot see Jesus, but He is always with us. (He promised and it is His attribute of omnipresence.) God the Son (Jesus) asked God the Father to send God the Holy Spirit to be with us, to guide us, to comfort us (when we are alone and afraid), and to convict us (remind us) when we sin.



### All the Cookies

When it is snack time, give one student all the cookies. Ask that student to share the cookies with everyone in the class. Compare sharing the cookies with sharing the good news. Talk about Jesus Christ and His instructions in the Great Commission to go and tell other people. Ask students whom they can tell about the story today.



### Spread the Good News

Materials: construction paper squares, crayons, stickers, tape

Directions: Give each student a square of construction paper, and have him cut a round edge on one corner. Let him decorate one side of the paper with crayons and stickers and be sure to write, "Christ Is Risen." Then fold the paper into a megaphone shape, and tape it closed.



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### **Tomb, Tomb, Resurrection**

Use this variation of the popular preschool game “Duck, Duck, Goose” to reinforce the idea of Jesus rising from the dead. Have the students lie down in a circle. Have one student walk around the circle, touching the heads of the others, saying, “tomb, tomb, tomb” as he goes. Have him touch one student’s head and say “resurrection.” The student will get up and chase the first student around the circle. The first student must race to the open part of the circle and lie down before he gets caught.

### **Coloring Pages**

Give each student a copy of the coloring sheets at the back of this lesson. The students can color the pages in class or at home.



### **MEMORY VERSE**

“And that He was buried, and that He rose again the third day according to the Scriptures” (1 Corinthians 15:4).



**“But the angel answered and said to the women, ‘Do not be afraid, for I know that you seek Jesus who was crucified. He is not here; for He is risen, as He said. Come, see the place where the Lord lay’” (Matthew 28:5–6).**





**“Then Jesus said to them, ‘Do not be afraid. Go and tell My brethren to go to Galilee, and there they will see Me’” (Matthew 28:10).**

