



Jesus Rises from the Dead

Matthew 28



LESSON GOAL

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

LESSON OBJECTIVES

Students will be able to

- Identify the events that happened after Jesus rose from the dead.
- Evaluate the various responses to the resurrection.
- Explain the importance of the resurrection.
- Describe the Great Commission Jesus gave His disciples.

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



Memory Verse



Object Lesson



Game



Visual Aid



Activity



Q & A



Work Sheet



2 Grade Level

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.

Did the people want Pilate to release Barabbas or Jesus?
Barabbas.

In what ways did the soldiers make Jesus suffer?
They scourged Jesus with a whip, placed a crown of thorns on His head, spat at Him, and beat Him. They were mocking Jesus when they did these things.

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.



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!



Resurrection

Have the students look up 1 Corinthians 15:1–19. Ask them to read and answer these questions: Who saw Jesus after He rose from the dead? Why is the resurrection important?

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

Reading of the Text

Read Matthew 28:1–10.

Introduction

Last week, we learned that Jesus was crucified on the cross as if He were a criminal, even though He had done nothing wrong. The people of Israel did not like His message of salvation and repentance, and they treated Him as if He were the most wicked person who had ever lived. The people of Israel did not realize that God had planned before the world was created that Jesus would be killed and buried, and that He would rise again. God's plan was not to leave Jesus in the



grave. In today's lesson, we will learn how Christ conquered death and atoned for man's sin through His glorious resurrection.

Leadoff Question (LOQS)

LOQ: When did the women return to Jesus' tomb?

Answer: Matthew 28:1 says, "Now after the Sabbath, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb." These two women, who had accompanied Jesus and His disciples as they went from place to place ministering and preaching, came to the tomb where Jesus was placed so that they could anoint His body with precious ointments. This was a common practice in those days. The reason the Bible says that it took place "after the Sabbath" is because on Saturday, when the Sabbath took place, no one was allowed to do any work. Most people needed to remain at home until Sabbath was over. On Sunday morning, they came to the tomb because the Sabbath had passed, and they were allowed to go to the tomb.

LOQ: What other events happened as the women went to the tomb?

Answer: Matthew 28:2 says, "And behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat on it." A very important event happened when an angel from God came and rolled back the stone that covered the tomb where Jesus had been laid. As the women went to the tomb, they felt a great earthquake, and they knew that something special had happened. The guards who had been placed at the tomb were very shocked to see the angel because Matthew 28:4 says, "And the guards shook for fear of him, and became like dead men." The guards saw that his appearance that was "like lightning, and his clothing as white as snow" (Matt. 28:3). The angel had come and done an amazing thing, but he also had something amazing to tell the women who came to the tomb that day.

LOQ: What did the angel of the Lord tell the women?

Answer: The angel said in Matthew 28:5–6, "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." The angel told the women that Jesus was no longer dead. Jesus had risen from the dead, just as He had promised that He would. They no longer needed to be afraid of the angel because he brought them good news. Jesus is alive! What a wonderful message that is for us to proclaim to a lost world that does not understand how important it was for Jesus to rise from dead. The angel continued in Matthew 28:7, "And go quickly and tell His disciples that He is risen from the dead, and indeed He is going before you into Galilee; there you will see Him. Behold, I have told you." The angel told them to go and tell the disciples that Jesus was now alive. They were not to delay, but they were to go quickly. The angel also told them that they would see Jesus in Galilee. So the women were to run and tell the disciples the good news.

LOQ: How did the women respond to the angel's announcement?

Answer: Matthew 28:8 says, "So they went out quickly from the tomb with fear and great joy, and ran to bring His disciples word." The women did exactly as the angel had told them to do. They went with haste to tell the disciples the good news that Jesus had risen from the dead, just as He promised. They ran to the disciples with great joy.

LOQ: Who met the women as they were going to the disciples?

Answer: Matthew 28:9–10 says, “And as they went to tell His disciples, behold, Jesus met them, saying, ‘Rejoice!’ So they came and held Him by the feet and worshiped Him. Then Jesus said to them, ‘Do not be afraid. Go and tell My brethren to go to Galilee, and there they will see Me.’” Jesus met these women as they were running back to the disciples. When they saw Jesus, He said to them, “Rejoice!” They did, and they worshiped Him because they knew that He truly had risen from the dead. By seeing Jesus for themselves, they definitely had no doubts. Jesus also told them the same message that the angel had given—“Go and tell the disciples the good news.” In this, they also did just as Jesus said.

Summary

When Jesus rose from the dead, the women who came to anoint His body with precious ointments felt a great earthquake. The earthquake happened when an angel had come to roll away the stone from the entry of the tomb. When the Roman soldiers saw the angel, they were very afraid. The angel told the women to go and tell the disciples that Jesus was now alive. Jesus had risen from the dead, just as He had promised that He would. As the women went to tell the disciples the good news, Jesus met them, and they worshiped Him. Jesus also told them to go to the disciples.

Application

Are you happy that Jesus has risen from the dead? Jesus is now alive, and He is sitting in heaven. He is our risen Lord who has paid the price of sin for us. Let us be like these women in the lesson today who worshiped Jesus. These women were so glad that Jesus was alive, and they knew that He was the Lord. Do you know that Jesus is the Lord?

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

Christ the Lord Is Risen Today

He Arose

Jesus Loves the Little Children

Lord, I Lift Your Name on High

Nothing but the Blood of Jesus

Our God Reigns

Praise the Name of Jesus

Shout Hosanna (2nd verse)

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.



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.



Responses of the Resurrection

Ask the students to look through the passage on the resurrection in Matthew 28. Have them describe the reaction of the high priests, the guards, the women, and the disciples. Have them evaluate which were the best and which were the worst responses. Ask them which example they should follow and why.



Making News

Materials: large sheets of white paper, markers

Directions: Give each student a large sheet of paper. Have him fold the paper in half; then ask him to make a newspaper announcing the good news of Jesus Christ’s resurrection. Headlines and pictures would suffice; squiggly lines can be the “articles.” Older students may enjoy trying to write a brief article or copying Scripture onto their newspapers. Encourage the students to take their handmade newspapers home and fill them up with pictures and news about Jesus.



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.



Go and Make Disciples

Tell the students that in today's lesson, they have learned about the Great Commission. Explain that we are told to go and make disciples of all nations. How do we do that? By showing people how to follow Jesus and make Him King of their lives. We are to go—whether it is next door or to another country—and make disciples. It is not an option, but a command to all who are Christians. God has given us all gifts that we can use to help fulfill the Great Commission. Ask the students what specific things they can do to share Christ.



"Jesus Conquers Death"

Use this work sheet to reinforce the key truths of this week's lesson. The work sheet is located at the back of the lesson.



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Journal Page: "New Life in Christ"

Give each student a copy of the journal page at the back of this lesson. The students can work on the page individually, in small groups, or at home.

Coloring Sheets

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).

Jesus Conquers Death



Matthew 28

Name _____

1. Matthew 28:1 says that _____ came to see the tomb.

2. Matthew 28:2 says that there was a great _____.

3. The angel's clothing was _____.

blue as sky green as grass

white as snow brown as mud

4. When the guards saw the angel, they shook with _____ and became like _____ men (Matt. 28:4).

5. In Matthew 28:6, the angel said, Jesus "is not here, He is _____."

6. Verse 8 says Mary and Mary departed from the tomb with _____.

sadness and sorrow some food

fear and great joy tears and great toys

7. Who appeared to the Marys as they were going to tell the disciples? _____

New Life in Christ

Have you ever noticed that around Easter time the flowers begin to bloom, the trees get new leaves, and the zoo gets newborn animals? It is a time of new life. It is also the time that Christians celebrate Christ's resurrection from the dead. The life God gives in the spring is new, but the life He gives through Christ is eternal. This means that it does not last for a season, but forever. In the space below, draw three pictures: one of new life in spring, one of Christ's open grave, and one of yourself. Then, answer the questions at the back of this page.

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Why is it important that Jesus rose from the dead?

How does one receive eternal life?

How can we thank Christ for His work on the cross?

If you do not understand the good news of Jesus' death, burial, and resurrection and would like someone to explain it to you, talk to your parents or Sunday School teacher.

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“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).

