

# I AM the Resurrection and the LIFE!



FAMILY LIFE  
RESOURCES

# I AM: the Resurrection and the Life

JOHN 11:25-26

*"Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"*



We understand the challenges of busy schedules at home, which is why we offer resources that support you and your family which are easy to use, relevant and most importantly honor God. We pray these resources for your home along with the classes and services at First Church make an eternal difference in the lives of families like yours.

Blessings,  
First Church of the Open Bible

**Colossians 2:6,7**

Therefore, as you received Christ Jesus the Lord,  
so walk in him, rooted and built up in him  
and established in the faith, just as you were taught,  
abounding in thanksgiving.



**FAMILY LIFE  
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## **The “I AM’s” of Christ**

**SEPTEMBER “I Am The Bread of Life” (John 6:48)**

- I Am the Living Bread
- I Am the Bread of Life - Eternal
- God the Father - Our Provider
- Our Work is to Believe

**DECEMBER “I Am The Light of the World (John 8:12)**

- Star Light (Matthew 2:10)
- A Light in the Darkness (Mark 1:1)
- The Glory of the Lord (Luke 2:9)
- I Am the Light of the World (John 8:12)

**JANUARY**

**“I Am the Resurrection and  
the Life” (John 11:25-26)**

- Do You Believe?
- Born of the Spirit
- A Very Bad Day
- Living Our New Life

# LESSON 1

## "Do You Believe?"

**Parent's Passage:** Deuteronomy 6:6-7

**Family Reading:** John 15:4-5

**Key Verse:** John 11:25-26

***"Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"***

Think of a time where you really wanted someone's attention. Maybe, you were going to do your best dive into the swimming pool or you had a new dance move that you just had to show off! What did you do to get that person's attention? Did it sound something like this:

***"Mom! Mom! Mom! Mom!"***

Or maybe:

***"Dad! Dad! Dad! Dad!"***

Jesus does this, too! Did you notice that He mentions believing, in some form or another, three times in just the two verses of our key passage?

Before we can talk about who Jesus tells us He is, it's important to answer the question He asks in our key verse -

***Do you believe who He says He is?***

Take note: whether you believe or not does not change who

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He is. However, it does change who you are.

If you have never told Jesus you believe in Him, pray this out loud with your family now:

***"Jesus, I believe that You are who You say You are and I want you to be my Lord and Savior. You are the only resurrection who can renew our lives. We're sorry for putting other things above You (if something specific comes to mind, then name it! God already knows, but He calls us to confess it).***

***Lord, please show our family how we can follow You better.  
In Jesus's holy name, Amen."***

John 1:12 tells us,

***"But to all who did receive Him, who believed in His name, He gave the right to become children of God."***

As His children, rejoice in who Jesus is! By believing in Him, Jesus has resurrected you, too! In Him, you will have a new life.

2 Corinthians 5:17

***"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"***

As the month continues, pray over your family that you continue to look to Jesus as Lord over your lives. Find ways to invite him into your day-to-day activities.

Make a habit to pray each morning or each evening before you go to sleep. Keep on the lookout for opportunities where you can invite Jesus to be a part of your day.

He wants that kind of relationship with us!

## Coloring Page Activity

In John 15:5, Jesus referred to Himself as the vine, and His disciples as the branches. As you color this picture, keep in mind what Jesus said about "remaining in Him."



## LESSON 2

# Born of the Spirit

<b>Parent's Passage:</b>	John 3:1-17
<b>Family Reading:</b>	John 3:3-8
<b>Key Verse:</b>	John 11:25-26

***"Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.  
Do you believe this?"***

What "Life" is Jesus offering those of us who believe? Certainly it is eternal. (John 3:15) Certainly it promises for us to be with Jesus forever. (John 6:40)

However, in this lesson, let's explore another aspect of Eternal Life - It is spiritual in nature.

Read John 3:3-8. Verse 6 says: "***Flesh gives birth to flesh, but the Spirit gives birth to spirit.***" Jesus explains to Nicodemus that while we are born as babies in the flesh, we must also be born again in the Spirit. We have life in our bodies and we also have life in our spirits.

### FAMILY ACTIVITY

Talk together as a family about the nature of the spiritual life as it is different from our physical life. Following are a few of Jesus' teachings on external versus physical life to help you -

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John 4:23, **"Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth."**

John 5:24a **"Very truly I tell you, whoever hears my word and believes him who sent me has eternal life ..."**

John 6:63b **"The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life."**

Our Spiritual lives flow out of our belief in Christ and what He has done for us. His resurrection brings spiritual life into us.

In John 7:37b-38 Jesus was at a festival of Celebration. He stood before the crowd and spoke loudly saying, **"Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."**

## CONCLUSION

We are human beings created by God. As we believe Jesus when He says He comes from the Heavenly Father to show us the Kingdom of Heaven, then we also receive a new spiritual life.

John concludes the story of Nicodemus with this verse,

**"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.**

**For God did not send his Son into the world to condemn the world, but to save the world through him."**

John 3:16-17

## LESSON 3

# A Very Bad Day

**Parent's Passage:** John 16:33

**Family Reading:** John 11:14-44

**Key Verse:** John 11:25-26

**"Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"**

There is a children's story about a boy named Alexander and his **"terrible, horrible, no good, very bad day."** He was having one of those days where it seems as though everything goes wrong.

Even though Alexander is just a made-up story, I'm sure everyone that is reading this today can relate to at least a few very bad days. Perhaps you're even in a period in your life where your very bad day is stretching into a very bad week, month, year, or longer.

Of course, we do have limited abilities to make changes in our lives or responses that might make a difference in how many or how long we have these very bad days. Are there some bad habits you need to change? Bad attitudes you need to confess and ask for forgiveness? Are you focusing on the things that God would have you focus on?

Even with our best efforts, though, very bad days happen.

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The Bible is full of examples of very bad days. In the story of Lazarus where our key verse is pulled from, Martha and Mary had at least four days of mourning their brother, Lazarus, who had died.

Even Jesus, who was tortured, then died on the cross for you and me was not spared that very bad day (and what a bad day He had then!) So yes, very bad days are real, no one gets a free pass, and we all must get through them.

Often, God uses our very bad days to teach us and help us to draw closer to Him. Take heart! Going through very bad days does not mean that God has changed, that He no longer loves you, that He is ignoring you, or that He is slow to respond. And you are not alone!

## FAMILY PRAYER

*"Lord, I trust you as my resurrection. Only through you do we have hope. God, forgive us of our bad habits or attitudes and please help us to understand what we can change. Jesus, help us to not dwell in sadness or anger, but help us to focus on Your truths. Thank you, Jesus, for all of your blessings; and Jesus we trust you to carry us through this very bad day. In Jesus's name we pray, Amen."*

Play the matching game on the next page to see some of the promises and encouragement God has for you in the Bible. (and there's more - so keep searching the Bible for them!)

**FAMILY ACTIVITY**

Look up each Verse at the bottom in your Bible, then write on the dotted line the correct Verse reference that matches the Encouraging Passage of Scripture on the right. We did the first one for you.

VERSE	GOD'S ENCOURAGEMENT
<i>Ecclesiastes 3:1</i>	To every thing there is a season, and a time to every purpose under heaven ( <i>very bad days are not eternal!</i> )
-----	Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.
-----	... And surely I am with you always, to the very end of the age.
-----	I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.
-----	For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.
-----	Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
-----	I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.
-----	May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.
-----	When I thought, "My foot slips," your unfailing love, Lord supported me. When anxiety was great within me, your consolation brought me joy.
-----	He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

**VERSES**Revelation 21:4  
John 16:33Isaiah 41:13  
Philippians 4:6Ecclesiastes 3:1  
Psalm 34:4-5Matthew 28:20  
Romans 15:13Psalm 94:18-19  
Deuteronomy 31:6

## LESSON 4

# Living Our New Life

**Parent's Passage:** Romans 6:5-14

**Family Reading:** John 15:4-5

**Key Verse:** John 11:25-26

***"Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"***

Parents - Read Romans 6:5-14 and ask in prayer for God to help you live a new and pure life in Christ.

Family - Read John 15:4-5 together:

***Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.***

***"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.***

Jesus told many stories to his disciples to help them understand spiritual truth about the Kingdom of Heaven and our New Life in Christ.

This passage is a story of a vineyard. Jesus tells us that he is the vine - our source of life. John 15:1 ***"I am the true vine, and my Father is the Gardener."***

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To grow in our spiritual lives, we must remain attached to Jesus, just like branches grow when they are attached to the main vine. When a branch becomes broken off, it can't continue to grow. Jesus wants us to grow and bear fruit. To do this we must remain in Christ.

He tells us to:

**Obey his command** - John 14:15

**Love one another** - John 15:12

**Listen to the Holy Spirit as our guide** - John 16:13

As we stay in obedience to Jesus, we can grow and bear good fruit.

## FAMILY PRAYER

*Heavenly Father, help us to remain in Jesus.*

*Help us to continue to believe that he is helping us.*

*Help us to love each other.*

*In Jesus name, amen.*

**Use the space below to draw and color a picture of your family doing an activity to help you "Remain in Jesus".**

*(Like going to church, or helping someone)*

## "New Life" Word Search

Find all the words listed below from this week's lesson.



### Words to look for:

Believe, Remain, Commands, Love, One  
Another, Holy Spirit, Guide, Gardener, Soil,  
Vineyard, Vines, Branches, Fruit, Life, Live,  
Lord, Christ, Resurrection,

### Answer Key





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