

WEEK 3

LESSON GUIDE

RISE & SHINE

BIG IDEA

I can meet with Jesus every day.

BIBLE

Jesus Appears to the Disciples:
John 20:19-31; 1 Peter 1:3-9

LARGE GROUP TIME

A new day is dawning here on the farm! We are so glad you have returned to roll up your sleeves and pitch in as we learn more about the Easter story. Just like a beautiful brand new sunrise each day, Jesus is not dead. He is risen! Jesus is alive!

WHAT? What are we talking about today?

ACTIVITY | DIY Picnic

- Think about your favorite picnic foods, but don't say it out loud! I want you to use your Play-Doh to create your favorite picnic food.
- **INSTRUCTIONS:** Give each kid one canister of Play-Doh as you set out a picnic blanket and paper plates. Encourage them to sit around the blanket to make their food and allow kids to share what they've made.
 - **PRETEEN HACK:** Give preteens polymer clay and have them create a "tiny picnic" as small as they can using the materials given. Show [a video of tiny clay foods](#) to get them started.
- Picnics are so much fun! We meet up with friends and play and eat great food.
- In today's story, we're going to learn about the time Jesus met with his friends after he came back to life.

ACTIVITY | Farmer Says

- **INSTRUCTIONS:** Either a leader or a kid is the farmer and shows the group how to do the list of activities, encouraging them to do what the Farmer says. But they must only do the action if it's preceded by the phrase "Farmer says." If kids do the action without the leader saying "Farmer says", they're out.
 - Open the barn door. [Sweep one arm out in front of you like your arm is a door]
 - Collect the chicken eggs. [Form a "basket" with one arm and pick up imaginary eggs to place inside]
 - Churn the butter. [Stack your fists and pretend to stir in a circular motion]
 - Go horseback riding. [Gallop around with your arms in front of you]
 - Pick and smell the flowers. [Bring both your hands upward to your face and inhale]
 - Shovel the dirt. [Pretend to shovel up dirt].
 - Wash your hands. [Rub hands together].
 - Feed the piglet [Pretend to bottle feed a baby]

- Plant the crops. *[Pat the floor with both hands]*
- Each of these actions is something that someone on a farm might do. They are important to do because that's how they maintain their farm and everything in it.
- In order to maintain our relationship with Jesus, it's important that we take care of it, too. We need to start by setting aside time to talk to Jesus and spend time with him. The good news is . . . Jesus is making time for you, too!

QUESTION | How do you make a new friend?

- **INSTRUCTIONS:** *Have kids seated in a circle. Ask a kid to answer the first question and have them select the next person to share. That person could pass if they don't feel comfortable responding.*
 - **PRETEEN HACK:** *Have preteens brainstorm together about how they can be a friend to someone new. Provide prompts or different scenarios if needed.*
 - **SPECIAL NEEDS HACK:** *Pair this question with visual representation or make this a guided discussion, because some kids may have difficulties with social skills. Check out [this video](#) of a guided conversation on how to make friends to give you an idea of how to ask questions.*
- Meeting new people can be uncomfortable but it's an important skill to have. Let's think about friends you already have.
 - **What do you like to do together?**
 - **When you feel lonely, how does it feel to be with your friends?**
 - **When you want to play and have a good time, how does it feel to be with your best friends?**
 - **If you feel like you don't have any friends, what's one way you can meet a new friend?**
- Good friends are a gift from God. Let's check out our Bible story about Jesus reuniting with his close friends and how he showed that he was the best friend anyone could ever have!

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

LESSON | John 20:19-31 (Jesus Appears to the Disciples)

- **INSTRUCTIONS:** *Read then tell the story from John 20:19-31 using a combination of volunteer actors and [popsicle stick theater](#). Use large popsicle sticks and markers to draw Jesus and ten other disciples in the story (Thomas and the narrator can be played by volunteers). Pass out popsicle sticks to a few kids to hold and help you out. Whenever it comes to a "Disciples" line, have kids repeat the line after you.*
- Have you ever worked so hard outdoors that you begin to grow tired as the day goes on and the hot sun shines down on you? I understand how that feels. Especially out on the farm!
- Just when you want to give up, something wonderful catches your attention . . . maybe it's a sweet baby chick that comes and nestles up to you, the funny way the pigs wobble to grab some grub, or the amazing way the garden truly comes to life after you take out the weeds.
- In today's Bible passage, Jesus' friends were growing weary and tired, too. They were heartbroken after Jesus died on the cross and they were just about to give up. And then, something truly wonderful happened. Let's find out what it was!
 - **Narrator:** The disciples, Jesus' friends, were together in a room behind locked doors. They were tired and afraid. They had just witnessed all the terrible things that happened to Jesus and they were afraid people would come after them, too. Suddenly, Jesus was standing among them! And he said, "Peace be with you." He showed them the wounds in his hands from where the nails had been and the place in his side where soldiers had pierced him with a spear.
 - **Disciples:** Jesus! It's really you! We were so sad but are so happy you're here with us again!
 - **Narrator:** Jesus responded, "Just as God sent me with a mission, I am now sending you. And I will give you a helper, the Holy Spirit."
 - **Disciples:** Okay Jesus! Wait, where's Thomas?
 - **Narrator:** Now Thomas, one of the twelve disciples, was not with the group when Jesus arrived. The other disciples told him that they had seen Jesus, but he wouldn't believe them.
 - **Disciples:** It's true! Jesus is alive!
 - **Thomas:** Unbelievable! Don't get my hopes up, you guys. Unless I see Jesus with my own two eyes, I won't believe he's really back.

- **Narrator:** About a week later, the disciples were again together in a room behind a locked door and suddenly Jesus appeared among them! He looked at Thomas and said, "Put your finger here in my wounds. See my hands. Reach out your hand and put it into my side. Stop doubting and believe."
- **Thomas:** Jesus! It's really you!
- **Narrator:** Jesus told Thomas, "You believe because you saw me for yourself. But blessed are those who believe what I say and haven't seen me."
- **Disciples:** See? We told you!
- Thomas and all the disciples were overjoyed that Jesus was back with them. Jesus made sure all his friends got to see him with their own eyes!

BIG IDEA | I can meet with Jesus 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.*
- Lots of things grow in the soil on our farm, including . . . our BIG IDEA!
- **I can meet with Jesus every day!**
- Thomas missed Jesus the first time he came to visit so he didn't believe Jesus was alive again. We might not be able to meet with Jesus in person like he eventually did, but did you know we can meet with Jesus every day?
- When we spend time talking to Jesus, learning about Jesus, worshiping Jesus, and sharing about Jesus, that's meeting with Jesus!

REFLECTION | Name the Call

- **INSTRUCTIONS:** *Play a series of animal calls using a video ([like this](#)) or another resource. Invite the kids to name that animal by its call. Try unique animal sounds to make it more challenging.*
- The farm is filled with different sounds and calls.
- **Do you think you can recognize animals by their call?**
- We learned that you and **I can meet with Jesus every day**. What's even more amazing is that Jesus wants to meet with us, too. In fact, Jesus speaks to us in different ways every day!
- You might not hear Jesus' voice the way we might hear our family's or friends', but he does talk to us. **How do you think you will be able to recognize that Jesus is talking to you?**

RESPONSE | Farmer's Almanac

- **INSTRUCTIONS:** *Kids will reflect by journaling this Easter season using the Farmer's Almanac printable.*
- Our almanac is filling up nicely with lots of important information about Jesus and ourselves already! Let's see what we will add next.
- Draw or write a response to the question: **Describe yourself and your gifts and talents.**

MEMORY VERSE | Luke 24:6a (NIV)

- "He is not here; he has risen!"
- On the farm, we have to know our routines forward and backward. Let's practice this skill with our memory verse.
- **INSTRUCTIONS:** *Choose seven volunteers and tape one word of the memory verse onto their backs. First, have them assemble in the right order silently without talking. Then have them turn around so the group can read the words then say the verse aloud. Then, for fun have them line up backwards and have the group say the verse in the voice of Yoda from Star Wars.*

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.
- Dear Jesus, thank you for never being too far from us. You are always standing by and ready to meet with us. Help us to spend more time with you. Thank you for everything you have done. Amen.

DISCUSSION

- Why do you think Jesus said to his friends, "Peace be with you"?
- What did Thomas say when the others told him about Jesus?
- Why do you think Jesus appeared to the disciples a second time?
- What are some things we can do to meet with Jesus every day?
- Why is meeting with Jesus important?
- How can we help others meet with Jesus?

NOTEBOOKS – Use the notebooks in the box on the cart for kids to write the week's Big Idea and Memory Verse. Can also use it for the Farmers Almanac activity and glue in to the notebooks.

WEDNESDAY NIGHT MATERIAL...

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

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When we spend time talking to Jesus, learning about Jesus, worshiping Jesus, and sharing about Jesus, that's meeting with Jesus!

VIDEO | Rise & Shine, Episode 3

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

STORY | Jesus Wants to Be Friends

- **INSTRUCTIONS:** *Tell a story about a friend you cherish. Why is that friendship so important to you? How do you know that friend will always be there for you? If there's time, have a few kids share about their friends as well.*
- In our story today Jesus physically appeared to his friends to comfort them when they were sad, and to tell them that he would send the Holy Spirit to always be with them.
 - Even though Jesus isn't physically with us today, we have the same Holy Spirit with us when need comfort.
 - When we are scared or lonely, we can pray to Jesus telling him how we feel, and the Holy Spirit will give us comfort and peace in our bodies.
- Another way that we can meet with Jesus is through other people.
 - The friend I just told you about – I don't get to see them every single day and that's okay. I believe in our friendship, but we both have to work at it. We both have to remember to stay in touch.
 - Even though we don't see Jesus, we can trust that he's there and wants to hear from us. But we have to make the effort to meet with him.
- Jesus loves us so much that he loves being with us, and loves taking great care of us.
- **I can meet with Jesus every day!**

ACTIVITY | Ask Away!

- **INSTRUCTIONS:** *Invite your kids to write questions and interview a friend in the room with the questions the kids prepare.*
 - **SPECIAL NEEDS HACK:** *Have the kids engage in parallel and integrated play with one another, allowing them to guide and construct their own conversations amongst one another. Not having to write things down or reading off a script will help some kids communicate more freely.*
- It's great to be with friends when we feel scared, lonely, or want to celebrate.

- Also, we can be good friends to others when they are feeling scared, lonely, or want to celebrate.
- If you were spending time with a great friend and wanted to get to know them better, what questions would you ask them?
- Let's make a list together. Here are some examples:
 - What is your favorite food to eat? What do you like about that food?
 - What is something you've done recently that you're really proud of?
 - Is there anything that makes you feel scared?
 - What is your dream birthday party?

SCRIPTURE | 1 Peter 1:3-9

- **INSTRUCTIONS:** Start with the first question, after reading scripture ask the follow-up questions. Display different *videos of sunrises* over different farmlands while reading 1 Peter 1:3-9.
- **What is an inheritance?** An inheritance is a special privilege or right that is passed down to you from someone else when they die. You have to be related to the person who passed away or they have to have added you to their will.
- Jesus gives us a special inheritance, even though he's still alive. Because Jesus died and rose again, we can all be called children of God. Like this Scripture says, even though we can't see him right now, we love him and believe in him. Our life in Jesus fills us with so much joy!
- As children of God, we have unlimited access to God, so that means **I can meet with Jesus every day** if I want to. And I do!
- How about you?

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

MEMORY VERSE | Luke 24:6a (NIV)

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SMALL GROUP TIME

DISCUSSION

- Why do you think Jesus said to his friends, "Peace be with you"?
- What did Thomas say when the others told him about Jesus?
- Why do you think Jesus appeared to the disciples a second time?
- Read 1 Peter 3:8. What words stuck out to you in this verse?
- What are some things we can do to meet with Jesus every day?
- Why is meeting with Jesus important?
- How can we help others meet with Jesus?

ACTIVITY | Farm Guest Book

- **INSTRUCTIONS:** *Print out a guest book printable for each kid. Have them write or draw answers to each question. Collect them together and put them in a binder. Bring the book to the next session with blank pages in the back for new guests to fill out.*
 - **PRETEEN HACK:** *Have preteens write the Big Idea on poster paper and write out and decorate bullet points of things they can do, like pray or read a passage of the Bible every day, to meet with Jesus every day. Snap a photo of the poster and send it to them (or their parents).*
- Thanks for visiting the farm this week. We still have a couple of days left but we want everyone to have a chance to sign the guest book!
- Our farmer likes to "meet" everyone who visits the farm and get to know them a little bit too. She is very busy but she'll read all of these.
- Think about the things Jesus already knows about you while writing a few things in the guest book. Getting to know each other is important to growing our community!