



## He Has Risen, He Has Risen Indeed!

by Debbie Trafton O'Neal  
and Brenda Carpenter

### Children's Sermon



Today we are going to be talking about Easter and the true meaning of it. The tomb is empty! For your object lesson have an **Empty Lunch Box**. Place a note inside that says, "I am bringing you a special lunch in a few minutes."

"Oh no, what am I going to do? I thought I put my lunch in there but now it is gone. Why is my lunch box empty? I am so hungry and now I have no lunch. Wait, what is this? There is a note in my box, let's see what it says. (Read the note to the children). Wow, I love surprises. I can't wait to see what kind of lunch I am going to get. Do you love surprises?"

"There is a lesson in the Bible about a time when some ladies went to see Jesus and He was not there. However, there was a message inside just like there was a message in my lunch box.

"Let's open the Bible and see what this lesson is all about. I can not wait."





## Bible Lesson

### Mark 16:1-8 or Luke 24:1-12

It was dark and quiet on the first Easter morning just three days after Jesus had died. All of Jesus' friends were sad — they missed Jesus! They missed talking to Him, and they missed hearing Him tell stories about how much God loved the world and the people who lived in it.

Some of Jesus' friends decided to do something special to remember Jesus. They mixed sweet smelling spices, herbs, and perfume and walked to the tomb where Jesus' body was placed.

When they reached the tomb, the women were surprised! What was this? The stone that was in front of the tomb had been rolled away. And when the women looked inside, Jesus' body was gone!

The women were afraid, but then they saw a young man sitting on the stone. He was dressed in the brightest, whitest clothes they had ever seen!

"Don't be afraid," the young man said. "I know who you are looking for—Jesus! But he is not here. He has risen just as he said he would. He has risen from the dead and he is alive again. Go, run and tell His friends this good news about Jesus!"



And the women ran as fast as they could to tell everyone what they knew about Jesus! It was the first Easter morning and they celebrated together.



## Song: Easter Rise Up

Play and sing the song acting out the motions.

### Easter Rise Up

(Words and Music by Mary Rice Hopkins)

Stand up turn around touch the ground  
For I am alive  
I can dance I can sing I can do so many things  
I'll tell you the reason why

(Chorus)

He rose up from the grave  
He rose up from the grave  
He is not dead, He is alive  
He rose up from the grave

I can run I can walk I can listen I can talk  
I am glad to be alive  
I can work I can play  
I am happy to say this is the reason why

Rise up rise up rise up rise up  
oh children of the Lord

(Second Chorus)

Rise up oh children  
Rise up oh children  
We are not dead we are alive  
Rise up oh children

(Repeats)

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## Garden Art



They laid Jesus in a garden tomb. What kind of things do you think you would see in this garden? Allow the children to create their own gardens with the materials you provide. The more materials, the more creative they will be.



### Things You Can Provide:

- Shoe box (can be used as a "shadow box")
- Styrofoam (cut to fit the bottom of the box)
- Paper
- Scissors / Glue / Tape
- Stickers (butterflies, bees, flowers, sunshine, dragonflies)
- Easter grass for the outside of the garden
- Craft sticks



Let your imagination go and see what can be created.

## Empty Tomb Craft

When the women looked inside the tomb where they had laid Jesus, they received a message from one of God's special messengers. The angel had said, "Jesus is not here, he has risen just like He said He would."

### You Will Need:

- One paper plate per child
- Brown construction paper
- Scissors / Yarn / Hole Punch / Brads
- Yellow paper to make "Bright Light"



- Help younger children cut the middle part out of the paper plate
- Use the brown paper to make a large stone to cover the hole
- Attach the paper plate and the stone together using the brad
- Cut out a "bright light" using the yellow paper. Have today's message written on the paper. "Jesus is not here. He has risen."
- Attach the message to the paper plate using the yarn so it hangs in the middle of the plate.
- Move the stone away to show that the tomb is empty.

**HE HAS RISEN...HE HAS RISEN INDEED!**

## I Can Activity

For this activity you will need a die or a square box to look like dice. Have the children get into a circle and roll the die. Whatever numbers the die lands on, the person who rolled it gets to pick what everyone gets to do. Just like in the song for today: turn around, touch the ground, dance, sing, play, talk. Let the children come up with all the different things that they can do because they are alive. For example: If the die lands on a three, they can turn around 3 times or touch the ground 3 times.

## Raisin Bagels

### You Will Need:

- Bagels
- Raisins
- Cream Cheese
- Plastic Knives



For today's snack we are going to have raisins and bagels. This will represent that Christ has "risen" from the grave and the hole in the bagel represents the empty tomb. Give each child a mini bagel that has been cut down the middle and a small amount of cream cheese. Allow the child to place their raisins on the bagel any way they wish. Enjoy!



## Closing Prayer

Thank you, dear Lord, for the most precious gift of new life! We are reminded on every spring day of this gift, and we are thankful. Most importantly, thank you for loving us so much that you sent Your Son, Jesus, to die on the cross for us.

In Your Son's Name, Amen.

## Resources

### Mary's Songs/Cd's

Sing through the Year--Easter Rise Up

Come Meet Jesus--Rolled 'Em Away

Hand motions are in *Come Meet Jesus Songbook*, available on line

### Books by Debbie Trafton O'Neal

Easter Books:

NEW! In Fall 2005 ----

*J is for Jesus, An Easter Alphabet and Activity Book* (Augsburg Fortress)

*Family Countdown to Easter* (Augsburg Fortress)

*Before and After Easter* (Augsburg Fortress)

Christmas Books:

New! In Fall 2005 ---

*A is for Angel, A Christmas Alphabet and Activity Book* (Augsburg Fortress)

*Family Countdown to Christmas* (Augsburg Fortress)

*Before and After Christmas* (Augsburg Fortress)

*101 Things to Do at Christmas* (Augsburg Fortress)

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