



EASTER LESSON 4

Jesus rises from the dead

MATTHEW 28:1-20



God raised Jesus from the dead.



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

Supporting Truths

1. Jesus was raised from the dead.
2. Jesus’ resurrection proved His victory over death.
3. Jesus’ resurrection proved His victory over sin.
4. Since God exalted Jesus, everyone must confess Him as Lord.
5. Jesus ought to be worshiped because God raised Him from the dead.

Objectives

1. Describe how the women responded to Jesus when they saw Him.
2. Explain how the resurrection proved Jesus’s victory over death.
3. Explain how the resurrection proved Jesus’s victory over sin.
4. Describe the different responses to Jesus’s resurrection.
5. Describe how the disciples were to make disciples of the nations.



Lesson Summary

Jesus was crucified and buried, but death could not hold the Son of God. On the third day, God demonstrated Jesus' victory over sin and death by raising Him from the dead. As the women went from the tomb to tell the disciples, Jesus appeared to them and they worshiped Him. But the religious leaders denied His resurrection and refused to worship Jesus. When Jesus met with His disciples they worshipped Him, and Jesus gave them an assignment: He commanded them to make disciples of all the nations.

Spotlight on the Gospel

God the Father raised Jesus from the dead in order that He would be worshiped. Believers are called to offer their very lives as worship because of Jesus' sacrificial death on the cross (Rom 12:1). One day, everyone will confess that Jesus is King to the glory of God the Father (Phil 2:9-11). Having heard the truth concerning Jesus resurrection, we must not, like the religious leaders, deny it. Only Jesus' resurrection can secure our victory over sin and death.

TWO WEEKS AGO



Judas betrays Jesus
Matthew 26:1-16;
47-56; 27:3-10

LAST WEEK



Judas betrays Jesus
Matthew 26:1-16;
47-56; 27:3-10

THIS WEEK



Jesus rises from the dead
Matthew 28:1-20

Lesson Commentary

God raised Jesus from the dead.

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. But by the end of the book, it's clear that Israel had rejected her promised King. The religious leaders rejected Jesus as the Messiah, the nation rejected Him as their King, and even His disciples had abandoned Him. In Matthew 27:26–56, Jesus was crucified on a cross. He was laid to rest in a tomb, but the grave could not hold him because Jesus is king over life and death.

An angel announced that the King was alive (28:1–8)

Early Sunday morning, Mary Magdalene and the other Mary (mother of James the Less) went to the tomb bringing spices for Jesus' burial (28:1). As they approached the tomb there was a great earthquake and an angel came down from heaven. This was the second earthquake associated with Jesus' death (cf. 27:51). The angel moved the stone that covered the tomb and sat on top of it, allowing the women and the apostles to enter in (28:2, 6). The angel had an appearance like lightning and clothes as white as snow (28:3). The guards watching over the tomb shook with fear and became like dead men (28:4).

The angel told the women not to be afraid. He knew why the women were at the tomb, and told them that Jesus had risen from the dead (28:5–6), just like He had said He would (Matt 12:40; 26:61). The angel then told the women to go

and tell the disciples what had happened (28:7). Upon hearing this news, the women hurried back to the disciples (28:8). They were full of fear and joy because of the news that they had heard. The resurrection of Christ should fill believers with awe and joy because it declares that Jesus is “the Son of God in power” (Rom 1:4) and it provides them with a living hope (1 Pet 1:3). **Resurrection** means to come back to life after being dead. Therefore, because the King lives, we ought to worship Him as King of our lives.

King Jesus appeared to the women and received their worship (28:9–10)

As the women hurried to tell the disciples the good news, Jesus appeared to them on the way. The women recognized Him and worshiped Him at His feet (Matt 28:9). **Worship** means to display ones love and commitment by actively giving praise, honor, and adoration. In that moment they understood the reality of their Savior's resurrection, and they could do nothing else. They knew with certainty that Jesus was the Messiah, the divine Son of God. They did what every person will eventually do—bowed low and worshiped the King. God has exalted Jesus through the resurrection “so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father” (Phil 2:10–11). Jesus again repeated the angel's message that they were to give a message to the disciples to leave for Galilee and that He would see them there (Matt 28:10).

The resurrection is not only amazing on a physical level, but is also evidence of other important truths. It is evidence that God's Word is true. Everything Jesus said was accomplished just as He predicted. It also shows that Jesus is truly the Son of God, and that He controls both life and death. The resurrection is evidence that salvation has been accomplished, God having accepted Jesus' sacrifice as sin bearer. And finally, it is evidence of a future resurrection for believers (1 Cor 15:23). The only response that we can offer, like the women, is worship.

The Jewish leaders denied the truth of the resurrection (28:11–15)

As the women hurried to tell the disciples of Jesus' resurrection, some of the soldiers hurried to tell the chief priests what had happened (Matt 28:11). The chief priests commanded them to say that it was the disciples who came and stole the body during the night (28:12–13). These soldiers were stationed at the tomb under Pilate's order and could have been



THINK ABOUT IT

The resurrection of Jesus Christ is the single greatest event in the history of the world.

THINK ABOUT IT

If there were no resurrection there would be no hope, no joy, and ultimately no salvation.



STUDY THE BIBLE LESSON

Jesus rises from the dead • Matthew 28:1–20



THINK ABOUT IT

The first sermon preached on the day the church was born focused on the reality of Christ's resurrection (Acts 2:24-36).

win him over and protect their lives (28:14). The soldiers went out and did as they were instructed, spreading the lie that Jesus' body had been stolen (28:15).

Although the religious leaders knew that Christ said He would rise on the third day (27:63), and even though they had heard the firsthand accounts of the unbiased soldiers, they refused to accept Jesus' resurrection. No miracle, not even Jesus' resurrection, could bring these religious leaders to worship Jesus Christ. Today we do not see the miracles of Jesus' earthly ministry, but we read the truth contained in His word. The Word calls us to submit to Christ and to worship Him as our King. Even though we do not see Him, we must "believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of [our] faith, the salvation of [our] souls" (1 Pet 1:8–9).

King Jesus commanded His disciples to tell the nations about Him (28:16–20)

After hearing the news, the disciples followed Jesus's instructions and proceeded to Galilee to the mountain Jesus had designated (Matt 28:16). Yet even after seeing Jesus, some were still doubtful (28:17). But Jesus came up and spoke to them, telling them to "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you" (28:18–20a).

Jesus' main command was to make disciples. A **disciple** of Jesus is a loyal follower and learner of Christ. He gave

killed if news of their failure were to reach Pilate's ears. The chief priests and elders gave the soldiers a large sum of money in order to convince them to perpetuate the lie concerning Jesus' body. They also promised the soldiers that if the governor were to suspect anything that they would

three specifics for making disciples: (1) going; (2) baptizing; and (3) teaching. The first requirement refers to not waiting for the world to come to their door. The disciples were to take the message of Jesus to the world. The disciples needed to go, and having gone, Jesus commanded them to baptize and to teach. Baptism does not save, but is an outward act of identification with Jesus. It is a public testimony that one belongs to Jesus' kingdom. The third requirement for making disciples is teaching them to obey all that Jesus commanded. The job of evangelism does not end with conversion. The disciples of Jesus were to be taught to obey Jesus from the heart. We cannot claim Jesus as our Savior and refuse to obey Him as our Lord.

Jesus ended the Great Commission with one last encouragement, saying, "and lo, I am with you always, to the end of the age" (28:20). The disciples had nothing to fear, for Jesus, the omnipotent Savior, would always be with them, strengthening them to accomplish this command. Here is a tender reminder of the beginning of Matthew's Gospel. Immanuel, which means, "God with us" (1:23), will be "with" us until He returns to judge the world and establish His earthly kingdom. This promise of power is for the believer until Jesus returns.

In Matthew 28, God vindicated His Son. The resurrection of Jesus proves that He is the King and that He is worthy of our worship. Believers are called to offer their very lives as worship because of Jesus' sacrifice for sinners (Rom 12:1). One day everyone will confess that Jesus is the King, to the glory of God the Father (Phil 2:9–11). What about you? What do your words and actions reveal concerning your response to the risen Lord? Have you received the message of Jesus' resurrection with fear and joy? Or, like the religious leaders, have you denied God's revelation concerning His Son?

THINK ABOUT IT

Christ provides His never-ending presence to the Church as the greatest resource it needs to fulfill its greatest mission.



Lesson Outline

God raised Jesus from the dead.



AGES 3-5 LESSON OUTLINE

1. An angel told the women Jesus was alive (28:1-8).
2. Jesus appeared to the women, and they worshiped Him (28:9-10).
3. The Jewish leaders did not believe Jesus was alive (28:11-16).
4. Jesus told His disciples to tell everyone about Him (28:17-20).



AGES 6-11 LESSON OUTLINE

1. An angel announced that the King was alive (28:1-8).
 - Early Sunday morning, women went to the tomb expecting to see Jesus' body (28:1).
 - There was a great earthquake when an angel came and rolled back the stone (28:2-4).
 - The angel announced that Jesus was alive (28:5-8).
2. King Jesus appeared to the women and received their worship (28:9-10).
 - Jesus appeared to the women, and they worshipped Him (28:9).
 - Jesus commanded them not to be afraid and to go tell the disciples to meet Him in Galilee (28:10).
3. The Jewish leaders denied the truth of the resurrection (28:11-15).
 - The soldiers went to tell the religious leaders what happened (28:11).
 - The religious leaders paid the soldiers to lie about the resurrection (28:12-16).
4. King Jesus commanded His disciples to tell the nations about Him (28:16-20).
 - Jesus met His disciples and they worshiped Him, but some doubted (28:16-17).
 - Jesus commanded them based on the authority the Father had given Him as King (28:18).
 - Jesus commanded His disciples to make disciples by going to the nations, by baptizing them, and by teaching them to obey Jesus (28:19-20a).
 - Jesus comforted His disciples, promising that His presence would go with them (28:20b).





Lesson Questions

Use these questions to teach or to review this week's lesson.



Ages 3-5 Lesson Questions

- 1. What happened when the two Marys came to see Jesus' body?**
There had been a great earthquake, and an angel appeared and rolled away the stone door.
- 2. What did the angel tell the women?**
He told them that Jesus was not in the tomb. He had risen.
- 3. What did Jesus command His disciples before He ascended to heaven?**
Jesus told them to share the good news of salvation.
- 1. What did Jesus promise the disciples?**
Jesus promised that He would always be with them.



Ages 6-11 Lesson Questions

- 1. When did the women return to Jesus' tomb?**
On Sunday morning, they came to the tomb because the Sabbath had now passed, and they were allowed to go to the tomb.
- 2. What other events happened as the women went to the tomb?**
An angel came to the tomb, rolled back the stone that covered the tomb. The men guarding the tomb became like dead men.
- 3. What did the angel of the Lord tell the women?**
The angel told the women: (1) do not be afraid; (2) Jesus is not here but risen; (3) go tell His disciples; (4) He will meet you in Galilee.
- 4. Who met the women as they were going to the disciples?**
Jesus met the women as they were running back to the disciples. When they saw Jesus, they worshiped Him because they knew that He had truly risen from the dead.
- 5. How did the religious leaders respond to the soldiers' story?**
The religious leaders paid the soldiers to say that the disciples came and stole the body during the night.
- 6. Did the soldiers take the money?**
Yes. The soldiers went out and did as they were instructed. The message that Jesus' body was stolen was told throughout the land among the Jews.
- 7. What did Jesus command the disciples to do?**
He commanded them to make disciples by going, baptizing, and teaching.
- 8. Whose name were the disciples suppose to baptize in?**
In the name of the Father, the Son, and the Holy Spirit. The Son and the Spirit are co-equal with the Father in authority.

Lesson Activities

Choose from the following ideas to introduce, illustrate, and apply this week's lesson.

AGES 3–5



INTRODUCE

NOW THE GOOD NEWS

Tell the children that you are going to share some wonderful news with them. Play a game of telephone by whispering, “Jesus Christ is risen” into a child’s ear, and have him pass it along until the last child 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.

STILL IN YOUR SINS

Bring in a small bucket of water and put in several drops of dark food coloring. Stir it until the water is very black. Then, put an inexpensive doll or action figure into the water. Tell the children that the dark water represents sin. We are like the doll in the water. The wages of sin is death (Rom. 6:23), but 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.



ILLUSTRATE

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 children as characters, and reenact the story as you teach the Bible lesson.

ALL THE COOKIES

When it is snack time, give one child all the cookies. Ask that child 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 children whom they can tell about the story today.



APPLY

THE RESURRECTION OF CHRIST

See *Year 1 Craft Book, Book 2*.

Materials: Craft sheet, cardstock, white pipe cleaner, yarn, paper clip, tape, crayons, scissors, and glue.

Directions: Pre-cut the pictures from the craft sheet. Have children color the pictures. Glue the tomb and tree, women, and the guard to a sheet of cardstock. Trim an inch off the end of a pipe cleaner and tape it to the cardstock an inch above the tomb. Bend straight one turn of a large paper clip and tape the straight piece to the back of the rock and connect the paper clip to the pipe cleaner. Tape one end of a piece of yarn to the back of the angel and then tape the other end to the back of the sheet of cardstock so that the angel can flip over the top and hang down to the rock.

The Resurrection of Christ
See *Year 1 Craft Book, Book 2*.



TEACH THE BIBLE LESSON

Jesus rises from the dead • Matthew 28:1-20



AGES 6-8



INTRODUCE

IMPOSSIBLE FOR MAN, ACCOMPLISHED BY GOD

Take a picture of a man, tear it into tiny pieces, and place it in a bag. Explain that this represents Jesus' death on the cross. Ask the children 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.

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 children 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.



ILLUSTRATE

WITH YOU ALWAYS

Invite the children to take a deep breath (and let it out). Breathing is what keeps us alive, keeps our bodies working. But did you see the air that you breathed? No; but it is there. And you breathe all the time. In a similar way, we cannot see Jesus, but He is always with us. God the Son asked God the Father to send God the Holy Spirit to be with us, to guide us, to comfort us, and to convict us when we sin.

THE STAIN OF SIN

Mix a couple drops of dark food coloring into a glass of water. Invite one child to put the tip of his finger into the water. Then ask him to rub the stain off his finger (he won't be able to do this). Tell the class that this dark stain represents the stain of sin in each of our lives. But Jesus died for sin (Rom. 5:8). Read 1 Corinthians 15:17. If He did not rise from the dead, we would still be in our sins, just like the tip of the volunteer's finger.



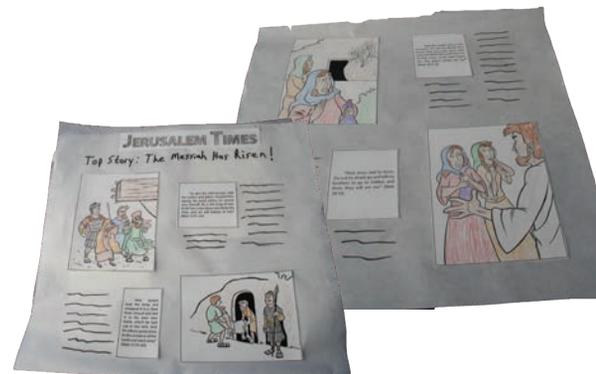
APPLY

MAKING NEWS

See *Year 1 Craft Book, Book 2*.

Materials: Craft sheets, white butcher paper, black marker, crayons, scissors, and glue.

Directions: Have children color and cut out the pictures and the word boxes from the craft sheets. Organize the story of the crucifixion, burial, resurrection, and post-resurrection appearance on a sheet of butcher paper. Glue pictures alongside the verses that describe the main ideas being expressed. Add black marker squiggle lines to fill in the empty space with extra "text."



Making News
See *Year 1 Craft Book, Book 2*.

AGES 9–11

**ONLY GOD CAN DO THAT**

Bring in a dead branch to class. Have the children 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.

RESURRECTION

Have the children look up 1 Corinthians 15:1–19. Read this passage as a class and answer these questions: Who saw Jesus after He rose from the dead? Why is the resurrection important?

**IMPOSSIBLE FOR MAN, ACCOMPLISHED BY GOD**

Bring various objects of different weights to class. Have the children try to lift the objects. 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.

AN ACCEPTABLE SACRIFICE FOR SIN

God accepted Jesus' sacrifice for sin. We can be sure about this because God raised Him from the dead. Show the children a receipt. Ask them what the receipt proves. It proves that your payment was accepted. Like a receipt, Jesus' resurrection proves that His payment for sin was accepted by God. His resurrection also serves as a down payment, guaranteeing the future resurrection of every Christian (1 Cor 15:23).

**RESPONSES TO THE RESURRECTION**

Ask the children 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.