



Family Guide the Week of April 7



THE BIG IDEA

Jesus overcame death.

THE BIBLE

Jesus is Alive! Mark 16:1-8;
(Acts 10:34-43)

What are we talking about today?

This month we are talking about "rising up," about how we can rise up and face anything with God's help, just like how Jesus rose up again!

VIDEO | Rise Up, Episode 1

INSTRUCTIONS: Play this week's video.

SCRIPTURE | Mark 16:1-8

SPARK Story Bible page, 482

Today we are talking about something else that is hard to imagine, but it is true and amazing!

INSTRUCTIONS: Retell the Bible story from Mark 16:1-8. Gather spices, herbs, essential oils, and aloe on a table.

Today's Bible story talks about the day Jesus rose from the grave. Jesus is alive! Can you say that with me?

Three women went to the place where Jesus was buried when the Sabbath was over.

- Does anyone know what the Sabbath is? The Sabbath is a day of rest. The Sabbath ended at sunset (*Show the sunset slide*) on Saturday at around 6 p.m.
- I wonder what spices they brought . . . Do you think they brought salt and pepper? Maybe some garlic powder or Italian seasoning? (*Hold up the spices and herbs.*)

No, I do not think the tasty spices we put on our food are what they are talking about in this story.

- The spices they brought were most likely a mixture of myrrh and aloes used to cleanse and preserve a body in a tomb (*If you have essential oils and aloe in a small jar to pass around so everyone can smell them.*)

But when they arrived at the tomb, the stone that served as a door to the front of the tomb was not there!

- When the women went inside the tomb, they saw someone dressed in a white robe sitting inside. That was not what they were expecting!
- The man told them that Jesus had risen! Jesus was not there!
- The women were both scared and shocked! The man told them to go tell Jesus' disciples that Jesus was alive!



- Have everyone in your family share how they would feel? Would you be happy? Sad? Scared? Amazed?
- Easter is all about remembering what Jesus did for us. Jesus died on the cross and rose again from the dead so you and I can have a relationship with God!

ACTIVITY | **Colorful Cross**

Let us create a reminder of what Jesus did for us to overcome death!

Supplies needed: Black paper, glue, salt, watercolor paint, and paintbrushes.

INSTRUCTIONS:

1. You can make one as a family or give each member in the family a piece of black construction paper.
2. Draw a large cross outline on the paper using white glue.
3. Add other designed to the cross or around it (keep it simple).
4. Completely cover the glue design with salt. When you have done that, shake off the extra salt.
5. Have kids dip their paintbrush into watercolor paint and gently touch a part of their design with the brush to have the color spread. You do not have to wait for the glue to dry before painting. Encourage the kids to be gentle so as not to disturb the wet glue under the salt. Leave aside to dry.

ACTIVITY | **Tomb Tag**

Play a fun game called, "Tomb Tag!" This game reminds us that Jesus overcame death when he came back to life!

INSTRUCTIONS: Create a "tomb" in your home underneath a table or in a corner (kind of like a fort).

- Have someone be the "guard."
- Someone can be the "angel."

The guard will chase everyone and once they are tagged, they will go into the tomb. The angel's job is to release the kids from the tomb by tapping them.

- How do you think the women felt when they saw the stone was not in front of the tomb anymore?
- Why wasn't the stone there?

PRAYER

Jesus, thank you for what you did on the cross, for giving your life so that we can have a relationship with God! Thank you for overcoming death and giving all of us this good news that we can share with others. Amen.

BLESSING

Make the sign of the cross on the forehead of each family member and say, "Jesus died for you because he loves you."

THE BIG IDEA: Jesus overcame death.

THE BIBLE: Jesus is Alive!
Mark 16:1-8

