

BECAUSE JESUS CHRIST WAS RESURRECTED, I WILL BE TOO.

Purpose: To help the children understand what the Resurrection is and the importance of it.

Materials Needed:

- Glove
- Scriptures (Book of Mormon & Bible)
- Band to tie 2 hands together
- Picture of Christ on the cross
- Picture of the Resurrected Lord with Mary Magdalene
- Sign that says: "I am thankful Jesus was resurrected because...."

Object Lesson 1: Teaching about the spirit and body

(Use your hand to describe your spirit.) Your spirit can do many things. They can think and feel.

(Place a glove on your hand to represent your body.) When we came to earth, we gained a body and our spirits and bodies were united. We were so happy to gain a body. With our body and spirit together, we can do more things like run and dance and perform temple ordinances.

(Take the glove off your hand to represent death) When we die, our bodies and spirits are separated. Our bodies are buried here on earth and our spirits go back to heaven.

In the scriptures it says, that we cannot have a fullness of joy if we don't have our bodies and spirits together (Doctrine & Covenants 93:34). But there is nothing we can do as humans, to get our bodies and spirits back together. In this way, our hands are tied.

Object Lesson 2: Teaching how Jesus Christ broke the bands of death

Have 2 children come to the front and bind their hands together with a band. Show that there is nothing they can do to get these bands off of them and that they cannot do as much when they are bound. Tell the children that we are going to find out the only way that these bands can be broken.

Story of Jesus' Resurrection:

(show picture) Jesus Christ died on the cross on a Friday. He was buried in a tomb. (read John 19:41-42)

John 19: 41 Now in the place where he was crucified there was a garden; and in the garden a new sepulchre, wherein was never man yet laid.

42 There laid they Jesus therefore because of the Jews' preparation day; for the sepulchre was nigh at hand.

? How do you think Jesus' disciples felt when he died? (grief, sorrow, sadness, despair)

(show picture) On the 3rd day, the Sabbath day, Jesus Christ was resurrected, meaning his spirit and body were reunited. Mary Magdalene was the first person to see him. (read or summarize John 20: 11-16)

John 20: 11 But Mary stood without at the sepulchre weeping; and as she wept, she stooped down, and looked into the sepulchre,

12 And seeth two aangels in white sitting, the one at the head, and the other at the feet, where the body of Jesus had lain.

13 And they say unto her, Woman, why weepest thou? She saith unto them, Because they have taken away my Lord, and I know not where they have laid him.

14 And when she had thus said, she turned herself back, and asaw Jesus standing, and knew not that it was Jesus.

15 Jesus saith unto her, Woman, why weepest thou? whom seekest thou? She, supposing him to be the gardener, saith unto him, Sir, if thou have borne him hence, tell me where thou hast laid him, and I will take him away.

16 Jesus saith unto her, Mary. She turned herself, and saith unto him, Rabboni; which is to say, aMaster.

So Mary Magdalene told the other disciples that she had seen the resurrected Savior. Others were able to see the Savior after this.

? How do you think the disciples felt when Jesus was resurrected?

Because Jesus Christ was resurrected, everyone will be resurrected, too.

Ask the children that are bound together how they feel being bound together. Ask if they know of anyone who could loose these bands for them.

(Read Mosiah 15:20) "But behold, the bands of death shall be broken, and the Son reigneth, and hath power over the dead; therefore, he bringeth to pass the resurrection of the dead."

Cut the bands off of the 2 children that have been bound together. Explain that Jesus Christ is the only one that could break the bands of death. He is the only one who could make it possible for us to be resurrected someday. He is the only one that could make it possible for our bodies and spirits to be reunited. And because our bodies and spirits can be reunited someday, we can have the chance to receive a fullness of joy. Because the Savior loves us so much, He died for us and was resurrected so that all men could be resurrected someday.

? How do you feel knowing that someday you will be resurrected?

Guest Speaker: Friend from the ward

I have invited one of my best friends to share with us why she is thankful that Jesus Christ was resurrected.

Conclusion:

Hold up a sign that says "I am thankful Jesus was resurrected because...." Have the children close their eyes and think of someone that has died that they love. Have them think of why they are thankful that Jesus was resurrected. Have them open their eyes and complete the sentence on the sign.

Bear Testimony: Share why I am thankful for the Resurrection and my testimony that I know Jesus Christ lives today.