**BODY OF PROOF**

**KIDS STUDY LEADER GUIDE**

**Grades 4-6**

This guide provides an outline for each session with the kids, including “Get Started” activities, the detailed “Bible Study” portion for the big group, and “Small Group” prayer and activities.

**Week 1**

**Replacing My “If Onlys” with “If Jesus”**

**GET STARTED**

**Ice Breaker/ Opener**

**Tools:** prepared cup, brads, paper, scissors, sharpies or markers

**What You Do:**

* Have one preteen read Mark 8:31 and 9:31 while others follow along in their Bibles. Have another preteen read Mark 10:33-34.
* Ask them what stood out to them in these passages.
  + Why is it important that Jesus said He would die? *(That He knew all along and still allowed it to happen. It was the plan from the start)*
* Hand each preteen a prepared cup.
* Tell them they are going to make their own tomb.
* Have them cut a circle for the stone (the size of the cut out hole in the cup).
* Hand them a brad to connect the cut out circle to the cup.
* Have one preteen read Matthew 28:5-7 with the others following along in their Bibles.
* Ask them what stood out to them about this passage
  + Why is it important that Jesus said He would rise again?
  + What does Jesus coming back to life show about Him? *(That He has power over life and death)*
* Have the preteen write on the inside of their cup “He has risen!” so that when they rotate the stone it can be seen.



**BIBLE STUDY**

**Solution to the Problem**

**What You Need:** sin solution supplies- cross, photo solution, iodine, eye dropper, water bottle, clear plastic cup or bowl

**What You Do:**

* Fill a clear cup or bowl half full with water, cross base about ¾ full of the photo developer, and eye dropper with iodine.
* Ask:
  + We know Jesus said that He had to suffer and die. He knew the whole time that that was God’s plan. But why did He choose to die? Why did He need to die? (*Because of sin)*
  + What is sin? What is the punishment for sin? (*Take time to dive deep. Use Romans 3:23 and Romans 6:23 for Scriptural basis)*
  + Why didn’t we just fix or save ourselves? Why did Jesus have to take our place? (*We couldn’t but Jesus could because He was without sin. This is how we are able to be forgiven of our sin)*
* Insert the cross base into the water and swirl until water becomes clear.
* Read Romans 5:8
* Ask:
  + What did Jesus have to do to wash away all our sin?
  + What do we have to do to receive this forgiveness?
* Say: “We see Jesus knew the whole time what was God’s plan. That He chose to die in our place so that we might have the chance at forgiveness. Sin is a very serious thing that comes with a big punishment. God knows this and so He sent Jesus to die and rise again. If we choose to believe this and choose to follow Jesus with our whole lives then we can repent (turn away from our sin every day) and be saved. “

**Discussion Questions**

**What You Do:**

**Ask:**

* What is your first thought at learning that Jesus said He would die and rise again?
* How did His disciples react? How was this different from what they expected of Jesus? (*This is a good time to remind the students of what the disciples thought the Messiah would look like. A political ruler who would free Israel as a nation again).*
* How should knowing that Jesus said it would happen change our view of Jesus?
* In what ways does it give us hope that Jesus knew that He would die and rise again?
* Read 1 Peter 1:3
  + What does it mean “caused us to be born again to a living hope”?
  + Who does this verse say makes all things possible? What does this tell us about how we are saved?
* Knowing that we are only saved through our faith in Jesus, what does our life look like after we choose to follow Him? Why?

**Make It Personal with Prayer**

**What You Need:**  prayer cards, pens

**What You Do:**

* Take time reminding the students why prayer is important and how special it is (we get to go before the God who made everything with our thoughts. He already knows what we will say but He listens and cares)
* Have them write out their prayers on the prayer cards.
* If they are unsure what to write encourage them to work through A.C.T.S.
* Tell them it is always good to start prayer with Admiring who God is. It helps remind us who we are praying to and how incredible He is.
* Next you can encourage them to Confess on their prayer cards. It isn’t because God doesn’t know that we have sinned but rather to give it over to God. To ask for forgiveness and to care more about Him than what we said or did that was wrong.
* Then encourage them to Thank God for who He is. The biggest thanks being that Jesus did what He said He would do (Died for us and came back to life three days later).
* Finally you can encourage them to finish the prayer card with Supplication. This is a fancy word for humbly asking. This isn’t necessarily where someone ask for something they want but rather asking for what they should want (what God says is good and right).
* Either have the students return the prayer cards for the leaders to pray over or have the students take them home for them to pray over.

**What You Say:** “Dear Father, We are so amazed by who you are. You created everything and from you comes everything that is good. We confess that we sin against you even today we have chosen our way over your way. We ask for forgiveness for when we decide we know better than you. Thank you for Jesus and thank you for us being able to trust the resurrection. Thank you for showing us that Jesus knew and said He would die and rise again. We ask that this week we are examples of you. That while we aren’t perfect that we want what you want and our words and actions show people your love. In Jesus’ name amen.

**Week 2**

**Jesus Rebuilds and Restores the Wrecks of My Life**

**GET STARTED (10 minutes)  
Lazarus Comes Out of The Tomb**

**Tools:** Scissors, Black Construction Paper, Manila Tape, Pencil

**What you do:**

● Pass out one sheet of black construction paper to each preteen ● Pass out one pencil to each preteen

● Hand each preteen a pair of scissors (some may have to share) ● Tear off ten pieces of manila tape for each preteen

● Tell the preteens they are going to make their own Lazarus as a reminder of how Jesus raised people from the dead

● Instruct and help the preteens draw a body on their black construction paper ● Once they are finished, have them cut the body out of the paper ● When the body is completely cut out, the preteens then place the tape over the body like a wrap on a mummy

● Once they are finished, have the preteens write their name on the back of their Lazarus

● Then ask the preteens to hold up their completely wrapped Lazarus to show the rest of the room

● **What You Say**: “In each of our stories today, we see Jesus using His power to raise people from the dead. Our stories today tell us Jesus raised two children from the dead and one of his best friends. You created a Lazarus today to take home with you. Keep it where you can see it each day to remember that we are no longer dead but alive because of Jesus. Because Jesus died on the cross and rose from the dead, we no longer have to be afraid. He gave us a way to spend eternal life in Heaven with Him. We can trust the resurrection because Jesus has resurrection power.

**BIBLE STUDY (35 minutes)**

**Discussion Questions**

● In each of the three stories, when people approached Jesus about a family member not being alive, how did they react?

● How did Jesus respond and comfort people?

● What are some possible reasons Jesus only let Peter, James, and John see the little girl be raised from the dead in Mark 5:35-43?

● How do these stories help you trust in Jesus?

● Why is it important to remember that Jesus has power over everything?

**Bible Story Extension**

**Stand Up Challenge**

**What you do:**

● Tell the preteens that they are going to participate in two stand-up challenges ● For the first challenge, have the preteens sit in their chairs with their back straight, legs stretched out straight, with their heels touching the ground ○ Tell the preteens to try and stand up from their chair without leaning forward

○ Give them a few tries before moving to the second challenge ● For the second challenge, tell the preteens to stand up from their chair and cross their legs

○ Next, instruct the preteens to sit down without uncrossing their legs ○ Then, with their legs still crossed and still sitting on the ground, challenge the preteens to stand up without using their arms and having their legs still crossed

● Discuss with the preteens why these challenges may have been easier or hard ● Ask the preteens, “Why could Lazarus not come out of the tomb by himself, or why could the little child not be raised from the dead by herself? ● **What You Say**: Explain to the preteens that, “Lazarus and the little child could not raise themselves from the dead without some help from Jesus. Just like you could not stand up on your own and you needed help, Lazarus and the little child needed Jesus’s power to raise them from the dead. Sometimes, we have doubts. Martha, in John 11:39, doubts Jesus’s power to raise Lazarus from the dead. But, Jesus demonstrated His power over death and Lazarus came walking out of the tomb.

**Give Your Fears to God  
Tools:** Afraid to God Sheets, Pens

● Pass out one “Fears Given to God” sheet for each preteen

● Pass out pens to preteens

● Instruct the preteens to fill in the first circle with things they are afraid of or fears that are keeping them from seeing God’s power

● Next, instruct the preteens to fill in the second circle with how God is stronger than our fears

● Finally, instruct the preteens to fill in the final circle with a prayer to God to help them not be afraid and to trust God’s power

● Remind the preteens that in each of the stories, the person approaching Jesus about their family member who was dead was afraid they would never see them again.

● Then, remind the preteens that Jesus, before performing His miracle, helped calm their fears and worries. Jesus will do the same for them. ● **Pray:** “Dear God, thank you that we can trust in your power. Forgive us, God, for being afraid and not trusting that you are more powerful than our fears. Help us, God, to remember that you sent your Son Jesus to die for us so that we may have new life in Him. Thank you for showing us how you have power, and we can trust the resurrection because Jesus has resurrection power.”

**Make it Personal:** Share with the preteens a time when you were worried that God was not in control and you did not trust that He was greater than your problems.

**Week 3**

**The Greatest Comeback of All Time**

**GET STARTED (10 minutes)**

**Tools:** List of “Zany Historical Facts and Fictions”

**What you do:**

* Welcome the preteens to small group and share that today’s lesson is on the resurrection of Jesus Christ.
* Open in prayer.
* Explain that trust is an important part of the resurrection story. Explain that you will illustrate through a game of “Zany Historical Facts and Fiction.”
* Share that you will read through a list of Zany Historical Facts and Fictions and as you do the preteens will hold up their ten fingers to show how true they think each fact is on a scale of 1-10.
* List of Zany Historical Facts and Fictions:
  + French army commander Napoleon was once attacked by an army of bunnies.
  + Ketchup was invented in the 1830s as a cure for upset stomachs.
  + President Andrew Jackson had a pet parrot named Polly.
  + The South African Railway system employed a baboon for 8 years.
  + The Leaning Tower of Pisa was never straight. It was built leaning.
  + Albert Einstein was offered the presidency of Israel.
  + Downtown Boston, Massachusetts, was once accidentally covered in Molasses.
  + Abraham Lincoln was a professional wrestler and a licensed barber.
* **Say**: All of these are . . . actually true! Some were easier to believe than others. Some were really hard to believe, right? However, we know that all are true because we trust the sources that share the information.

**What you say:** The bottom line today is “I can trust the resurrection and know that one day Jesus is coming again.” We are going to dive into the Old Testament and look at the sources that tell us of the truth of Christ’s resurrection. We can trust that Jesus really rose from the dead!

**BIBLE STUDY (35 minutes)**

**JUMPING IN**

**What you do:**

**Ask:**

* How would you define trust? (Lead the preteens to this definition: *Full assurance of someone’s given word, plan, or desire)*
* Why is trusting in Jesus’ resurrection so important for Christians? (*Because Jesus said He would die and rise again; without a risen savior, we have no hope for salvation)*
* How do you think your life would be different if Jesus had not risen from the dead? *(No relationship with God; No eternal future; Less joy, no hope, more sadness)*
* Read Luke 18:31-34 and ask the following questions:
  + What did Jesus mean when He said, “Everything written about the Son of Man by the prophets will be accomplished?” *(The prophets of the Old Testament prophesied the death and resurrection of Jesus)*
  + Why is it so important that Jesus Himself said these things? *(He applied Old Testament prophecy to Himself; He gave His word that these things would happen)*

**What you say:** Trusting that Jesus did what He said He would do is extremely important for Christians! Without Jesus’ resurrection, our Savior would have never declared victory over sin, never allowing us a pathway to relationship with God. The resurrection of Jesus is the most important truth within the Gospel, and we can have full assurance that Jesus rose from the dead to give us life and hope forever!

**Application Activity / Bible Emphasis**

**Tools:** Bibles, pens, “Trumpet of God” Activity Page

**What you do:** Explain that the Old Testament proclaims many prophecies about Jesus’ birth, life, and death. In the New Testament, Jesus Himself proclaims that He will rise from the dead, ascend to Heaven, and come back again. Explain that the group will now work together and find the verses, writing them down on their “Trumpet of God” Activity Page.

* Split your group into teams of 2-3 preteens each.
* Give each preteen a “Trumpet of God” activity page.
* Explain that each angel on the worksheet represents a key prophecy and fulfillment expressed through Scripture. Through clues you will give, the teams will race to identify the prophecy AND the fulfillment, and write down the Scripture references in the blank spaces provided.
* Hint to the preteens that they should use the table of contents in their Bibles.
* Use the key below to present your group with hints:
  + Angel 1
    - **Prophecy hint:** Matthew Minus Seven - verse 5:2 *(Micah 5:2)*
    - **Fulfillment hint:** Ezekiel Plus Fourteen - verse 1:23 *(Matthew 1:23)*
  + Angel 2
    - **Prophecy hint:** Ezra Plus Eight - verse 61:1-2 *(Isaiah 61:1-2)*
    - **Fulfillment hint:** Romans Minus Three - verse 4:18-21 *(Luke 4:18-21)*
  + Angel 3
    - **Prophecy hint:** Ruth Plus Sixteen - verse 53:5-7 *(Isaiah 53:5-7)*
    - **Fulfillment hint:** Colossians Minus Eleven - verse 26:63 *(Matt. 26:63)*
  + Angel 4
    - **Prophecy hint:** Jonah Plus Ten - verse 18:31-34 *(Luke 18:31-34)*
    - **Fulfillment hint:** Revelation Minus Twenty-Three - verse 20:19-20 *(John 20:19-20)*
  + Angel 5
    - **Prophecy hint:** Matthew Plus Twelve - verse 4:16-17 *(1 Thess. 4:16-17)*
* **Say:** Thessalonians 4:16-17 is one of several verses in Scripture that tell us Jesus will come back. However, His second coming has not happened yet, so it has not been fulfilled. This verse tells us that there will be sounds of great joy from Heaven announcing the return of Christ at His second coming!
* **Ask:**
  + Is it hard for you to believe that Jesus will return someday? Why or why not?
  + Why does knowing Old Testament prophecy help us trust future prophecy?
* **Say:** We can trust that Jesus will return because God keeps His word. He has proven this through the many prophecies Jesus fulfilled in His life, death, and resurrection! Everything in Scripture is true, and we can trust that things that have not happened from Scripture will happen–maybe soon!

**SMALL GROUP**

**Prayer Activity / Praying through Scripture Activity**

**Tools:** Bibles

**What you do:**

* Gather your group in a circle and explain that you will be leading them in a prayer activity focused on praying through Scripture called a “R-A-P Prayer.”
* Explain that one way we can grow our faith is by reading Scripture (R), asking a question (A), then praying (P).
* Lead your group through the activity:
* **Read: Hebrews 9:28** (If time allows, have a volunteer read the verse)
  + **“So Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin but to save those who are eagerly waiting for him.”**
* **Ask:**
  + As followers of Christ, what does it mean to be “eagerly waiting for Him” to come again?
* **Pray:**
  + “Father God, we thank you for the gift of Scripture and revealing yourself through the Bible we have. We pray now for you to help us be eager for Jesus to return, teaching us how to use our time wisely so others may know Him too. Thank you for the promises of Scripture and helping us see that you always keep your word. In Jesus’ name we pray, amen.”
* **Read: John 14:1-4** (If time allows, have a volunteer read the verse)
  + **“Let not your hearts be troubled. Believe in God; believe also in me. In my Father’s house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.”**
* **Ask:**
  + Why do you think this verse should give Christians comfort about their future?
* **Pray:**
  + “Father, we trust that Jesus has gone to prepare a place for us to be with you forever. We ask that you help us find rest in this verse, and give us greater faith when we doubt your promises. We love you and praise you. In Your only Son’s name we pray, amen.”
* Dismiss your Small Group.

**Week 4**

**We’re All Traveling the Road to Emmaus**

**GET STARTED (10 minutes)**

**Prophecy Bingo**

**Tools:** Prophecy Bingo, Fulfillment cards, Bible

**To Do**: Prepare a “bingo card” full of Old Testament prophecies and another page full of when those prophecies were fulfilled for each student, cut out the fulfillment cards

* Give each student a prophecy bingo card, the fulfillment cards and a Bible
* Instruct the students that when you say “Go” they will race to go through the Bible and find out which fulfillment card goes with each Old Testament prophecy and lay the fulfillment card on the corresponding Old Testament prophecy space. The first one to connect all the prophecies with their fulfillments and have it checked is the winner.
* After the game is done say: Did you know that Jesus fulfilled over 300 prophecies that were written hundreds of years before He was born? All of these prophecies pointed towards His birth, life, death, and resurrection. The Bible is all about Jesus, from Genesis to Revelation, and we can believe that it is true because the Bible was written by people who saw God moving with their own eyes and were inspired to write down all that they saw.
* Bingo Key:
  + Psalm 16:9-11 - John 20:9 (Jesus Rose)
  + Psalm 22:1 - Matthew 27:46 (Why Have You Forsaken Me)
  + Psalm 22:18 - John 19:23-24 (Divided Garments)
  + Psalm 68:18 - Luke 24:51 (Ascended to Heaven)
  + Isaiah 7:14 - Luke 1:35 (Virgin Birth)
  + Isaiah 49:6 - Luke 2:29-32 (Jesus is Salvation)
  + Isaiah 53:8 - Matthew 27:35 (He was killed)
  + Zechariah 10:4 - Ephesians 2:20 (He is the cornerstone)
  + Micah 5:2 - Luke 1:33 (Born in Bethlehem)
  + Jeremiah 31:31 - Matthew 26:28 (The New Covenant)
  + Daniel 7:14 - Luke 1:31-33 (Everlasting Kingdom)
  + Jeremiah 33:14-16 - Luke 3:23-31 (Descendent of David)
  + Exodus 3:13-15 - John 8:58 (I AM)
  + Genesis 12:3 - Acts 3:25-26 (Bless all Nations)
  + Psalm 23:1 - John 10:11 (Good Shepherd)
  + Psalm 109:25 - Matthew 27:39 (Ridiculed)

**BIBLE STUDY (35 minutes)**

**JUMPING IN:**

This week

**EXAMINE THE TEXT:**

* Direct the students to find Luke 24:13-35 in their Bibles
* Say: These verses show us how people actually saw the resurrected Jesus. Jesus rising from the grave was not symbolic or figurative, but a real event that literally happened and we can know that and know that it is true because we have stories from eye-witnesses telling us of their encounter with the risen Jesus.
* Read Luke 24:13-35 with the group or invite several volunteers to read the passage
* Ask: Why do you think that it was important for Jesus to reveal Himself to these two disciples?
* Say: Jesus revealed Himself to the disciples so that they can know, and so that we can know that Jesus is who He says He is. Jesus is God’s promised messiah, the Christ, Immanuel, who came to die for the sins of the world, and because of the testimonies of those who saw Jesus’ resurrection, we can trust Him.

**TELL THE BIBLE STORY:**

**Tools:** Several pictures of old electronics (pager, etch-o-sketch, VCR, Ipod, etc.)

* Show the pictures to the group one by one and ask them if they can identify what the object is and what its use is.
* At the end give a quick explanation of each object.
* Ask: Was it hard trying to figure out what something did when you have never seen or used it before?
* Say: Sometimes it is just hard to make sense of something until we can hold it in our hand and see it for a little bit.
* Explain that you are going to read through the Bible story again, but this time instruct them to pay special attention to how the disciples act before and after they realized the stranger was Jesus.
* Ask: Why were the disciples sad that Jesus died if He had told them that He would rise again?
* Ask: What did it take for the disciples to believe all that Jesus told them?
* Say: For those closest to Jesus, they had a hard time understanding all that Jesus had taught them, and it wasn’t until they saw Jesus rise from the grave that they were finally able to understand it all and wrote it down for us so that we can also believe.
* Remind the students of the bottom line: I can trust the resurrection because other people saw Jesus after He rose from the dead.

**SMALL GROUP (30 minutes)**

**Tools:** Bibles, mixed up puzzle

**What You Do:**

* Pass out the puzzle and make sure that the puzzle is completely mixed up, but don’t show them the image on the box.
* Give the group 5 minutes to figure out the puzzle. If they can’t finish in that time, show them the picture on the box and give them another minute or two to try to finish.
* Ask: Was it a bit frustrating to work on a puzzle when you didn’t know what it was supposed to look like?
* Open up the Bible to Luke 24:13-35 and read the Bible story
* Say: Just like you were a bit frustrated trying to put together a puzzle that you didn’t know how it was supposed to look, imagine how Jesus’ disciples felt. He was with them saying that He was the Messiah, and then He died. They had no clue what was happening or why. They couldn’t see God’s big picture, but when Jesus came back and shared how the Old Testament was all about Him it finally made sense.

**PRAYER TIME**

**Tools:** Prayer Cards, pens

* Remind the students of the hope that Jesus’ resurrection gives us.
* Pass out prayer cards and pens to each student so that they can write down their prayers to God.
* After everyone is done writing, lead the group in prayer. Ask God to remind students of how Jesus fulfilled all of God’s promises and about how we can believe in Him because others saw the risen Jesus face to face.

**MAKE Biblical Signs**

**Tools:** Paper/butcher paper; markers

* Give each student a piece of paper, or if using butcher paper divide the group in half and give each group a piece of butcher paper to work together.
* Place markers in the middle of the group.
* Instruct the group that they will be making a sign announcing Jesus’ resurrection.
  + Help them to use pictures, symbols, or words on their sign that points to Jesus
  + Encourage them to get creative with it
* After everyone is done, invite some of the students to hold up and share their signs.
* Ask: What was the first thing that the two disciples did after realizing that the man with them was Jesus?
  + They went out and told the rest of the disciples about it.
* Say: Just like a sign or billboard on the side of the road are supposed to share a specific message with people. These disciples saw Jesus and had to share it with everyone. And because they shared what they saw we can now be sure that Jesus rose from the dead.
* Encourage the students to take the signs that they made home and put it somewhere where they can look at it and remember the message that Jesus is risen.