

RISE UP

WEEK 1

BIG IDEA

Jesus overcame death.

BIBLE

Jesus is Alive!: Mark 16:1-8

ACTIVITY | Valley, Hillside, Summit

- **INSTRUCTIONS:** Place two, long pieces of tape on the floor to divide the playing area into three sections. Designate the sections as "valley," "hillside," and "summit." When you call out a section, the kids run to that section. If they go to the wrong section, they are out. Make it extra challenging by picking up the pace and calling out the same section several times in a row before switching. Make it even trickier by pointing to one section while calling out another. The last kid in the game wins!
 - **TODDLER HACK:** Provide pictures of each: "valley," "hillside," and "summit" so the kids know which areas to run to during the activity.
- It was so important in that game to listen carefully to where you were supposed to go!

ACTIVITY | Before Rising Up

- **INSTRUCTIONS:** Before introducing today's Bible story, revisit the crucifixion story from Mark 15. Use a piece of paper or whiteboard as you go over the talking points below.
- [Draw a hill.]
- **Have you ever climbed something really tall before? Like a hill or even a big tree?** When you're at the bottom, it might be kind of scary. You might not be sure if you could even make the climb. But if you want to get to the top, you have to start at the bottom.

- Before Jesus did the most amazing thing ever, he had to start at the bottom, too.
- *[Draw a series of arrows from the bottom of the hill to the top.]*
- After Jesus entered Jerusalem, a lot of things started to go wrong. Everyone had welcomed Jesus like a king, but some of the leaders were unhappy with the things Jesus said, even though it was the truth. They thought Jesus was lying about being the Son of God and they didn't like that he challenged their way of doing things. They even got the people to turn on Jesus.
- In the end, Jesus was arrested. Jesus was brought before a ruler named Pilate, who had the power to let Jesus go. Even though Jesus was innocent, the people said they wanted another prisoner named Barabbas released instead of Jesus. They said that they would rather see Jesus die.
- *[Draw three crosses at the top of the hill.]*
- Jesus was forced to carry a cross and climb a hill to a place called Calvary, or Golgotha, while crowds of people yelled mean things at him, soldiers hurt him, and many of his close friends left him. After all this suffering, Jesus was put on the cross, where he died.
- **Why did Jesus have to go through all of this? Why did he have to climb that mountain to die?** For me and you. Because what happened after Jesus died would make it possible for him to save us.
- But thankfully, the story doesn't end there. Let's find out what happened next in today's Bible story.

THE BIG IDEA | Jesus overcame death.

Let's all say the Big Idea together: **Jesus overcame death.**

PRAYER

- Dear God, we know that you had to die to save us but we are so happy

that you are alive! Thank you for loving us enough to overcome death. We love you. Amen.

ACTIVITY | Open Tent

- **INSTRUCTIONS:** Watch this [video](#) for instructions on how to make a paper tent. Help kids fold these or make these in advance for them. Tell the kids to write the name or draw a picture of the person who told them about Jesus inside the tent.
- We usually share tents with our family members when we go camping. Aren't you glad the person in your tent told you about Jesus? Now we are all part of God's family!

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print this week's coloring page from our website. Review today's Bible story and Big Idea as your kids color the page.