

# BODY *of* PROOF

## FAMILY ACTIVITIES

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*These guides are available for families that want to use this study as an opportunity to talk about the resurrection of Jesus with their young children at home. These activities should take less than 30 minutes and create a foundation for in-home discipleship and are supplementary to the weekly content of Body of Proof.*

### Week 1: Jesus Rose from the Dead to Save Us

#### KEY SCRIPTURE

*Matthew 26:36–28:10 (For older kids)*

*Matthew 28:1-10 (For younger kids)*

#### KEY POINT

*Jesus rose from the dead to save us.*

#### Family Worship: Talk about the Scripture

Three days changed the course of history forever. Just as Jesus predicted, He died on a cross, was buried, and three days later, He rose again. In a matter of three days, everything changed. The resurrection of Jesus is the most important thing that has ever happened.

Jesus took the punishment for our sin by giving His life on the cross. He died the death we deserve. This is the greatest gift we have ever been given.

Has there been a point in your life where you acknowledged Jesus as the Son of God who came to forgive your sins? Do you believe Jesus is Lord? Have you turned from your sins and turned to Jesus? Have you asked Jesus to come and live in your heart forever?

Here is a simple outline of the good news of God's love for us:

**God Rules:** The Bible tells us God created everything, including you and me, and He is in charge of everything.

**We Sinned:** We all choose to disobey God. The Bible calls this sin. Ultimately, God's punishment for our sin is that we are separated from God.

**God Provided:** God sent Jesus, the perfect solution to our sin problem, to rescue us and take the punishment we deserve. There is nothing we can do to save ourselves. Jesus alone saves us.

**Jesus Gives:** He lived a perfect life, died on the cross for our sins, and rose again. Because Jesus gave up His life for us, we can be welcomed into God's family as children of God.

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**We Respond:** We can respond to the good news by understanding that God is holy and we are sinners. We ADMIT that we are a sinner. We repent and turn away from our sins. We turn from sin and turn to Jesus to save us. We BELIEVE that Jesus is God's Son and accept God's gift of forgiveness from sin. We CONFESS our faith in Jesus Christ as Savior and Lord. (Adapted from *The Gospel: God's Plan For Me.*)

You can remember how to respond to the good news with "A.B.C.": Admit. Believe. Confess.

This week, praise God for sending His Son, Jesus, to rescue us from the punishment of sin and raise us to new life with Him.

## Younger Children Review Questions:

1. Why did Jesus die on the cross?
2. Where did they place Jesus's body after He died?
3. What did the women find when they went to visit Jesus's tomb three days later?

## Older Children Review Questions:

1. What did the crowd shout when Pilate asked them what Jesus had done wrong?
2. Why did Jesus die on the cross?
3. What happened three days after Jesus died?

## Pray

God, thank You for sending Your Son, Jesus, to earth. Thank You that He lived a perfect life without sin. He didn't deserve to die in our place, but He willingly gave up His life to take the punishment for our sin. Thank You for raising Him from the dead. Thank You that because of Him, we have forgiveness and the hope of eternal life with You in heaven. Amen.

## Family Activities

**For Fun:** Make a cross on a sheet of heavyweight paper using painter's tape. Paint the entire paper with watercolor paints, especially around the edges of the tape. Carefully remove the tape to reveal a beautiful cross painting to remind you of the meaning of Jesus's death on the cross and His resurrection.

**To Serve:** Share messages of Jesus's resurrection with people in your community. Write phrases on sidewalks with sidewalk chalk or color pictures to give to others. Include messages such as, "Jesus is alive!" or "Jesus died for you!"

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## Week 2: Thomas Believed in the Risen Jesus

### KEY SCRIPTURE

*John 20:19-31*

### KEY POINT

*Younger children: Jesus is God's Son.*

*Older children: People can believe that Jesus is the Savior.*

### Family Worship: Talk about the Scripture

Do you find it hard to believe in things you cannot see? There are many things we cannot see—air, gravity, sound, and love are a few examples. However, we know they exist because we see the effects of them. These effects are evidence of their existence.

Can you imagine how Jesus's disciples must have felt when they found out Jesus was no longer in the tomb? Jesus didn't wait long to reveal Himself to them. On the evening after Jesus rose from the dead, His disciples were inside a room with the doors locked. They were afraid. And then, to their astonishment, Jesus appeared—through the locked doors! He showed them His scars, evidence that He was, indeed, who He said.

One disciple was not there. His name was Thomas. When the disciples told Thomas the news, he said he would not believe it unless he saw the evidence with his own eyes.

Jesus returned to the disciples again. This time, Thomas was there. He was able to see and feel the scars on Jesus's hands and side. When Thomas saw Jesus, he had the proof he needed to believe Jesus really was alive.

We can't physically see Jesus like Thomas and the disciples did. Jesus mentioned this to His disciples. In John 20:29, Jesus said, "Blessed are those who have not seen and yet believe."

Even though we can't physically see Jesus, we can see evidence of His power in our day-to-day lives. We can feel His presence and comfort in hard times. We can sense His Spirit when we sing songs of praise to Him. We can see how we are transformed because of Jesus. We find our prayers answered.

How do you know Jesus is alive? How do you know He is the Savior? Look for evidence this week that Jesus is who He says He is. May you be blessed because you believe, even though you have not seen.

### Younger Children Review Questions:

1. Where were the disciples when Jesus came to visit them?
2. What disciple was not there when Jesus first appeared to them?
3. What did Thomas need to see to believe Jesus was alive?

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## Older Children Review Questions:

1. Why were the disciples locked in a room after Jesus's tomb was found empty?
2. What did Thomas need to do in order to believe Jesus was alive?
3. Who did Jesus say would be blessed if they believe?

## Pray

God, sometimes we are like Thomas. We doubt that You are who You say You are. Help us believe in You, even when we cannot see or feel Your presence. Thank You for the gift of the Holy Spirit, who helps us know how to live. Amen.

## Family Activities

**For Fun:** Play a game where each person shares two truthful things and one thing they make up. Try to guess which statement is made up. Remind your kids that there is one place they can always go to find truth about Jesus—the Bible!

**To Serve:** People can believe that Jesus is the Savior. Often, they just need to hear this good news. Practice sharing the gospel message with each other. If you need help putting the process of salvation into words, talk with a leader in your church about ways you can tell others about Jesus.

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## Week 3: Jesus Restored Peter

### KEY SCRIPTURE

*John 18:15-18, 25-27; 21:1-19*

### KEY POINT

*Jesus loves and forgives His followers.*

### Family Worship: Talk about the Scripture

Have you ever done something wrong and immediately known you should not have done it? It's likely we have all been in that situation at some point in our lives.

Peter was no stranger to making mistakes. When he was walking on water in Matthew 14:30, he took his eyes off of Jesus and began to sink. He rebuked Jesus when Jesus told the disciples of His upcoming death and resurrection (Matthew 16:22-23). He resisted Jesus when Jesus washed the disciples' feet (John 13:8). When Jesus was arrested in the Garden of Gethsemane, Peter cut off the ear of one of the high priest's servants (John 18:10).

These mistakes all pale in comparison to Peter's denial of Jesus after His arrest—not one, not two, but three times, just as Jesus had predicted (Matthew 26:34). Peter openly denied knowing Jesus. He said he was not one of Jesus's disciples. When the rooster crowed, Peter knew he had done wrong. Can you imagine the guilt and shame he felt after denying Jesus?

After Jesus's death, Peter and a few of the disciples returned to what they knew—fishing. After a night of catching no fish, they saw a man on the shore. He told them to cast their nets on the right side of the boat. When they did, their nets were full. Peter realized the man on the shore was Jesus. He was alive! Peter didn't wait to row his boat to shore. He jumped out of the boat and swam to Jesus.

Jesus could have rebuked Peter. He could have turned His back on him. But Jesus loved Peter. He forgave Peter. Jesus asked Peter three times if he loved Him. Each time, Peter responded with, "Yes, Lord." Jesus instructed Peter to feed His sheep. Jesus wanted Peter to tell others about Him. Because Jesus rose from the dead, we can trust that everything He said is true.

Jesus loves and forgives His followers. Your mistakes don't disqualify you. Jesus wants to use you to share His good news, no matter what you have done.

### Younger Children Review Questions:

1. How many times did Peter deny knowing Jesus?
2. Who spoke to the disciples from the shore?
3. What did Peter do when he realized the man on the shore was Jesus?

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## Older Children Review Questions:

1. What did Peter do on the night Jesus was arrested?
2. What did Peter do when he realized Jesus was on the shore?
3. How many times did Peter deny Jesus? How many times did Jesus ask Peter if he loved Him?

## Pray

God, just like Peter, we mess up. We disobey Your Word and do things our own way. Forgive us, Lord, when we sin against You. Thank You that even though we fail, You still love and forgive us. Amen.

## Family Activities

**For Fun:** Cut out and decorate several hearts. Punch holes in the top and thread string through them to make a banner to hang in your home. Let this banner remind you that Jesus loves and forgives His followers.

**To Serve:** Jesus told Peter, “Feed My sheep.” He wanted Peter to tell others about Him. This week, think of one person you can tell about Jesus. Ask God for the opportunity to tell this person about Him.

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## Week 4: Jesus Returned to Heaven

### KEY SCRIPTURE

*Acts 1:4-11*

### KEY POINT

*Jesus is in heaven and will return one day.*

### Family Worship: Talk about the Scripture

When you hear the word “heaven,” what comes to mind? Do you think of golden streets and pearly gates? Do you look up to the sky and think about people you know who have already gone to heaven?

While the Bible gives us some descriptions of heaven, especially in the book of Revelation, there is a lot of mystery that surrounds it as well.

After Jesus died on the cross and rose from the grave, He spent 40 days on earth. When it was time for Him to return to heaven, Jesus gathered His disciples together. He told them to wait in Jerusalem because they would soon receive the gift promised to them—the Holy Spirit. The Holy Spirit would help them do God’s work until Jesus returned.

When Jesus was finished, He was taken up into the sky by a cloud. Can you imagine what the disciples thought as they watched Jesus ascend into heaven?

Where is Jesus right now? Jesus is in heaven. He is seated at the right hand of God. John 14:1-3 reminds us that Jesus is preparing a place for us. Jesus has promised to return one day. He will rule as Savior and King forever.

What will heaven be like? It will be perfect. There will be no sickness, no pain, no sorrow, no hurt. There will be no sin. We will live with God forever in perfect peace. While we wait for the day when we see Jesus face-to-face, the Holy Spirit lives inside those who believe and trust Jesus as Savior and Lord.

### Younger Children Review Questions:

1. How many days did Jesus spend on earth after He rose from the grave?
2. Who did Jesus promise to send as a Helper?
3. Where is Jesus today?

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## Older Children Review Questions:

1. Where did Jesus tell His disciples to stay to receive the promised gift of the Holy Spirit?
2. What did Jesus tell the disciples the Holy Spirit would do?
3. Where is Jesus today?

## Pray

God, thank You that Jesus is in heaven right now, preparing a place for those who believe. Thank You for the promise that one day, He will return again, and we will live forever with You. Until then, help us honor You in all we do. Amen.

## Family Activities

**For Fun:** Make a kite or assemble a store-bought kite. Spend an afternoon flying the kite. As the kite goes upward, think about Jesus ascending to heaven. Remind your children that Jesus is in heaven now, but one day, He will return.

**To Serve:** Find an open space where your family can spend time looking at the night sky. As you look at the stars, talk about what you think heaven will be like. Answer questions your children may have (and know that it's okay to say that you don't have all the answers!).

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