**BODY OF PROOF**

**KIDS GROUP STUDY LEADER GUIDE**

**Grades 4-6**

This guide provides an outline for each session with the kids, including “Get Started” activities, “Bible Study” discussion questions, times of prayer, and tools for spiritual take-aways.

Be sure to look over each lesson’s activities in advance to make sure you’re prepared and have the necessary materials. Many activity sheets have been pre-created for you. You can find those files at in the zip file this came in.

**Week 1**

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

Materials needed for today’s lesson:

* Paper cups with round door opening cut out (see activity photo for reference)
* Brads
* Paper
* Scissors
* Sharpies/markers
* Black pepper
* Water
* Dish soap
* Bowl
* Paper towels or napkins
* Notecards for prayer

Note: Recommend trying the Sin Solution activity on your own before class.

**GET STARTED**

**Ice Breaker/ Opener**

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

**What You Do:**

* Have one student read Mark 8:31 and 9:31 while others follow along in their Bibles. Have another student 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? *(Note that He knew all along and still allowed it to happen. It was the plan from the start)*
* Hand each student a prepared cup.
* Tell them they are going to make tombs like the one Jesus was buried in.
* Instruct them cut a circle for the stone out of a piece of paper (large enough to cover the hole in the cup).
* Hand each of them a brad to connect the cut-out circle to the cup.
* Have one student 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 student write “He has risen!” on the inside of their cup so that when they rotate the stone, it can be seen.



**BIBLE STUDY**

**Solution to the Problem**

**What You Need:** water, bowl, black pepper, dish soap, towel or napkins for clean up

**What You Do:**

* Fill up a bowl with water, and sprinkle black pepper on the top of the water.
* Have the children stick their finger in the bowl. They will get black pepper on their fingers.
* Help the children clean up their fingers.
* 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.)*
* Now, have a few children put dish soap on the end of their fingers.
* Have them place their finger in the bowl.
* The dish soap should repel the black pepper.
* 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 can see in the Bible that Jesus knew God’s plan the whole time, that He chose to die in our place so that we might be able to receive forgiveness. Sin is a very serious thing that comes with a big punishment. God knows this, and He sent Jesus to die to take that punishment for us. If we choose to believe this and choose to follow Jesus with our whole lives, then we can repent (turn away from our sin) and be saved.”

**Discussion Questions**

* What is your first thought when you heard that Jesus *said* He would die and rise again?
* How did His disciples react? How was this different from what they expected of Jesus?
* How should knowing that Jesus said it would happen impact 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 “given us new birth into a living hope” mean?
  + Who does this verse say makes all of this 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**

**Tools:**  prayer cards, pens

**What You Do:**

* Take time to remind the students why prayer is important and how special it is. (We get to go to the God who made everything with our thoughts, questions, fears, requests. He already knows what we will say, but He listens and cares. He loves spending time with us.)
* 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.
  + A – Admiring
    - 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.
  + C – Confess:
    - Encourage them to Confess on their prayer cards, asking for forgiveness for sin. It isn’t because God doesn’t know that we have sinned but when we confess our sin through prayer, we give our sin over to God. This gives us an opportunity to ask for forgiveness and to care more about Him than our mistakes.
  + T – Thank:
    - Encourage them to Thank God for who He is and especially thank Him that Jesus did He said He would do (died for us and came back to life three days later).
  + S – Supplication:
    - Encourage them to finish the prayer card with Supplication. This is a fancy word for humble request.
* Either have the students return the prayer cards so the leaders can pray over them, or have the students take them home so they can use them as reminders when they pray during the week.

**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 have sinned against You—even today, we have chosen our way over Your way. We ask for forgiveness for when we have decided we know better than You. Help us remember that Your way is best! Thank You for Jesus and thank You that we can trust the resurrection. Thank You for showing us that Jesus knew and said He would die and rise again. Help us be examples of You this week. While we aren’t perfect, we want our words and actions to show people Your love. In Jesus’s name, amen.

**Week 2**

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

Materials needed for today’s lesson:

* Scissors
* Black Construction Paper
* Cutting template for a man (could be a ginger bread man)
* Masking Tape
* Pencils
* Fear of God Sheets
* Pens

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

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

**What you do:**

* Pass out one sheet of black construction paper, one pencil, and a pair of scissors to each student.
* Tear off ten pieces of manila tape for each student.
* Tell the students they are going to make their own Lazarus as a reminder of how Jesus raised people from the dead.
* Instruct and help the students draw a body on their black construction paper or by using the template provided.
* Once they are finished, have them cut the body out of the paper
* When the body is completely cut out, instruct the students to place the tape over the body like it would be wrapped for burial.
* Once they are finished, have each student write their name on the back of their Lazarus.
* Then, ask the students to hold up their completely wrapped Lazarus to show the rest of the room.

**What You Say**: “In each of our stories today, we will see Jesus using His power to raise people from the dead. Our stories today tell us Jesus raised two children from the dead, as well as one of his best friends, Lazarus. 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. That’s our big take-away for the day!”

**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 act?
* How did Jesus respond and comfort people?
* What are some possible reasons Jesus only let Peter, James, John, and the little girl’s family see her 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 students that they are going to participate in two stand-up challenges.
* For the first challenge, have the students sit in their chairs with their back straight, legs stretched out straight, with their heels touching the ground.
* Tell the students 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 students to stand up from their chair and cross their legs.
* Next, instruct the students to sit down without uncrossing their legs.
* Then, with their legs still crossed and still sitting on the ground, challenge the students to stand up without using their arms and having their legs still crossed.
* Discuss with the students why these challenges were so hard. Was it possible for you to stand up by yourself?
* Ask the students, “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**: “Some things are impossible for us to do on our own. That’s definitely true of rising from the dead, right? Nobody (except for Jesus) can do that in their own power! Lazarus and the little children could not raise themselves from the dead without help from Jesus. Lazarus and the little child needed Jesus’s power to raise them from the dead. Sometimes, we have doubts about God’s power to help us, right? In John 11:39, we saw that Martha had 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. Jesus can do anything, and we need to remember that He loves to help us!”

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

* Pass out one “Fears Given to God” sheet and a pen to each student.
* Instruct the students 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 students to fill in the second circle with reasons we know God is stronger than our fears.
* Finally, instruct the students 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 students 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 students 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. Help us be courageous and trust that You are more powerful than our fears. Help us remember every day that You sent Your Son, Jesus, to die for us so that we may have new life in Him. Thank You for showing us that You have power and that we can trust the resurrection because Jesus has resurrection power.”

**Make it Personal:** Share with the students a time when you were worried that God was not in control and you did not trust that He was greater than your problems. What happened? Why do you trust God now?

**Week 3**

**The Greatest Comeback of All Time**

Materials needed for today’s lesson:

* List of “Zany Historical Facts and Fictions” (provided in lesson plan)
* Bibles
* Pens
* “Trumpet of God” activity pages

**GET STARTED (10 minutes)**

**Tools:** List of “Zany Historical Facts and Fictions” (listed below)

**What you do:**

* Welcome the students 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 or Fictions.”
* Share that you will read through a list of Zany Historical Facts or Fictions and as you do the students 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 had an employee who was 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 the events are verifiable—they can be proven with sources.”

**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 students 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! The resurrection is the sign that everything Jesus said and did was true. It is God’s verification that Jesus is who He said He is, 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’s 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 students each.
* Give each student 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 students 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 yet 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 prophecy that has not yet been fulfilled?
* **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 prophecies from Scripture that have not been fulfilled yet will be fulfilled—maybe even *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 called an “R-A-P Prayer” that focuses on praying through Scripture.
* 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, pick a volunteer to read the verse aloud.)
  + **“So also Christ, having been offered once to bear the sins of many, will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him.”**
* **Ask:**
  + As followers of Christ, what does it mean to be “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 ask You to help us be eager for Jesus to return and to teach us how to use our time wisely so others may know You, too. Thank You for the promises of Scripture and helping us see that You always keep Your word. In Jesus’s name we pray, Amen.”
* **Read: John 14:1-4** (If time allows, pick a volunteer to read the verse aloud.)
  + **“Don’t let your heart 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 am going to prepare a place for you? If I go away and prepare a place for you, I will come again and take you to myself, so that where I am you may be also. You know the way to where I am going.”**
* **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. 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.”

**Week 4**

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

* Prophecy Bingo sheets
* Fulfillment cards
* Bibles
* Pictures of old electronics
* Mixed-up puzzle
* Prayer cards
* Paper
* Markers

**GET STARTED (10 minutes)**

**Prophecy Bingo**

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

Bingo Key:

|  |  |
| --- | --- |
| **Prophecies** | **Fulfillments** |
| 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 (Jesus was killed) |
| Zechariah 10:4 | Ephesians 2:20 (Jesus 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 (Jesus is a 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 (Jesus is ridiculed) |

* 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 correct fulfillments is the winner.

**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.

**BIBLE STUDY (35 minutes)**

**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 about their encounters with the risen Jesus.”
* Read Luke 24:13-35 with the group. Pick several volunteers to read aloud.
* **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 could 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’s resurrection, we can trust that it really happened.

**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 each object is and what was used for.
* Give a quick explanation of each object after the kids guess.
* **Ask:** Was it hard to try 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 the students to pay special attention to how the disciples acted 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?
  + 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 pieces, making sure that the puzzle is completely mixed up. Don’t show the students 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?”
* Read Luke 24:13-35 with the group. Pick several volunteers to read aloud.
* Say: “Just like you were a bit frustrated trying to put together a puzzle when you didn’t know how it was supposed to look, imagine how Jesus’s 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’s resurrection gives us.
* Pass out prayer cards and pens to each student, so they can write down their prayers to God.
* After everyone is done writing, lead the group in prayer. Ask God to remind the students of how Jesus fulfilled so many prophecies in the Old Testament and that they can believe in Him because others saw the risen Jesus face to face.

**MAKE Biblical Signs**

**Tools:** Paper, markers

* Give each student a piece of paper.
* Place markers in the middle of the group.
* Instruct the students to each make a sign announcing Jesus’s resurrection.
  + Encourage them to use pictures, symbols, or words on their sign that point to Jesus.
  + Encourage them to get creative with it.
* After everyone is done, invite some of the students to 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 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 them somewhere where they can look at them and remember the message that Jesus is alive.