

# Breathe

## Module: Message of Jesus

### Lesson 3: Jesus' Death and Resurrection

#### Objectives:

Students will be able to

- identify reasons for hope we have in Christ
- navigate to places in their Bible that talk about the death and resurrection of Jesus outside of the Gospels

#### Materials Needed:

- Bibles
- Pen/pencil and paper
- Knee-high nylon stockings (1/student)
- Chia, alfalfa, onion or other easily sprouted seed
- Potting soil
- Googly-eyes (2/student)
- Black marker
- Hot glue gun
- Paper bowls (1/student)
- Additional face-decorating items (optional)

**Pre-lesson preparation:**

- Prior to students arriving, be sure to lay out all of the supplies and create an area where a mess can easily be cleaned up.

## **Minds On: (25 minutes)**

Once you have all students gathered they will each have the opportunity to make their very own “Chia Pet” style planter that we’ll call “Hope Heads”. Begin by telling them that we are going to have fun creating a chia pet. Perhaps if you have a chia pet, bring it in, or a picture of one to jog their memories as to what it is. You will have to give specific directions as to how to do it. You could also print off the instructions and let the students be self-directed, if you would like to give them the freedom to do so.

The instructions are as follows:

1. Wet the nylon
2. Place chia seed in the bottom.
3. Add in enough potting soil to give shape to the “head”.
4. Knot the end of the nylon to hold it together. The knot is the “neck”.
5. Cut the remainder of nylon off if desired.
6. Hot glue eyes.
7. Create mouth and other features as desired.
8. When finished, place in paper bowl and lightly water top. Use a marker to write their names on the bowls.
9. Be sure to let students know they need to continue to water their “head” each day to watch it grow.

Once students are finished, ask students what they hope will happen with the seeds in their “heads”? (Simple answer: They will grow.)

Leader’s Note:

Be sure to touch on the fact that this is just a metaphor. If their seeds don’t grow, this doesn’t reflect their walk as Christians, it just means they probably don’t have a green thumb!

Prompt:

How do we know what to hope for with our heads? How do we know that the chia will grow? (We know that chia comes from chia seed. We trust that it will grow if we take care of it.)

Finish off by asking the students what it means to hope? What is hope? (Students will have different responses and that's okay.)

### **Action: (35 minutes)**

Have students open their Bibles to Luke 23. Feel free to read through the story, but allow the students to recall as much of the crucifixion story as much as they can, prompting where necessary.

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Break students into three groups by numbering each student 1, 2, or 3. Ask the students to wait for your "Go" signal, but indicate that the "Ones" will sit in one location, the "Twos" in another, etc. Then say "Go". Assign each group a verse to look up, and to answer the following question "Why did Jesus need to die? What was the reason that he had to go to the cross and how does this verse help you to understand that?"

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Group 1: 2 Corinthians 5:21

Group 2: 1 Peter 2:22-25

Group 3: Romans 8:3-4

(Simple answers could include: to take on sin for us; to overcome death; to lay down his life for ours; or you may have some kids who are keeners who talk about big ideas like atonement or even the idea of the old covenant and coming of the new covenant; also because we could not do it ourselves.) Give the students some time to read the verse and discuss the questions. Take a few seconds listening to each group. You can add comments, or redirect student thinking if necessary, and try to help more quiet kids to

participate by asking them if there is anything they would like to add. Have each group share their verse with the rest of the students and give their reasoning to the whole group.

Prompt:

If that is why Jesus had to die, why do you think he had to rise again? What importance does that have in the story? (Take time to allow students to work through this idea as a larger group. Point them back to the idea of hope. If Jesus were to have died and not come back, we may not have realized or known the full power that was Jesus as the Son of God. Also, our hope in the last resurrection is important in the resurrection of Christ.)

While considering this as a large group, have students turn to 1 Corinthians 15:13-23. Get one volunteer to read this out loud.

Ask them what significance this verse has for the discussion. What is our hope in this? How is this hope being lived out now? (Our hope is that we have life in Christ and that we can look towards being united with Him for all eternity. We are living in a time of being connected with Christ without necessarily having full presence or understanding of this connection – our hope is moving into the reality of the full presence of Christ.)

### **Consolidate/Debrief: Approximately 10 minutes**

#### **Breathe In**

Have students get their “heads” and set them in front of them. Read together 1 Corinthians 15:35-51. As students reflect on this and the hope of eternity with Christ, have them write one word or phrase on the paper bowl their plant is in to remind them of this hope we have in Christ. Challenge them to use their “hope head” as a reminder of the hope we have in Christ each time that they see it.

**Breathe Out**

Ask students to consider how the hope they have in Christ affects their lives and their actions. Who and how they interact with others? How is this hope reflected to the world in your everyday life?