



## Supplies

- Bibles\*
- snacks

## Tip

- The beginning of this discussion may seem a little bit graphic, but it will help demonstrate the price Jesus was willing to pay for us. Because the image of a cross is used in jewelry and art, for kids that may diminish the true anguish it represents.

## Learn About Crucifixion

**Say: Today we're learning that Jesus is alive. Now that's only miraculous if he really died. After all, you and I are alive, and no one is celebrating that! What's amazing is that Jesus died and came back to life.**

**But how do we know he really died? Jesus died on a cross in a method the Romans were quite well-practiced at. They'd killed a lot of people on crosses, and they knew what they were doing. Dying on the cross was a slow and painful death, but it was effective.**

Have kids put their hands on their ribs and take a deep breath.

**Say: Feel those muscles helping you breathe in and out? When you're hanging on a cross, the muscles that help you breathe gradually become too weak to work anymore. And once you stop breathing, you die.**

**The Romans knew how to make sure it had worked, too. In fact, people wanted to hurry along the deaths of Jesus and the criminals hanging next to him. When people hung on a cross, they sometimes used their legs to push their bodies up to help them breathe. So the soldiers came to break their legs, which would make them die faster. But they saw that Jesus was already dead, so they didn't have to break his legs. They confirmed that Jesus was dead by stabbing him in the side, and blood and water came out. There was no doubt about it: The Romans had done their job; Jesus was dead. (See John 19:31-37.)**

**Jesus definitely died. For real. In movies or TV, when someone comes back to life, it's as a zombie or a ghost. Is that what Jesus was—a zombie or a ghost? Let's dig in to that.**

## Dig Deeper

**Ask: • What does a zombie sound like?**

Say: **When we see zombies in movies and on TV, they can't really talk normally. So let's see if Jesus sounded like a zombie. Here are some things he said.**

Read the quotes from Jesus in Luke 24:17, 25-26, 36, and 38. Have kids repeat each line.

Say: **Jesus talked in full sentences; he didn't groan and grunt, and he didn't once mention wanting to eat brains.**

**And here's another thing. Show me how zombies walk.** Have kids zombie-walk across the room.

Say: **Let's see how Jesus walked.**

Read Luke 24:13-15.

Ask: • **Anything weird about how Jesus walked?**

Say: **The people Jesus walked with just walked and talked with him normally. Jesus didn't zombie talk, and he didn't zombie walk.**

Ask: • **So what do you think? Based on the evidence, could Jesus have been a zombie?**

Say: **It seems to me Jesus doesn't fit the bill of being a zombie.**

**So could Jesus have been a ghost? Some people in the Bible thought that!**

Read Luke 24:37.

Ask: • **What happens when people try to touch a ghost?**

Say: **One thing about ghosts in movies is that people usually can't see them, and they definitely can't touch them. Let's see how that description fits Jesus.**

Read Luke 24:39-40. Have kids touch any object, such as their shoe, a Bible, or a classroom object.

Ask: • **Describe the thing you're touching right now.**

• **What do you think Jesus' wounds felt like?**

Say: **The disciples could see Jesus. They could even touch him! And Jesus pointed out that he was *not* a ghost, and his see-able, touchable body was evidence of that.**

**And then Jesus did another thing to prove he wasn't a ghost.**

Read Luke 24:41-43.

Ask: • **Why do you think the people watched Jesus eat the fish?**

Say: **We know we're not the first people to wonder if Jesus was a ghost; the people Jesus ate with wondered the same thing! But ghosts can't eat, and I bet the people watched him, waiting to see if he could really swallow food.**

**Let's see if we can.**

Distribute snacks, and have kids eat as you discuss these questions.

Ask: • **How does eating prove someone is alive?** For added fun, have kids try to "feed" the air or the inanimate objects they were touching before to show that those objects can't eat.

• What do you think about the evidence that Jesus was not a zombie or a ghost? How would you explain it to someone who thinks he was?

Say: Jesus is alive. We've seen evidence that he really, truly died; he didn't fake his death and just stay alive the whole time. Jesus died. And he came back to life for real; not as a zombie or a ghost, but as a physical person who could talk, walk, be seen, be touched, and eat! There's no question...Jesus is alive!

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