



Future-proofing our children

Sunday School Class 1

Lesson Title	Jesus appears to the women at the grave
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A Parent's Guide
Sunday School Home Schooling



Dear Parent

Welcome to the “**Jesus appears to the women at the grave**” Sunday School 1 lesson.

This document provides you with a minimum guide on how to present the lesson.

How to prepare and present the lesson

Below are some tips on how to go about preparing and presenting the lesson:

Step	Action
1.	<p>Access the New Apostolic Church Website by keying-in or clicking on the following link from WhatsApp:</p> <p>https://bit.ly/3NACSSHS</p>
2.	<p>Gather the following tools to ensure that you are ready for the lesson:</p> <ul style="list-style-type: none"> • Bible • The PDF lesson that is already prepared • Child’s workbook and pencils, crayons, etc. • The Video Clip which is an additional optional resource tool <p>Note:</p> <p>2.1: An ideal time preferably to present the lesson is after the Sunday morning service in line with the normal Sunday School time to maintain the routine.</p> <p>2.2: Please keep the lesson as concise as possible, bearing in mind the retention span (to focus on the lesson) of our children – you know your child best. <i>Sunday School normally does not exceed 45 minutes.</i></p> <p>2.3: The lessons are class specific (i.e. SS, RI or Confirmation).</p> <p>2.4: Please contact your SS teacher if you need any of the above resources.</p>
3.	<p>Pray (see the prayer at the end of this document) and ask God to use you as a tool to present the lesson the way He would want us to present it.</p>



Present a Sunday School Lesson at Home

How to prepare and present the lesson

We continue to share some tips on how to go about preparing and presenting the lesson:

Step	Action
4.	Create a pleasant (disturbance free) learning environment where you and the children are at the same level Example: Sit on the mat or at a table
5.	Read through the lesson. Re-read the lesson so that you understand it. Watch the video clip of the lesson to get a better understanding of the lesson.
6.	Make notes for yourself on important points that you would like to remember.
7.	Understand the objective of the lesson that your child must remember.
8.	Present the lesson to your child by telling the story. You can even read the story if you like.
9.	Show your child the video and recap on the meaning/purpose of the lesson.
10.	Refer your child to the activity in the child's workbook.
11.	Pray, or ask your child to pray and close the lesson.

Available tools in terms of Home Schooling

Herewith some tools to enhance the quality of the lesson:

1. WhatsApp chat the lesson with another Sunday School 1 family.
2. Discuss with other parents to obtain clarity regarding the lesson before it is presented.
3. Feel free to conduct (do) your own research for additional (extra) information.
4. Contact your congregation Sunday School Coordinator and Teacher for additional information.



The Lesson

Lesson Title	Jesus appears to the women at the grave
Text	Matthew 28: 5-10 and Mark 16: 1-10
Lesson Objective	The children learn that Jesus lives, although His human body had to die.

Lesson Summary:

- After the Sabbath was over, Mary Magdalene, Mary the mother of James and Salome bought spices to go and anoint the body of Jesus. Very early on Sunday morning, when it was still fairly dark, they went to the tomb where Jesus' body was laid.
- Suddenly there was a violent earthquake, an angel of the Lord came down from heaven, rolled the stone away, and sat on it. His appearance was like lightning and his clothes were white as snow. The guards were so afraid that they trembled and became like dead men.
- On the way they said to each other, "Who will roll away the stone for us from the entrance to the tomb?" It was a very large stone. But, when they arrived at the tomb, they are shocked to see that the stone had already been rolled away.
- Then, as they entered the tomb, they saw a man dressed in a snow-white robe, sitting on the right side, and they were afraid. It was an angel. "Don't be afraid, he said. "I know you are looking for Jesus who was crucified. Come and look!"
- The Lord Jesus is no longer lying where He was placed two days ago! Some folded sheets are lying there, but the tomb is empty.
- The angel then said: "Go quickly now, and tell His disciples. He is going to Galilee ahead of you, there you will see Him, just as He told you." So they left the tomb in a hurry, afraid and also filled with joy, and ran to tell His disciples.
- Suddenly, Jesus met them and said, "Peace be with you." They recognize Him immediately! Then Jesus said kindly: "Do not be afraid. Go and tell My brothers to go to Galilee, and there they will see Me." Jesus hardly uttered these words, when He disappeared again.
- The women were overjoyed. Jesus lives! God's love is stronger than death and the evil of man. Happily, they hurry to tell the disciples the good news.



What does this lesson mean for us today?

- The Lord Jesus died for our sins and through His resurrection, He overcame death and sin to save mankind from eternal death. Because of God's love we can have eternal life.
- Angels are messengers of God, today we also have messengers of God who want to show us our wonderful future. They are the ministers, God's servants, who help us on our way home to meet Jesus.
- Jesus Christ lives, if we believe in Him and trust Him, we will experience how He gives us strength and confidence in all circumstances. Jesus gives us courage and power. But, this can only happen if we give Him room in our hearts.

Jesus loves us very much, He even died for us. Jesus is our best Friend.

Some questions that we can ask

1. When did the women go to the tomb where Jesus laid?

Answer: After the Sabbath, early Sunday morning when it was still dark

2. What were they worried about?

Answer: Who will roll the large stone away at the entrance of the tomb for them

3. What did they see when they reached the tomb?

Answer: The stone was rolled away

4. What message did the angel bring the women?

Answer: Jesus lives

5. Who are God's messengers today?

Answer: The ministers

A Prayer for Daddy and Mommy to pray before the lesson:

Dear God, thank you for this day

Bless all parents and children, May we feel your presence

Bless the lesson we will have

Please teach us how to serve you

And help us to do your will

So that we grow closer to you

Send Jesus to fetch us

And may we be ready to meet Him – Amen