

# CRAFT

## “Jesus Lives” Garden Tile

### The Empty Tomb

#### You Need

- Newspaper & smocks or aprons
- White or off-white unglazed square tile
- Acrylic craft paint & paintbrushes of various sizes
- Paper plates & pencils
- Clear varnish or outdoor Mod Podge
- Water & paper towels or cloths for cleanup
- *Note:* Choose whatever size tile is affordable (e.g., 4- to 6-inch tiles cost about 10 to 25 cents at home-improvement stores)
- *Option:* If you use large tiles, children can brush paint onto one of their hands and put a handprint on their tiles.

#### Get Ready

- Cover tables with newspaper; help children put on smocks or aprons.
- Set out paper plates to put small puddles of the acrylic paints on.
- Set out paintbrushes and tiles.
- Make a sample to show.

### Introduce the Craft

**Read** John 20:1-18

**Say** Jesus came back to life on Easter.

**Ask** Why is that important? **A:** Accept answers.

**Say** By coming back to life on the third day, Jesus proved that He has power over both sin and death.

It also showed that God the Father accepted Jesus' sacrifice for our sins. We can trust that He will be able to raise us when He returns on the Last Day to take everyone who believes in Him to heaven.

Today, you will make a garden tile to remind you of how Jesus rose from the dead and appeared to Mary Magdalene in the garden.

You can put the tile in the garden or yard to remind you that Jesus died for your sins but did not stay dead. Print “Jesus Lives,” “Alleluia!” or “He is risen” on your tile to remind you of the first Easter.

#### Do This

- Think about your design before starting. You can lightly draw your design in pencil before applying paint.
- Paint your tile.
- Let the paint dry.
- Apply a coat or two of clear varnish or outdoor Mod Podge to seal the paint onto the tile.
- Let the varnish or Mod Podge dry according to package.

# SNACK

## Resurrection Symbol

### The Empty Tomb

#### You Need

- Grapes or blueberries, about 6 or 7 per child
- Thinly sliced fresh fruits & vegetables, such as strawberries, apples, melon, carrots, or cucumbers
- Celery curls, made by finely slicing celery lengthwise & then submerging it in ice water until it curls, 2 per child
- Paper towels
- Pictures of butterflies

#### Get Ready

- Place a paper towel on the table to act as a plate and workspace.
- Make a vertical line of four to six grapes or blueberries to form a butterfly's abdomen. If using both grapes and blueberries, the blueberries could form the abdomen, then place a larger grape on top as the head.
- Place the sliced fruits and veggies symmetrically on both sides of the abdomen to form colorful butterfly wings.
- Cut two lengths of celery curl and position them as antennae on top of the head.

#### Introduce the Snack

**Read** John 20:1-18

Show the butterfly pictures.

**Ask** Why is a butterfly a good symbol of the resur-

rection? **A:** It changes in stages during its life cycle; it becomes something different.

**Say** Let's review the life cycle of a butterfly and how it changes.

**Ask** Can you summarize that? **A:** The first stage is an egg. When the egg hatches, a butterfly larvae or caterpillar emerges. Then, the caterpillar builds a pupa or chrysalis around itself. Later, the caterpillar emerges as a beautiful adult butterfly.

**Say** The caterpillar encloses itself in a chrysalis, then reappears again as a beautiful butterfly, reminding us of Jesus, who willingly went to the tomb. Three days later, Jesus arose!

The caterpillar never really died, but Jesus did. Jesus died on the cross and beat death on the first Good Friday. His death on the cross is our salvation. By it, He paid for all our sins. His resurrection from the dead is the assurance that God accepted His sacrifice. Because He lives, we have new life in Him!

At Easter, we celebrate new life and life eternal with Jesus! Today, you'll make a butterfly to celebrate Jesus' resurrection from the dead. This butterfly will be made from fresh fruits and veggies. Butterflies and fresh produce are both symbols of a new life.

(Let children make their fruit-and-veggie butterfly.)

**Say** In our reading today, Mary was in the garden crying because she thought someone had stolen Jesus' body. She had seen Jesus die on the cross on Good Friday. She didn't know He was alive yet. But just as a butterfly emerges from its chrysalis, Jesus rose from the dead. He spoke to Mary, proving He had come back from death.

**Ask** How is Easter and the Easter message of Jesus' resurrection a comfort for you and those who, like Mary, have lost loved ones to death? **A:** Jesus' resurrection gives us comfort and the assurance that we and all who believe in Him will be raised to life again, beautiful and new, and enjoy eternal life with Christ in heaven.

# EXPERIMENT

## Keep Beating

### The Empty Tomb

#### Introduce the Experiment

**Read** John 20: 1-18

**Say** Put your hand over your heart. (Demonstrate.) What do you feel? **A: Heart beating.** Why does your heart beat? **A: To pump your blood to the rest of your body to keep you alive.** Now we are going to run in place for 30 seconds. Ready? Set? Go! (Time 30 seconds.) Stop! Now put your hand over your heart again. What happened? **A: Heart is beating faster.** Why? (As you run, your body needs more oxygen so your heart beats faster to carry the oxygen to your body.) Okay, let's take a rest.

Now, can you tell me other places in our bodies where we can feel our heart beat? **A: Wrist and neck.** Those are called pulses. If we use two fingers—but not our thumb—and press on our wrist pulse, we can feel our heart beat. We don't use our thumbs because we can also feel a pulse in our thumbs too. Now, we can use those same two fingers to feel our pulse in our necks.

Let's try an experiment with our pulses. Find your wrist or neck pulse. When I say "count," count how many pulse beats you feel until I say stop. Ready? Set? Count! (Time for 30 seconds.) Stop. Now you have a 30-second heart rate. Let's see how high your heart rate rises after we run in place again. We will run in place for 30 seconds. As soon as I say "stop," find your pulse. When I say "count," count how many pulse beats you feel until I say "stop." Ready? Set? Run in place! (Time 30 seconds.) Stop! Now quickly find your pulse. Now get ready to count. Get set. Count! (Time 30 seconds.) Stop! How high did your pulse rate rise? (Let children answer.)

### Make the Point

In the Bible story, we hear about Peter and John running to see the empty tomb. Imagine how hard their hearts must have been beating when they got to the garden and saw that what Mary had told them was true: the stone had been rolled away and the tomb was empty. **JESUS ROSE FROM THE DEAD TO SAVE US.**