

YEAR C | QUARTER 1

13

Can't Wait to Tell

Grace in Action
We share the good news about Jesus

POWER TEXT

"Then Jesus said to them, 'Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me'" (Matthew 28:10).

KEY REFERENCES

- Matthew 28:1-10
- Luke 24:13-35
- *The Desire of Ages,* chaps. 81, 82, pp. 779-794
- *The Bible Story* (1994), vol. 9, pp. 143-148, 151-160
- student story on page 142 of this guide

OUR BELIEFS

- No. 9, The Life, Death, and Resurrection of Christ
- No. 11, Growing in Christ
- No. 14, Unity in the Body of Christ

OBJECTIVES

The students will:

- **Know** that accepting Jesus and the gospel fills people with excitement and an eagerness to share the good news with others.
- **Feel** excited about God's gift of salvation for them.
- **Respond** by wanting to share the gospel with others.

POWERPOINT

Believing that Jesus died for us is exciting and makes us want to tell others.

The Bible Lesson at a Glance

When Mary and the other women find the tomb empty on Sunday morning, they are greatly surprised. In their confusion and grief they forget the promises that Jesus made to them before He died. But an angel appears to tell the good news of Christ's resurrection. The women are so happy and excited with the good news that they can't wait to tell the disciples. In the meantime Jesus is appearing to two disciples in another place. As the reality of His words sink in, these two disciples have the same reaction: they cannot wait to share their good news with the others.

This is a lesson about grace in action.

The realization of the truth about Jesus so touched and blessed the women and the disciples that they could not wait to offer this truth to others. The greatest way we can serve anyone is to share with them that Jesus died and rose again so that we can spend forever with Him.

Teacher Enrichment

"He is risen, He is risen! The women repeat the words again and again. No need now for the anointing spices. The Savior is living, and not dead. They remember now that when speaking of His death He said that He would rise again. What a day is this to the world! Quickly the women departed from the sepulcher 'with fear and great joy; and did run to bring His disciples word'" (*The Desire of Ages,* p. 789).

"Oh that the bowed head might be lifted, that the eyes might be opened to behold Him, that the ears might listen to His voice! 'Go quickly, and tell His disciples that He is risen.' . . . Jesus lives, and because He lives, we shall live also. From grateful hearts, from lips touched with holy fire, let the glad song ring out, Christ is risen! He lives to make intercession for us. Grasp this hope, and it will hold the soul like a sure, tried anchor" (*The Desire of Ages*, p. 794).

How can I encourage my students to share the good news of the gospel with their friends? How has the good news of Jesus' resurrection touched my life?

Welcome

Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly, and use several minutes to debrief students on the previous week's lesson.

Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful? Which activity was the most fun?** Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week. (The leader should be familiar with the previous lesson to be able to direct the discussion.) This is also a good time to have students recite the power text.

Have students begin the Readiness Activity of your choice. »

Program notes

LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	Ongoing	Greet students at door. Ask about their week.	
1 Readiness	10-15	*A. Excitement Basket*	slips of paper, pencils, basket
		B. Good News Pantomime	slips of paper prepared ahead
* Prayer and Praise	15-20	See page 137. Prayer and Praise may be used at any time during the program.	songbooks, offering plate/basket
2 Bible Lesson	15-20	Introducing the Bible Story	
		Experiencing the Story	Bibles
		Exploring the Bible	Bibles
3 Applying the Lesson	10-15	*Spiritual Gifts*	spiritual gifts program (optional) OR spiritual gifts quiz (p. 152)
4 Sharing the Lesson	10-15	*Keep Up the Good Work*	index cards, pens
* Closing		A. Prayer and Closing Comments B. Reminder to Parents C. Coming Up Next Week	

1

READINESS ACTIVITIES

Select the activity or activities that are most appropriate for your situation.

A

YOU NEED:
- ☐ slips of paper
- ☐ pencils
- ☐ basket

Excitement Basket

Hand out slips of paper and pencils. Ask each one to write down one or two exciting things that have happened to them during the past two weeks (example: scoring perfectly on a test, winning $50 in a contest, or winning a race, etc.). Place these exciting event slips into the basket. Let the students take turns drawing out a slip and reading about the event. The students try to guess who the event *belongs* to. Once the student is identified, ask them the following questions: **How did it feel to experience _____? Who was the first person you told? How long did it take you to tell them? Why?**

Debriefing

Ask: **How do we feel when we get good news? Why do we find it difficult to keep it to ourselves? When we know Christ and experience His love, we find it a joy to share it with others.**

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B

YOU NEED:
- ☐ slips of paper prepared ahead

Good News Pantomime

Prepare in advance several "Can't wait to tell" ideas on separate pieces of paper. Ideas might include: "My mom is going to teach me to drive"; "I just got accepted on the soccer team"; "I got the summer job"; "I won the award"; "I'm going on the best possible vacation." Let the students take turns selecting a paper and then, without using words, act out the "good news" until the other students guess what it is.

Debriefing

Ask: **How do you feel when something good happens to you? Do you enjoy it as much if you have to keep it to yourself? Why or why not? How did you know that your friends had good news they were trying to tell you? Why do we want to share our exciting news with others? How do others usually respond when we share exciting things with them?**

Say: **In our lesson today some of Jesus' followers have such exciting news they want to tell everyone.**

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Prayer and Praise

Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). If they have given you permission, share one or two special items from students' Bible study during the week. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"I Believe in You Now" (*Praise Time*, no. 44)
"I've Got a River of Life" (*He Is Our Song*, no. 128)
"I'm Gonna Sing" (*He Is Our Song,* no. 10)
"Rejoice in the Lord Always" (*He Is Our Song,* no. 155)

Mission

Use *Adventist Mission* magazine for the mission story. You can go to https://am.adventistmission.org/mq-children or go to www.juniorpowerpoints.org and click on MISSION.

Offering

YOU NEED:
□ offering plate/basket

Say: **One way to share the exciting news of Jesus' gift of salvation is by giving our offerings. This money goes to mission projects all over the world to reach people with the good news of Jesus.**

Prayer

Ask the students to share one thing that excites them about spending forever with Jesus. Thank Him for the guarantee of our salvation through Jesus' resurrection. Close by asking Jesus to help the story of His gift become so real to the students that they can't wait to tell others the good news.

*Prayer and Praise may be used at any time during the program.

Notes

2

BIBLE LESSON

Introducing the Bible Story

Say: **Think of the most exciting thing that has ever happened to you. How did you feel? Whom did you want to tell first? Why was it hard to keep it a secret? In our story today the friends of Jesus discover the most exciting news of their lives—Jesus is alive and not dead! They couldn't wait to tell everyone they saw.**

YOU NEED:

- ☐ Bibles

Experiencing the Story

Go around the circle of students, each reading one verse of Luke 24:1-3.

Divide the students into three groups (with an adult facilitator for each): "The Marys" (Luke 24:1-10), "The Emmaus travelers" (Luke 24:13-32), and "The Disciples" (Luke 24:36-43). Ask them to discuss how each of the people felt during and following their exciting encounter with Jesus.

Debriefing

Ask: **Which of these people do you think was the most excited about meeting Jesus? How were their responses the same? How were they different? How did the others whom they told respond to the news?**

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Accommodation for students with special needs

Have questions at all ability levels for all students to be able to participate. Use the Bibles with tabs so that all students become familiar with the books of the Bible.

3

APPLYING THE LESSON

YOU NEED:
- ☐ Bibles

Exploring the Bible

Ask students to find Matthew 28:18-20. Read it aloud together. Ask: **What did Jesus know about the disciples?** (They were still a little afraid of the anger of the Pharisees and rulers.) **What does He tell them in these verses?** (To go and tell the good news everywhere to everybody; He would be with them.) **When you have good news to tell, would you rather have permission to tell everyone, or be afraid to tell some people? Why?**

Say: **In this "Great Commission" Jesus is making it the business of everyone who loves Him to tell everyone else about Him, and He is providing the power.**

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Accommodation for students with special needs

Use the Bibles with tabs so that all students become familiar with the books of the Bible.

YOU NEED:
- ☐ spiritual gifts program (optional) OR
- ☐ spiritual gifts quiz (p. 152)

Spiritual Gifts

If you have an ongoing study of spiritual gifts, continue. If not, refer students to the spiritual gifts quiz that you used in lesson 10 (found on page 152). Say: **We are better equipped to share the good news with others when we understand the particular way that God has gifted us. Some share the good news by preaching, some by teaching, and some when encouraging others. We are more effective in sharing the good news when we understand and minister within our areas of giftedness.**

Divide students into groups, each with an adult facilitator. Have each student in each group decide on one spiritual gift they feel they have, and then decide how they could use it to share the good news about Jesus.

Debriefing

Ask: **How will the things that you discovered about yourself today help you to better tell others how much Jesus means to you? Will this discovery make sharing easier? Why? What specific way can you imagine yourself sharing Jesus with your friends? What difference might it make in someone's life when you choose to share Jesus with them?**

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4

SHARING THE LESSON

YOU NEED:
- ☐ index cards
- ☐ pens

Keep Up the Good Work

Continue the service activity that you selected during lesson 10. If possible, talk with the pastor about sharing what you did with the rest of the church. This time can be used to plan how you will make your report. The report should focus on the joy of sharing the good news with others, not only praising the young people for what they did.

Debriefing

Ask: **How have we shared the good news with others through our project? How has our project shown that we are excited about what Jesus has done for us? What difference will our project make in the lives of others?**

Alternative

Give each student an index card. Tell them to record one exciting thing about Jesus' plans for us. Encourage them to share the card with a church member during the church service.

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Closing

Prayer and closing comments:

Pray that God will teach your students something so great this week that they will all be excited to share it right away.

Reminder to parents:

Say: **Check out the student Bible study guide to find Parents' Pages for your use in family worship, or however you wish to use them to guide your children spiritually. You may listen to the podcast of the lesson online at www.juniorpowerpoints.org/podcast.php?channel=1.**

Coming up next week:

Say: **The Holy Spirit is always with us. God sent His Spirit to be a constant helper, guide, and comforter to every believer.**

Notes

Student lesson

Can't Wait to Tell

Think of some exciting news you have had to tell. What made the news so exciting? Whom did you want to tell first?

The soldiers sat around the entrance to the grave. The night had been long and cold. It had taken all of them to roll the huge stone in place over the mouth of the grave, and then it had been sealed in place with ropes. Why the priests were afraid of someone coming and trying to steal the body was more than they could understand. They were thankful that the sky was getting lighter. It would soon be morning and their duty would be over.

Suddenly the ground began to convulse and shake. Cracks appeared. A blinding light flashed, brighter than anything they had ever seen. They shrank back in terror and watched in disbelief as an angel came and pushed the stone away as if it were a pebble. Jesus came out from the grave, bright, shining, reflecting the glory of heaven. This was the same man they had put in the tomb on Friday, but yet, somehow different. This Jesus was triumphant, victorious, not a beaten, bruised , and torn victim. Jesus was alive again! The soldiers fell fainting to the ground. When they came round all was dark and quiet. They picked themselves up and ran toward Jerusalem as fast as their trembling legs would allow, telling everyone they met the news that Jesus was alive.

Shortly afterward two women came to the grave. They wanted to pour oils and spices on Jesus' body, as was the Jewish burial custom. There hadn't been time on Friday before Sabbath, so they wanted to do it today. They still hadn't worked out how they were going to get into the grave. As they neared the grave, they stopped, stunned. The stone was already rolled away. Icy fingers of fear gripped at them. Who had taken Jesus away? What had happened? Then they saw the angel. They stood trembling, terrified by this bright shining being, unable to move or say anything.

The angel smiled and said, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you" (Matthew 28:5-7).

The women were thrilled. Now they were trembling with joy. As they hurried toward Jerusalem, suddenly Jesus was standing there. They fell to their knees and worshiped Him. Jesus said, "Don't be afraid. Go and tell My brothers to go to Galilee, and I will meet them there."

The women ran back to the disciples and shared the amazing news with them.

Later that day two of Jesus' followers were walking home to Emmaus. They had heard what the two women had said. They wanted to believe, but wondered if the two women were confused. It had been a stressful weekend for everyone.

They were so deep in conversation that at first they didn't even notice the Stranger walking along beside them. When He asked what they were talking about they stopped and looked at Him with astonishment. "Are you the only person who doesn't know what has happened in Jerusalem this weekend?" they asked, surprised.

They told the Stranger all about Jesus, how He had died, and how they had believed that He was the Messiah. Then they explained the rumors of His resurrection.

The Stranger shook His head and replied, "How slow you are to believe all that the prophets have spoken! Didn't the Messiah have to suffer these things and then enter his glory?" The Stranger began explaining from the books of Moses onward the prophecies about Jesus and how the weekend's events had fulfilled everything.

No longer did the journey seem long and tiring. All too soon the journey was over and they were in Emmaus. The Stranger started to go on, but the disciples invited Him to stay and eat supper with them. When He said the blessing, they looked at Him again. They saw His hands with the nail scars, and suddenly they realized that it was Jesus Himself who was with them. Then Jesus was gone.

For a moment they sat and looked at each other."Were not our hearts burning within us while He talked with us on the road and opened the Scriptures to us?" they asked each other. Suddenly they weren't hungry anymore. It didn't matter that it was dark outside, or that it was dangerous to go along the road at night; they had to go back to Jerusalem and tell the disciples it was true. Jesus was alive.

KEY REFERENCES

- Matthew 28:1-10
- Luke 24:13-35
- *The Desire of Ages*, chaps. 81 and 82, pp. 779-794
- *The Bible Story* (1994), vol. 9, pp. 143-148 ("Most Awful Night"); pp. 151-155 ("Most Glorious Morning"); pp. 156-160 ("Mysterious Stranger")
- Our Beliefs, nos. 9, 11, 14

POWER TEXT

"Then Jesus said to them, 'Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me' " (Matthew 28:10).

POWER POINT

Believing that Jesus died for us is exciting and makes us want to tell others.







Sabbath

DO Do this week's activity on page 102.

Sunday

READ Read Matthew 28:1-10 and this week's story, "Can't Wait to Tell."

WRITE In your Bible study journal, list three things that really make you excited. How many people did you tell about those things? Why do we like to tell others about good things that happen to us?

LEARN Read the power text, Matthew 28:10, and start learning it.

PRAY Ask Jesus to help you feel so excited about Him that you can't wait to tell others.

Monday

READ Read Luke 24:13-24.

THINK What did the two people walking on the road to Emmaus think that Jesus would do for Israel? Why were they depressed when He died?

WRITE In your Bible study journal, write two things with which you would like Jesus to help you.

PRAY Ask God to help you experience His good news to share with others.

Tuesday

READ Read Acts 9:36-42.

DISCOVER This Bible passage tells the story of Dorcas, who was raised from the dead. Can you think of any other resurrection stories in the Bible? (See Matthew 9:18-26; Luke 7:11-15; John 11:38-43.) What was the reaction following these resurrections?

LEARN Review the power text until you can say it from memory.

PRAY Thank Jesus for the good news of His resurrection that you can share with others.

Wednesday

READ Read Philippians 4: 13.

THINK Think about the things that you are good at doing.

PLAN Complete this statement: "I can share the hope that Jesus gives me with others by _____

_____

_____

_____."

DO Choose someone who needs to know about Jesus and His love and put the above plan into action.

PRAY Ask God to empower you with His Spirit.

Thursday

READ Read 1 Peter 1:3.

PRAY Ask Jesus to remind you of all the ways He makes a difference in your life.

WRITE Write these things in your Bible study journal.

SHARE Ask someone what difference Jesus makes in their life.

CONSIDER How did you serve the people that you shared with?

Friday

READ Read Luke 24:1-40.

THINK How many people in this passage wanted to share exciting news? Why?

REMEMBER Repeat your power text five times. Say it out loud.

SHARE Share what you have been learning with your family at worship tonight.

PRAY Ask Jesus to give you the same ability to tell others about Him.