



# UPPER ELEM Flight Plan April 19th



<p><b>Lesson</b></p>	<p><b>Jesus Appeared to the Disciples</b></p>
<p><b>Bible Passage</b></p>	<p>Luke 24, John 20</p>
<p><b>Story Point</b></p>	<p>Jesus proved He is alive.</p>
<p><b>Key Passage</b></p>	<p>He said to her, "I am the resurrection and the life. The one who believes in me, even if he dies, will live." John 11:25</p>
<p><b>Big Picture Q &amp; A</b></p>	<p><b>Where is Jesus now?</b> Jesus ascended to heaven where He is seated at the right hand of the Father.</p>



**What's Missing?** Identify the six items from the first picture that are missing in the second picture.

**True or False?** Circle the letter to indicate the statement is true or false. Then write out the correct letters to discover a common Jesus name in Roman.

**Thomas,**

\_\_\_\_\_!

**True False**

- A Jesus said the Bible is all about Him.
- B The disciples thought Jesus was a ghost.
- C Julia was eating when Jesus appeared.
- D The disciples were afraid of the Greeks.
- E Jesus ate fish.
- F Jesus told the disciples to search about Him.
- G The disciples gathered on the last day of the week.

GOSPEL 51481-1 © 2000 Delta UNIT 21 Session 3 Jesus Appeared to the Disciples 126

# leader bible study

The disciples were devastated that Jesus had died. They believed that Jesus was the Messiah, but they had abandoned Him and Jesus was killed. How could He save anyone if He was dead? But now some people were reporting that Jesus was alive! Was it true?

The disciples were talking about these things when Jesus stood among them. “Peace to you!” He said. Imagine how Jesus’ words might have calmed the disciples’ anxious hearts. Their Lord, whom they had deserted, didn’t show up to scold them for their failures or shame them for their lack of faith. He spoke peace to them.

Thomas, who was not with the disciples when Jesus came, had a hard time believing. Thomas wanted physical proof. A week later, Jesus showed Thomas His hands and His side. Thomas immediately believed, and Jesus said, “Because you have seen me, you have believed. Blessed are those who have not seen and yet believe” (John 20:29).

With His resurrection, Jesus’ mission was accomplished, but the disciples’ work was just beginning. Jesus gave His followers a job to do: “As the Father has sent me, I also send you” (John 20:21). This verse contains the Gospel of John’s version of the Great Commission.

Jesus, the One sent from the Father, sent the disciples to be His messengers and representatives. Jesus equipped the disciples with the Holy Spirit to proclaim the gospel—the good news of what Jesus has done—to the world.

Emphasize to kids that Jesus is alive today. We haven’t seen Him for ourselves, but we believe by faith. He sends out all believers to tell others about Him, and He gives us power through the Holy Spirit.

**Vision for Grace Airways**  
We navigate the scriptures,  
training up bold disciples,  
on our ongoing journey to Jesus!

## Gospel—Centered Preparation:

The heart of preparation is rooted in your understanding of the gospel and your personal application of the story.

### After your study ask yourself:

- How do the verse and Big Picture Question connect to this story?
- What am I excited to teach from this passage?
- The main point this week is: \_\_\_\_\_
- Where is the gospel in this story?

## April Focus: Jesus Out of the Grave



### APR 5th: Easter!

#### APR 12th: The Emmaus Disciples *Luke 24*

**Story Point:** Jesus taught that all the Scriptures point to Him.



#### APR 19th: Jesus Appeared to the Disciples

*Luke 24, John 20*

**Story Point:** Jesus proved He is alive.



#### APR 26th: Jesus Returned to Heaven

*Matthew 28, Acts 1*

**Story Point:** Jesus gave His disciples the Great Commission.



## Co-Pilot—Included Preparation:

On a Sunday morning, the Pilot is leading everyone in our ongoing journey to Jesus— that includes both flyers and Co-Pilots! The more consistency and continuity we have between Pilots, the better we can prepare our helpers to succeed and grow! With that consistency comes the mentorship aspect for our youth volunteers in particular, and utilizing our adult co-pilots as well: sharing activities, engaging them in the morning, and encouraging their involvement.

As you prepare for the lesson, ask yourself:

- Does my planning allow for Co-Pilot participation throughout the morning?
- How did I prepare my Co-Pilot to help with classroom management?
- What specific activities will my Co-Pilot assist with today?
- In what ways can I encourage my Co-Pilot?

### Engagement

- Sit with child during the story
- Playing alongside flyers
- Reengage chatty/distracted kids
- Ask to volunteer an example during discussion
- Help play to Co-Pilot's strengths

### Activities

- Attendance stickers
- Timeline
- Joining in the verse and BPQ&A
- Assigned to a specific flyer
- Helping find books in the Bible
- Leading crafts & songs

### Encouragement

- Thank you for stepping in there!
- You did a great job with \_\_\_\_\_.
- You really helped me while I was \_\_\_\_\_.
- Thank you for being \_\_\_\_\_'s buddy today.
- Your help really made this morning go smoothly.
- \_\_\_\_\_ was the right thing to do. You handled it well!
- I'm so glad you are here today!

# Sunday Morning Flight Plan



## Take Off

- Open in Prayer
- Hook
- BPO and A & Key Passage
- Timeline & Introduce Story

10 Min

## Journey

- Attendance & Bible Sticker
- Bible Story
- God's Attributes

15 Min

## Flight Lab

- Experience of the Bible Story  
(Make connections through an activity & motion)

15 Min

## Pilot's Log

- Pray
- Calm activity during pick-up
- Give activity sheets to parents as they pick up students

5 Min

PICK UP:

First Service:  
Around 9:45

Second Service:  
Around 11:45



# 10 min Take Off

*Celebrate being here! Introduce the morning.*

## Open in Prayer

### Hook

Prompt kids to tell about a time they were surprised by something. • We feel surprised when something we don't expect happens suddenly. Today we will learn about a time Jesus' disciples were surprised. At first they thought it was a scary surprise, but soon they realized it was the happiest surprise ever!

### Big Picture Question

After Jesus rose from the dead, He stayed on earth for 40 days. However, we know that Jesus isn't on earth today. That brings us to our big picture question: ***Where is Jesus now? Jesus ascended to heaven where He is seated at the right hand of the Father. Jesus' position is one of honor, glory, and power. His work is complete; He fully paid for sin and defeated death by His resurrection.***

### Key Passage

Show the key passage poster. Lead the boys and girls to read together John 11:25. John 11:25 is important because Jesus tells us something amazing: He is the one who gives life that never ends. He said this when His friends were very sad, reminding them that He is stronger than death and that anyone who believes in Him will live with Him forever.

### Timeline/Introduce Bible Story:

Before we get to today's story, let's review what we've been talking about by looking at our timeline. We know that Jesus died on the cross and was buried, but on the third day, God raised Jesus from the dead to defeat sin and death. Then He appeared to two of His followers as they were walking to Emmaus. Jesus taught that all the Scriptures point to Him. But they weren't the only ones who doubted the reports that Jesus was alive. It was time for Jesus to prove Himself to more of His disciples. That's where our Bible story picks up today

Transition to Bible Story: (OPTIONAL) Show the Bible Story Video.



# 15 Min Journey

*Where we travel into God's word*

## Bible Story

Open your Bible to **Luke 24** Read from the Bible or use your storytelling skills to help you tell the story.

- Jesus understood the disciples were scared and confused. He knew their doubts and knew they needed proof that they could see and touch. So He revealed Himself to them in a very real way. Jesus proved He is alive. What did Jesus ask His disciples to give Him? Look at Luke 24:41-42. [Allow kids to read the verse and respond.] I love that the Bible tells us Jesus even ate some food. Jesus proved He is alive!

The disciples rejoiced! Those truths changed their lives and, eventually, the course of history as they shared those truths with others.

Though we can't see Jesus today with our eyes and touch Him with our hands, we have the written testimony of those who did. We find them in the Gospels of Matthew, Mark, Luke, and John.

What did Jesus say about those who believe in Him even though they haven't seen Him? Look at John 20:29. [Allow kids to read the verse and respond.] We believe in Jesus by faith—believing without seeing. We trust that God is who He says He is, and He will do what He says He will do. Faith is a gift from God.



*Jesus knew His followers needed more proof. So for 40 days, Jesus presented Himself to more than 500 people and proved that He is alive. Jesus is still alive today. We have not seen Jesus, but if we believe in Him, we will be blessed with eternal life! He sends out believers to tell others about Him and gives us power through the Holy Spirit.*

# Age Appropriate Story

STORY POINT: JESUS PROVED HE IS ALIVE.

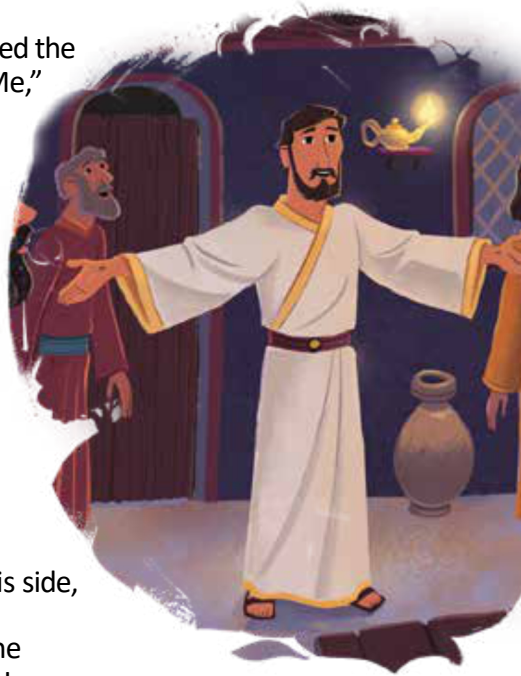
The disciples gathered together in a house. Some of Jesus' disciples had reported seeing Him alive. Was it true? As the disciples talked, Jesus appeared among them and said, "Peace to you!" The disciples were afraid! They thought they were seeing a ghost.

"It's Me!" Jesus said. Jesus showed His disciples His hands and His side. The disciples were so happy to see Jesus! The disciples gave Jesus some fish to eat. Jesus talked to them and explained the Bible to them. "The Bible is about Me," Jesus said.

Then Jesus told the disciples that they had a job to do. Jesus had died and was raised from the dead so that people could be forgiven for their sins. The disciples needed to tell other people to repent from their sins and be forgiven.

One of Jesus' disciples, Thomas, was not with the others when Jesus visited them. He did not believe that Jesus was alive. Thomas said, "I want to see and touch the holes in His hands and His side, or I will never believe!"

A week later, Thomas was with the disciples when Jesus appeared again. Jesus said to Thomas, "Put your finger here and look at My hands. Reach out and touch My side. Don't be an unbeliever; believe!" Thomas did believe. "My Lord and my God!" he said. Jesus said, "Because you have seen Me, you have believed. Those who believe in Me without seeing Me are blessed."



**Christ Connection:** For 40 days, Jesus presented Himself to more than 500 people and proved that He is alive. Jesus is still alive today. We have not seen Jesus, but if we believe in Him, we will be blessed. He sends out believers to tell others about Him and gives us power through the Holy Spirit.

## Discussion & Bible Skills

The disciples were not the first of God's people who needed physical proof to believe that what God said was true. Let's look at a few other times that God revealed Himself to His people in ways they could see, touch, hear, and even taste! Distribute Bibles. Choose volunteers to read aloud the following references and share ways that God physically revealed His presence: Exodus 13:20-22 (*pillar of cloud and fire*); Exodus 16:8 (*manna and quail*); Exodus 19:16-17 (*thunder, lightning, cloud on the mountain*). Lead the group to discuss:

1. **Why did Thomas doubt that Jesus was alive when the other disciples believed?** *Help kids recognize that Thomas was not with the disciples the first time Jesus appeared to them as a group. He didn't get to see Jesus, so He didn't believe. (Option: read Heb. 11:1.)*
2. **How are we blessed by believing in Jesus without seeing Him?** *Lead kids to recall that when we believe in Jesus, we have forgiveness and eternal life. We will have peace and power through Him. (Option: Choose a volunteer to read Mark 11:23.)*
3. **What can we do when we doubt what is true?** *Assure kids that when they have questions about the Bible, Jesus, or their faith, it's OK to ask them. Encourage kids to talk with one of their leaders to help answer any questions. Remind them they can pray, asking God to speak to them through His Word and His Spirit to clear away their doubts. (Option: Choose a volunteer to read Rom. 10:17.)*



**God's attributes-** helping the children understand what God is like, shown to us in the Bible. In today's story we see that God is:

**- Promise Keeper -With Us**

## Travel Guide:

Use the travel guide for maps, charts, etc... as useful with helping the children learn and understand today's story.



# 15 min Flight Lab

*Instill Wonder as you experience the Bible*  
**CHOOSE ONE ACTIVITY**

## Key Passage Activity

Select a volunteer to say the key passage from memory. Then, allow other kids to prove their knowledge by saying it from memory as well. If any kid gets stuck while saying the verse, allow him to “tag in” a friend to help him finish. Thank each kid for his or her efforts and encourage all kids to continue working on the passage.

## Believe it or Doubt it

Create two signs: *I Believe It* and *I Doubt It*. Hang them on opposite sides of the room. Call out some outrageous statements, some true and some false. Instruct kids to stand under the sign that represents whether they believe it or doubt it. Before revealing the answer, allow kids to explain why they believe or why they doubt the information.

Sample statements:

Bats are the only mammals that fly. (*true*)

The Pug is the smallest dog breed. (*false, Chihuahua*)

A grizzly bear can run as fast as a horse. (*true*)

A sneeze travels 200 miles per hour. (*false, 100 mph*)

The North Pole is warmer than the South Pole. (*true*)

• The more outrageous something is, the harder it is to believe. In today’s Bible story, Jesus’ disciples were told something they thought was completely outrageous: Jesus is alive! They had a hard time believing it. Listen to how Jesus proved His resurrection.

## Prove it!

Write a different animal on each of five different index cards. Make one set for every three kids. Kids will play in groups of three by each drawing one card from the set of five. Kids will take turns making animal noises. They can choose to make the noise of the animal on their card or any noise they want. If any kids in the group think the kid is making the wrong animal noise, they can say, “Prove you are a \_\_\_\_.” If the kid was bluffing, he must swap his card for one of the two leftover cards. If not, the challenger must swap cards. Play as time allows.

• In that game, you often had to prove what animal you really had on your card. Today we will learn how **Jesus proved He is alive**.

## Circle of Trust

Invite the kids to sit in a circle. Ask the kids to discuss people and facts they trust easily, and the people or things they may not trust. Be prepared to share about ways or times you struggle to trust God. Remind the kids that God is always 100 percent trustworthy. Close the time by allowing the kids to pray for one another to trust God more each day.

- Sometimes trusting God can be difficult. We cannot see God, and we may feel tempted to question Him at times. It's OK to feel doubt. When we do, we can pray to God about it. We can ask the Holy Spirit to help us feel God's presence. We can read the Bible to remind ourselves what is true about God and about ourselves. If you are wondering about God, speaking to an adult you trust, like a pastor, your parents, or church leader, is a great way to learn more about God so you can trust Him more.

## Jesus Truths

Form small groups or pairs of kids. Encourage groups to write down as many truths about Jesus as they can think of or find in their Bible.

Encourage groups to share their list with the rest of the class. Suggest that kids decorate their paper and place it in their Bible to refer to when they need encouragement during times of doubt.

You may choose to provide some references to get kids started: John 6:35; John 8:12; John 10:9; John 10:10; John 14:6; John 15:5.

- Any time you begin to doubt what you've learned about Jesus, it's helpful to have a good reference to remind yourself what is true—not just because someone told you, but because it is written in the Bible. Our feelings and emotions may fool us and cause us to doubt, but when we rely on the truth of God's Word, we will stand strong in our beliefs. God never changes!

## What's in the box?

Before the session, cut an opening in the box just large enough for kids to fit their hand through. Put a random object inside the box.

Choose a volunteer to place his hand inside a box without looking inside. Instruct him to describe how the item feels. Challenge the rest of the group to guess the item. After several guesses, pull the item out of the box. Repeat with different items as time allows.

- Describing something to others when they can't see it for themselves can be difficult. They may not even believe what you're saying is true. This was the case for many of Jesus' disciples. Some had reported that Jesus was alive, but others couldn't believe it until they saw with their own eyes. Let's listen to how Jesus revealed Himself and proved He is alive.



# 5 min Pilot's log

*Where we prepare to depart.*

## **Pray:**

If time, share prayer requests and allow kids to record in the **prayer journal section of their *Travel Guide***.

**ALWAYS CLOSE THE MORNING WITH PRAYER.**

This is how we model incorporating prayer into their lives.

## **Waiting for parents/Activity Page:**

Tie back into the lesson, remind them of the Big Picture Question/verse, etc...

Be sure to **re-set expectations on what their choices are while waiting for mom and dad:**

- Activity page
- Key Passage Activity (See next page for list of options)
- Coloring page
- Gospel Kit Activities
- Anything quiet at the tables you are ok with (*origami, free draw on blank paper, hangman game at white board, putting Book of the Bible cards in order, etc....*)

**Be sure that the Co-Pilots hand out the Activity sheet to each child or to parents so they can go home with families.**

## Key Passage Review Extra Ideas:

Invite kids to sit around tables. Give each kid a pencil. Show the key passage poster and lead them to read it aloud.

Give a piece of paper to one kid at each table. Instruct him to write down the first word of the key passage and pass the paper to the person on his right. That person will write down the second word, pass the paper to her right, and so on. Kids will pass the paper around the table, writing one word at a time until they finish the key passage. When kids finish, invite groups one at a time to say the key passage together.

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Display the key passage poster. Lead the kids to read it aloud. Then challenge them to read it in various ways: whispering, shouting, quickly, slowly, and so on.

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Form two groups of kids. Call on the first group to say the key passage together. Then call on the second group to say it.

Prompt the first group to say the passage a few phrases at a time, pausing for the second group to echo. When kids finish saying the key passage, lead the second group to begin and the first group to echo.

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Instruct kids to sit or stand in a circle. Choose one kid to begin by saying the first word of the key passage. Guide kids to say the key passage, one word at a time, moving around the circle.

*Allow kids to look at the key passage poster if they need help remembering the words.* Continue around the circle a few times. Consider shouting, "Switch!" and letting kids move to another place in the circle before playing again. *Or toss the ball to different kids rather than go in order.*

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Before the session, write out the key passage on a chalkboard or dry erase board in eight separate phrases. Display the phrases where kids can see them. Give each kid a marker and eight craft sticks. Instruct kids to copy from the board, writing each phrase on a separate stick. Then instruct kids to mix up their sticks and then quickly rearrange the phrases in the correct order. Kids may work individually or in pairs. Provide rubber bands for kids to bundle their sticks and keep them as a method of practicing the key passage during the week.

## Prayer Extra Ideas:

**Prayer Chain**—In small groups, ask children/co-pilot to write prayer requests on a few paper strips. Connect paper strips into a chain and display our growing conversation to the Lord. Feel free to revisit older requests as well.

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**Painted Rocks**—Have each child choose a painted rock to write on. Write a word of encouragement, a word about Jesus, a name, etc. The goal is to take it with them and place it somewhere near their typical living space—a neighbor’s house, a store, a playground, etc. Then pray over the place or the people who are there.

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**Pointing to a Map**—Choose one or two kiddos to spin/close their eyes/find a certain color (you can be creative and have fun) and point to a country on the map. Place a pin in the place(s) and pray over it as a group. Even if you don’t know anything about the country, we can lift up the people, pray for Jesus’ light to shine there, the Gospel to be active there, and churches to grow, etc.

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**Looking out the Window**—Grab a dry erase marker, have the kids gather at the windows, and look outside. Ask the children to look for 3 things they can see out of the window to pray over. Using the dry erase marker, write those things on the window (Pre-K & K may draw things) and then pray over those things. Feel free to leave them on the window, so whenever we look through, those things are brought to our mind to pray for again.

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**Head Shoulders Knees and Toes**—Pray through the song.

- Head (mind, imagination, thoughts, creativity)
- Shoulders (physical strength, things we might be dealing with)
- Knees (dancing, playing, jumping, etc.)
- Toes (walking and following after Jesus, standing strong in our faith)
- Eyes, ears, mouth & nose (seeing goodness, listening to Him, speaking truthful words, our senses, etc.)

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**Preschool Carpet Bag Prayers**— Choose an item(s) out of the carpet bag. Discuss the item and different people/things the item could represent (car—driving safely, mechanics, trips, first responders, etc) Encourage kids to “think outside the bag” and help them make connections. Pray over the people, places, and things that were discussed.

You're  
ready  
for  
Sunday!

