

## Lesson Twenty-Nine Preparation: John 20:11-29

### The Resurrection of Ascension of Jesus

#### Lesson Supplies

*Catholic Children's Bible* with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

#### Objectives

- Jesus rose from the dead with a glorified body
- The resurrection of Jesus proves that He is God and what He said is true.
- The resurrection is the foundation of our faith
- In the Ascension Jesus ascends to heaven in Glory and completes the act of redemption

#### Read

**From the Bible:** John 20:11-29

**From the *Catechism of the Catholic Church***

"We bring you the good news that what God promised to the fathers, this day he has fulfilled to us their children by raising Jesus." The Resurrection of Jesus is the crowning truth of our faith in Christ, a faith believed and lived as the central truth by the first Christian community; handed on as fundamental by Tradition; established by the documents of the New Testament; and preached as an essential part of the Paschal mystery along with the cross: Christ is risen from the dead! Dying, he conquered death; To the dead, he has given life. (*Catechism of the Catholic Church*, paragraph 638)

**From the *Compendium to the Catechism of the Catholic Church***

Read questions [Q126-133](#) this will take 5 minutes

#### Watch

[The resurrection](#) 3:00 [understanding the Resurrection](#) 4:01 [Reasons to believe the in the Resurrection](#) 4:01  
[Is the Resurrection a lie](#) 2:22

#### Reflect

If your children told you they met a unicorn and went for a ride on its back, would you believe them? What if their friends saw it too? What if they could show you hoofprints in the backyard? What if you saw and touched the unicorn yourself? And how would you go about explaining the unexplainable to someone else?

Our claims about Jesus' Resurrection are that it is a fact of history not a fun mythology. Like St. Paul says, "If Christ has not been raised, then empty is our preaching; empty, too, your faith" (1 Cor. 15:14). So what is the evidence? We have corroborating eye witness accounts. Jesus' closest followers were convinced that he rose from the dead and appeared to them. These men and women were so utterly convinced of this fact that they were willing to face, not fame and success in founding a new religion, but persecution and torture for promoting this idea. The eye-witnesses were completely convinced that this actually happened. Even St. Paul, once an ardent persecutor of the Christians, was convinced after he met Jesus himself.

Our belief in the Resurrection isn't the belief in a fun story to make us feel good. It's not just playing along with our kids. It's an historical event as real as the American Revolution or September 11<sup>th</sup>. The effects of it, however, as far more lasting.

# Lesson Twenty-Nine: John 20:11-29

## The Resurrection and Ascension of Jesus

### Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Our Father, Hail Mary, Creed (*Catholic Children's Bible* page 1992)

### Lesson Summary

- Jesus rose from the dead with a glorified body
- The resurrection of Jesus proves that He is God and what He said is true.
- The resurrection is the foundation of our faith
- In the Ascension Jesus ascends to heaven in Glory and completes the act of redemption

### Read

#### Jesus Appears to Mary Magdalene John 20:11-29

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the suggested journal prompts if you need help.

### Reflect

The resurrection of Jesus is the greatest event in human history. If Jesus did not rise from the dead our faith is in vain. His resurrection proves that He is God and what he said is true. By his resurrection, Jesus conquered death, suffering, and sin, and opened heaven to us making us one with the Father. Why can we believe this? The witness of the Apostles and Mary Magdalene. Each encountered the risen Lord and their lives were changed forever. Jesus desires us to have the same encounter.

### Watch

[The resurrection](#) 3:00  
[understanding the Resurrection](#) 4:01  
[Reasons to believe in the Resurrection](#) 4:01  
[Is the Resurrection a lie](#) 2:22

### Discuss

How do you think the disciples felt when they saw Jesus risen from the dead?

What does it mean that Jesus conquered death?

How do we show others that Jesus is alive in us today?

### Live

- Do chores around the house for a week earning money for each chore. Instead of buying something for yourself, put your earned cash into the Food Collection box located in the Upper Cardinal DiNardo Center entrance. Your hard-earned money will feed the poor.
- Sign up to participate in the Meal Making ministry at our parish. Come and make meals to feed the homeless. Information can be found at: <http://www.stsjohnandpaul.org/outreach/>

### OT Hero - Psalms

Sometime this week, read **We Praise God with Music & Song (Psalm 150)**, pages 958-959 in the *Catholic Children's Bible*.

Everyone likes to be praised when they do something good. Psalm 150 reminds us that we should be praising God for all he does.

## Lesson One Supplemental Materials

# The Resurrection and Ascension of Jesus

### Lesson Summary Statements

- Jesus rose gloriously from the tomb the first Easter
- Jesus took up His life again and transformed His body.
- He had a glorified body that possessed characteristics superior to a normal body
  - His body was no longer subject to death, injury, or suffering. It was perfect
  - His body could go effortlessly where it wanted to go at the speed of thought
  - He could pass through walls and doors
  - His appearance changed
  - His glory shined through his body
- Jesus was not a ghost. He could eat, drink, and be touched.
- Jesus appeared to His mother, the apostles, Mary Magdalen, The disciples on the way to Emmaus, and 500 other witnesses.
- Jesus kept the 5 main wounds from His crucifixion as a sign of His love and Fidelity. They are no longer wounds of pain, but are glorified
- The resurrection is the foundation for our faith. If Jesus did not die our faith is in vain.
- We know that Jesus rose from the dead because of the historical witness of the apostles. All who died as witnesses to the faith.
- The resurrection is important because it proves Jesus is God and what He said is true
- The resurrection is important because it means that sin and death have been conquered
- The resurrection is important because it is the proof that the redemption of man has taken place
- The resurrection is important because it means that heaven is open to us
- The resurrection is important because we now can become sons and daughters of God
- The resurrection is the reason for our hope.
- After 40 days on earth the resurrected Jesus Ascended into heaven using His own Power
- Jesus not in His full glory reigns in heaven at the right hand of the Father
- Jesus will come again in glory to judge the living in the dead.
- Jesus told the apostles that he will be with them always. (He does this through the Holy Spirit, the Church, and Sacraments)
- Jesus told the apostles to go make disciples of all nations
- Jesus told them to wait for the coming of the Holy Spirit.

### More Resources to Answer Your Questions

#### Videos

- [Why is the Resurrection credible](#) Bishop Barron
- [Bishop Barron on the case for Christ](#) [How is Jesus made known as God's son](#) 1:12
- [Why is the resurrection so important](#) 4:28
- [What has Jesus done through his resurrection](#) 6:14
- [How does the risen Lord help us now](#) 1:14
- [Ascension](#) 3:13
- [What does the Ascension do for us](#) 3:48

#### Websites

- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)



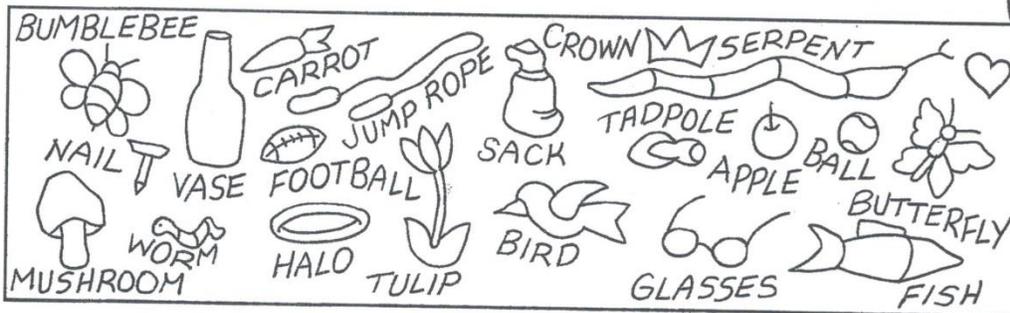
He is risen!



Jesus is alive!



This is a happy day.



Find the hidden pictures above in the puzzle.

But Jesus did not stay in the tomb. He rose 3 days later, for us!  
 (Read the story in Luke 24)