

# Explore It FOR LEADERS

AUGUST  
SESSION 02

## I SAW THE LORD

### John 20:1-18 Jesus appears to Mary Magdalene

Mary was grieving for the loss of Jesus, and as she continued to draw near to him he drew near to her. Jesus appeared to Mary at the point when she must have felt at her lowest. Jesus called out to Mary and she reached out to him. Jesus equipped Mary with an important role to testify to his resurrection, tell others and continue his ministry.

Each child will need:

- objects to make sounds with
- a copy of The Blob Tree (optional)

You will need:

- objects to make sounds with
- The Blob Tree (Google search images) – see Tell It section
- information about using The Blob Tree which can be found here: <https://www.innerdrive.co.uk/reviews/blob-tree>

## Start It

Play a game of Music Madness! Ask the children to gather different objects which will make different sounds and create a virtual symphony. Discuss how different themes can be created, for example through sounds, varying the speed or volume.

Set a theme such as joyful, tense, excited, sad ... and have the young people reflect this.

**Say:** The events of this past year will have caused times of happiness and sadness, times of relief and times of worry.

**Ask:** What different emotions have you felt and what has caused you to feel this way?

**Say:** In our story today, we will meet someone who was witness to and part of one the most important parts of God's story. She experienced deep sadness in her suffering, but then joy as Jesus drew close to her.

## Sing It

This song is a great reminder that we want to remember everything that the Lord has done.

'Thankful' by Lifetree Kids (2mins 22secs)

[https://www.youtube.com/watch?v=U\\_ewLEvA8\\_o](https://www.youtube.com/watch?v=U_ewLEvA8_o)

## Tell It

### Video

Watch a clip of the video *God's Story: Mary Magdalene* (2:42-3:30)

<https://www.youtube.com/watch?v=a1m3xHvwe5s>

**Screen share:** John 20:10-18 Jesus appears to Mary Magdalene (ICB)

'Then the followers went back home. But Mary stood outside the tomb, crying. While she was still crying, she bent down and looked inside the tomb. She saw two angels dressed in white. They were sitting where Jesus' body had been, one at the head and one at the feet.'

'They asked her, "Woman, why are you crying?" She answered, "They have taken away my Lord. I don't know where they have put him." When Mary said this, she turned around and saw Jesus standing there. But she did not know that it was Jesus.'

'Jesus asked her, "Woman, why are you crying? Whom are you looking for?"

Mary thought he was the gardener. So she said to him, "Did you take him away, sir? Tell me where you put him, and I will get him."

'Jesus said to her, "Mary." Mary turned toward Jesus and said in the Jewish language, "Rabboni." (This means teacher.)

'Jesus said to her, "Don't hold me. I have not yet gone up to the Father. But go to my brothers and tell them this: I am going back to my Father and your Father. I am going back to my God and your God."

'Mary Magdalene went and said to the followers, "I saw the Lord!" And she told them what Jesus had said to her.'

## Discuss

→ I wonder how Mary coped feeling separated from Jesus.

→ I wonder how Mary knew it was Jesus she met.

→ I wonder have you ever stayed around to help someone who was hurt.

→ I wonder what gives you faith to believe in Jesus.

▢ **Say:** Mary was grieving for the loss of Jesus. She stayed close to him by visiting his tomb and praying. As she stayed close to him, he drew close to her. Jesus came to Mary when she must have felt at her lowest. He called out to her and she reached back.

▢ **Say:** However you are feeling – happy, sad, excited, or worried – invite Jesus to share that journey with you. Jesus equipped Mary with what she needed in order to do important roles to testify to his resurrection – to tell others and continue his ministry. We believe Jesus equips us and puts us where he needs us to spread his love and care for others.

## Action It

▢ **Say:** Our emotions can have a big impact on the ways we think and act.

**Ask:** Are there times where you have felt more or less likely to do something because of how you have felt? Can you think of any examples?

▢ **Say:** We need to be able to identify the emotions we are feeling, understand what causes us to feel like we do and find appropriate ways to respond when we feel certain ways.

▢ **Say:** There are people who can help us with this – our family, close friends, our teachers and other trusted adults – but there are also ways we can help ourselves and support our own emotional wellbeing.

## Blob Tree

**Screen share:** image of The Blob Tree.

▢ **Say:** This is The Blob Tree.

**Ask:** Has anyone used one before?

▢ **Say:** The Blob Tree can be used to help us explain our feelings. There are lots of blob figures on or around a tree representing different emotions or feelings. As you look at the different blob characters, perhaps select one which expresses how you feel.

Use the Blob Tree to help you identify and discuss

→ how you feel at the moment

- about being at or returning to school
- about being at or returning to church
- about your relationship with Jesus
- about what you feel God may be asking of you

## Pray It

- 👉 **Say:** As we pray today, we are going to focus on our bodies, how we are feeling and share that with God.
- Lay on your back, feet apart, arms by your side and palms face up.
  - Close your eyes.
  - Breathe in through your nose and squeeze your feet tightly, then breathe out and release the tension in your feet.
  - Breathe in through your nose and squeeze your feet tightly, then breathe out and release the tension in your feet.
  - Continue working your way up your body, legs, stomach, arms, face, breathing in and breathing out.
  - Let's thank God for the bodies he's given to each of us to think, act, move and pray, and let's ask the Holy Spirit to guide each one of us.

## Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.