



Key Verses:

They were startled and frightened, thinking they saw a ghost. He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have." (Luke 24:37-39)

Then he opened their minds so they could understand the Scriptures. (Luke 24:45)

The Point: *Easter is real - eyewitnesses saw Jesus alive, and the Holy Spirit also reminds us of what is true.*

Notes:

- We can help our teens understand that Easter is a true story of something real that happened in history - it's not a myth or legend. [Read](#) and [watch](#) Luke 24 together with your students and ask them what they notice. Point out the clues that this is real - how surprised the women were, how confused Peter and the others felt, how peoples' lives changed. In a made-up story, that would all have been cleaned up. Jesus really died and really rose from the dead - that means he has the power to move and work in our own lives today.
- Students like to help others - if you are able, encourage them to gather canned or boxed foods around the house that you can drop off together at a local Community Services organization.
- Try to do something fun with your teens today! Teach them to boil eggs, hide eggs for them - or let them hide eggs for you. No one is too old to celebrate and enjoy Easter!

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