

**6th & 7th Grade Homestudy Lesson #8**  
**THE RESURRECTION**

**GOAL:**

The goal of this lesson is for you to understand Jesus Christ's triumph through His Resurrection and Ascension and how these two events changed the course of human history and our lives.

**THE CREED**

**Begin the lesson by carefully praying the Nicene Creed:**

I believe in one God, the Father almighty, maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God,  
born of the Father before all ages.

God from God, Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.

For us men and for our salvation he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, **and rose again on the third day in accordance with the Scriptures.**

**He ascended into heaven and is seated at the right hand of the Father.**

He will come again in glory to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come.

Amen.

**Lectio Divina**

**Read Matthew 28:1-10**

How is God speaking to you through the story of the Resurrection of Jesus?

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What did this story teach you about hope and the power of God?

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**Read Matthew 28:1-10 again**

## MAIN IDEAS

- Jesus was dead for two days before He rose on the third day, but even during those days Jesus was at work. After His Death and before His Resurrection, He descended into hell.
- The Resurrection of Jesus is the crowning truth of our faith, meaning that it changed everything. Jesus proved to us that He is God, that He is all powerful, and that He did in fact come to save us from our sins and death. (CCC 638, 651-655)
- After spending 40 days with His disciples and appearing to countless people, Jesus ascended into heaven.

## TEACHING:

Jesus was dead for two days before He rose on the third day, but even during those days Jesus was at work. After His Death and before His Resurrection, He descended into hell.

**The Resurrection of Jesus is the crowning truth of our faith, meaning that it changed everything.** Jesus proved to us that He is God, that He is all powerful, and that He did in fact come to save us from our sins and death. (CCC 638, 651-655)

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## HE DESCENDED

**Death was not the end for Jesus.** A couple of different things happened after Jesus died. First of all, He actually died and was laid in a tomb. (CCC 624-627, Matthew 27:57-61)

Jesus was dead for two days before He rose on the third day, but even during those days Jesus was at work. After His Death and before His Resurrection, He descended into hell. Hell before the death of Jesus is not like it is now. **Before Jesus died there was no way for any human, even a really holy one, to make it into heaven. Jesus' death opened up the gates of heaven for the first time.** So before Jesus' death, anyone who died went to hell which was, at this time, a place of waiting. Imagine how it must have felt for all of these holy souls who passed away to wait for the coming of Jesus to save them and bring them to heaven.

When Jesus died, He descended into hell and brought up with Him to heaven all the righteous souls that had been there waiting for their redemption from the beginning of time. (CCC 631-635) **Jesus, by His death on the cross, destroyed the power of death and the power of the devil once and for all. (CCC 635)**

After Jesus descended into hell and brought all the holy people up to heaven, He rose from the dead. Mary Magdalene and the other holy women were the first ones to see the resurrected Jesus and the first ones to spread the Good News. (CCC 641) **The Resurrection of Jesus is**

**the crowning truth of our faith, meaning that it changed everything. Jesus proved to us that He is God, that He is all powerful, and that He did, in fact, come to save us from our sins and death. (CCC 638, 651-655**

**The whole Divine Trinity — Father, Son, and the Holy Spirit — were a part of the Resurrection.** It is not just some nice idea or some sort of metaphor; **it is a real event with historically verified accounts of Jesus appearing to countless people.** (CCC 639- 640, 648-650) When Jesus rose from the dead He had a new glorified body. He still looked like He had before, He was not a ghost and He proves that by eating in front of His disciples, but His body now had new properties. For example, He was no longer confined by time or space and had the freedom to appear as He wanted. (CCC 646, Luke 24:41-43)

By His Death and Resurrection, Jesus truly freed us and saved us from our sins and opened up the gates of heaven to us. Death is no longer the end. We have hope for eternal happiness and salvation with Jesus and He shows us how to live our lives so that we will make it to heaven.

**We have hope; when St. John Paul II says that we are an Easter people it means that we should never forget what Christ has done for us and that His death has saved us forever.**

#### HE ASCENDED INTO HEAVEN

After spending 40 days with His disciples and appearing to countless people, Jesus ascended into heaven where He remains for all of eternity at the right hand of God. (CCC 651-655)

**It was necessary for Jesus to go to the Father in heaven. He went to prepare a place for each one of us there, and He had to go in order to send us the Holy Spirit who teaches us and guides us in truth.** (John 14:1-3, 16:5-15) Jesus had to ascend into heaven so that we could follow Him where He goes. On our own we cannot access God's life and happiness, but in Christ we are now able to not only live a blessed and happy life but to follow Him to heaven. (CCC 659-662)

**Jesus sits at the right hand of God in heaven for all eternity.** Jesus is given dominion, glory, and a Kingdom that will never pass away or be destroyed. And it is this Kingdom that we are all destined for. (CCC 663-664)

Never forget the reality of what Jesus did for you and the power that He has over all death and darkness. He came to save you, **He loves you more than you could ever imagine, and He wants nothing else than for you to live a blessed life and to one day join Him in eternal happiness in heaven.**

QUESTIONS:

1. Has there ever been a time in your life where you had to wait a really long time for something that you wanted? How did you feel as you waited?
2. How do you think you would have reacted to seeing the risen Jesus after He died?
3. What do you think it means to be an Easter people?

What should this look like in your daily life?

4. Why did Jesus ascend into Heaven? Who did he send after him and why? (Hint: which person of the Holy Trinity did Jesus send?)

SEND

Praise and Worship

Take a few minutes to listen to and contemplate the words of the following songs.

["Christ is Risen" by Matt Maher](#)

["Because He Lives \(Amen\)" by Matt Maher](#)

["In Christ Alone" by Keith and Kristyn feat. Alison Krauss](#)