



**Educate
+ Engage**



THE
NEW BIRTH



proof of Life

OVERVIEW

Jesus didn't just suffer and rise again so we could believe something—He rose so we could live out something. The resurrection of Christ wasn't the end of the story; it was the beginning of a new one—for Him and for us. The greatest evidence of Jesus being alive today is how His Spirit lives in us and transforms us from the inside out. This lesson invites us to ask the question: Is there proof of life in me?

Teacher Note: This lesson emphasizes what it looks like to live in the power of Christ's resurrection. It's not about being perfect—it's about walking in visible transformation. Help students grasp that their response to Jesus' sacrifice is seen not just in belief but in action. Encourage vulnerability during discussion and prayer.

Scripture Passages

Acts 1:3, 8 (NKJV)

To whom He also presented Himself alive after His suffering by many infallible proofs, being seen by them during forty days and speaking of the things pertaining to the kingdom of God... But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.

Romans 8:11 (ESV)

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

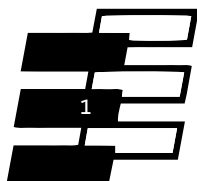
II Corinthians 12:9 (NKJV)

My grace is sufficient for you, for My strength is made perfect in weakness.

EDUCATE

Point 1: After suffering, there should be proof of resurrection.

Jesus didn't stay in the grave. After the cross, after the betrayal, after the suffering—He got up. And He didn't just hide away; He showed up in power and love. We too must do something with the new life Christ has given us.



Lesson 4

- Jesus didn't avoid people. He presented Himself alive. We should do the same. Let your life be a light that people can see.
- Jesus didn't pretend the suffering never happened—He showed His hands and side. We should be willing to share our testimony.
- Jesus wanted people to know: "I'm still here. And I'm alive."

Jesus rose to give you new life—not just someday in Heaven, but right now. If you've been through something, your story doesn't end in pain. There can be resurrection in your identity, habits, and future.

Illustration (optional):

Bring a broken object that's been fixed such as a phone that previously had a broken screen. Say: "This was once broken. But now it's not only restored—it's stronger than before."

Point 2: The proof of life is in your response.

What did Jesus do after the resurrection? He ate with them. He talked to them. He let them touch His scars. He went to them. And He sent them out.

True life change shows up in:

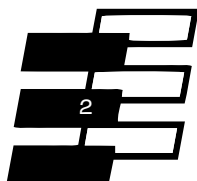
- Joy in hard times
- Peace in the middle of chaos
- Forgiveness where there was hurt
- Courage when fear says quit

If you've met Jesus, there should be evidence. Not perfection—but progress. When the world looks at you, do they see someone who's alive?

Thomas didn't believe Jesus had risen until he saw His scars. That's how people often come to faith—not by hearing about Jesus, but by seeing the scars you've survived and the life you now live.

Point 3: Your hands, feet, and scars are the testimony.

After Jesus rose, He didn't just say, "Believe in Me." He showed them. And now, you're the evidence.



Lesson 4

- Your hands: What are you doing with your life? Are you serving others?
- Your feet: Where are you going? Are you living with purpose?
- Your scars: What have you survived that shows Jesus is real?

James 2:18 (NIV) explains, “Show me your faith without deeds, and I will show you my faith by my deeds.”

You are the proof of Jesus’ resurrection. The world won’t see Jesus physically—but they’ll see you.

Closing

After His resurrection, Jesus didn’t just give the disciples a message—He gave them a mission. He said, “Go.” And He gave them the power to do it. That same power is alive in you. Your scars don’t disqualify you—they prove that you made it. That you’re alive. That Jesus is real. Let your life be the evidence.

Teacher Instruction: Lead with vulnerability. If possible, share a brief personal story of “resurrection” in your own life. Then give students time to reflect on what God has brought them through. Prepare for some quiet moments and be ready to pray with students who need support.

This week, choose one way to show the life of Jesus through your actions. Whether it’s encouraging someone, forgiving someone, or simply showing joy when things are hard, live like someone who’s been raised. Be the proof of life.

ENGAGE

Optionally lead the group in an activity:

1. Give each student a blank index card and pen.
2. Ask them to write down one “scar” from their past—something hard they’ve been through but came out stronger.
3. Let them share (only if they’re comfortable) how that experience could be used to help someone else.
4. Close by reading Revelation 12:11: “They overcame by the blood of the Lamb and the word of their testimony...”

