

**Christian Basics Program**  
**Session 4: Jesus' Resurrection**  
**Facilitator's Guide**

**Ask:**

How has the past week been for you?

Do you have any questions from what we chatted about last week?

**Important - Please Note:** During your meeting, only look up and read the Bible passages that are contained within the boxes. The Bible passage references contained within the body of the information or following the "See Also" text should not be covered during your meeting as it will make the meeting very long. Encourage the participant to look up the passages later and ask any questions they may have at a future catch-up.

**Introduction**

In the last session, we learnt that the greatest work of Jesus, was to die on the cross for our sins. When He suffered and died on the cross, He not only made a way for our sins to be forgiven and our relationship with God to be restored, but also gave us the gift of eternal life (John 3:16).

You may be wondering how we can be sure that we will have eternal life in the presence of God. We can be sure, because Jesus' did not stay dead following His crucifixion but rose bodily from the dead.

**1. The burial of Jesus**

Following the crucifixion of Jesus, a wealthy man named Joseph of Arimathea, went to ask Pontius Pilate for the body of Jesus so that he could bury Him in his tomb.

**Matthew 27:57-60**

<sup>57</sup> As evening approached, there came a rich man from Arimathea, named Joseph, who had himself become a disciple of Jesus. <sup>58</sup> Going to Pilate, he asked for Jesus' body, and Pilate ordered that it be given to him. <sup>59</sup> Joseph took the body, wrapped it in a clean linen cloth, <sup>60</sup> and placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb and went away.

(See also: Mark 15:43-46; Luke 23:50-53; John 19:38)

The religious leaders were worried that His followers might steal the body and so they asked Pontius Pilate to make the tomb secure.

#### **Matthew 27:62-64**

<sup>62</sup> The next day, the one after Preparation Day, the chief priests and the Pharisees went to Pilate. <sup>63</sup> “Sir,” they said, “we remember that while He was still alive that deceiver said, ‘After three days I will rise again.’ <sup>64</sup> So give the order for the tomb to be made secure until the third day. Otherwise, His disciples may come and steal the body and tell the people that He has been raised from the dead. This last deception will be worse than the first.” <sup>65</sup> “Take a guard,” Pilate answered. “Go, make the tomb as secure as you know how.” <sup>66</sup> So they went and made the tomb secure by putting a seal on the stone and posting the guard.

## **2. The resurrection of Jesus**

On the Sunday following the crucifixion, however, Jesus rose bodily from the dead.

#### **Matthew 28: 1-8**

<sup>1</sup>After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

<sup>2</sup> There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. <sup>3</sup> His appearance was like lightning, and his clothes were white as snow. <sup>4</sup> The guards were so afraid of him that they shook and became like dead men.

<sup>5</sup> The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. <sup>6</sup> He is not here; He has risen, just as he said. Come and see the place where He lay. <sup>7</sup> Then go quickly and tell his disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see Him.’ Now I have told you.”

(See also: Mark 16:1-8; Luke 24:1-12; John 20:1-9).

**Ask:** What stands out to you as you read the account of Jesus’ resurrection?

### 3. Jesus appeared to many

Following His resurrection, Jesus appeared to the women who followed Him and then to His other disciples. Some claimed that it was the spirit of Jesus and not His physical body, but the disciples touched Him and Jesus ate with them which a spirit could not do.

#### 1 Cor 15:3-6

<sup>3</sup> For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, <sup>4</sup> that He was buried, that He was raised on the third day according to the Scriptures, <sup>5</sup> and that He appeared to Cephas, and then to the Twelve. <sup>6</sup> After that, He appeared to more than five hundred of the brothers and sisters at the same time, most of whom are still living, though some have fallen asleep.

#### Luke: 24:36-49

<sup>36</sup> While they were still talking about this, Jesus Himself stood among them and said to them, "Peace be with you."

<sup>37</sup> They were startled and frightened, thinking they saw a ghost. <sup>38</sup> He said to them, "Why are you troubled, and why do doubts rise in your minds? <sup>39</sup> 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."

<sup>40</sup> When he had said this, He showed them His hands and feet. <sup>41</sup> And while they still did not believe it because of joy and amazement, He asked them, "Do you have anything here to eat?" <sup>42</sup> They gave Him a piece of broiled fish, <sup>43</sup> and He took it and ate it in their presence.

(See also: Matthew 28:8-9; Luke 24:13-43; John 20:11-20, 24-28; 21:1-14; Acts 1:3-4; Acts 10:41)

**Ask:** What stands out to you in the accounts we have just read about.

### 4. Jesus ascended into Heaven

After 40 days of appearing to many on earth in His resurrection body, Jesus ascended into Heaven.

**Luke 24:50-52**

<sup>50</sup> When He had led them out to the vicinity of Bethany, He lifted up his hands and blessed them. <sup>51</sup>While He was blessing them, He left them and was taken up into heaven. <sup>52</sup> Then they worshiped Him and returned to Jerusalem with great joy.

**Acts 1:9-10**

<sup>9</sup> After He said this, He was taken up before their very eyes, and a cloud hid Him from their sight. <sup>10</sup> They were looking intently up into the sky as He was going, when suddenly two men dressed in white stood beside them. <sup>11</sup> “Men of Galilee,” they said, “why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen Him go into heaven.”

**5. Why Is Jesus’ resurrection so important?**

Jesus said of Himself that He is “the Resurrection and the life” (John 11:25) and He promised eternal life to those who believed in Him.

**John 3:16**

<sup>16</sup> For God so loved the world that He gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

**John 6:40**

For my Father’s will is that everyone who looks to the Son and believes in Him shall have eternal life, and I will raise them up at the last day.”

(See also: Mark 19:29-30; John 3:36, 4:14; 5:24, 6:47-48, 10:27–28, Jude 1:21)

If Jesus was not resurrected from the dead and ascended into heaven, it would be very difficult to have any hope or faith in His statements or promises. However, because He was physically raised from the dead with no human intervention, we can be sure that we can trust in His promise to give us eternal life.

**2 Cor 4:14**

<sup>14</sup> because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to himself.

(See also: 1 Cor 6:14, 15:20-23; 1 Peter 1:3)

**Ask:** Does the certainty of Jesus being raised from the dead, give you hope?

### **Looking Forward**

Following Jesus' resurrection and shortly before His ascension into heaven, Jesus instructed His disciples to go back to Jerusalem to wait for the gift that would empower them to share Jesus with the world and make more disciples. That gift was the Holy Spirit, which we will learn more about in our next session.

**Ask:**

1. What stood out most for you in our discussion today?
2. What will you do as a result of our time today?
3. Who in your life do you think would be interested in hearing about what you have discovered today?
4. How can I be praying for you this week?

### **Prayer of Salvation**

If the person has not yet put their faith in Jesus, you can ask them if they would like to do that today. If they would like to do that, tell them that you are going to lead them in a prayer but that you would like to discuss with them what the words of the prayer will be. Discuss the following prayer with them before leading them through it line by line.

#### **Prayer to Make Jesus Lord of Your Life**

Jesus, I believe that You are the Son of God and that You died on the cross to rescue me from sin and eternal separation from God.

I ask for Your forgiveness for all of my sins and I choose to turn from them and make You the Lord of my life.

I receive Your forgiveness and ask You to come and live in me and help me to love in the same way that you do.

Thank-You for the free gift of salvation and for making me a child of God.

Thank-You that You will never leave or forsake me and that I can be assured of spending all eternity in heaven with You, only because of what You did on the cross for me.

May Your will be done in my life.

Amen.