

Christian Basics Program
Session 4: Jesus' Resurrection

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 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.

Read: Matthew 27:57-60

(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.

Read: Matthew 27:62-64

2. The resurrection of Jesus

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

Read: Matthew 28:1-8

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

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.

Read: 1 Corinthians 15:3-6; Luke 24:36-49

(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)

4. Jesus ascended into Heaven

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

Read: Luke 24:50-52; Acts 1:9-10

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.

Read: John 3:16, 6:40

(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.

Read: 2 Cor 4:14

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

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.

Prayer to Make Jesus Lord of Your Life

If you have not done so yet, you can say the following prayer today, to put your trust in Jesus and make Him the 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.