

# The Power of Resurrection - The Mystery of the Empty Tomb

*John 20*

## **Icebreaker: I have never...**

Set up chairs in a wide circle. Count the number of people in your group and ensure you have one chair less than the total number of people. The game is played by having one person stand in the middle of the circle of chairs. This person states something true about themselves. The statement always starts with "I have never," and then the person states something they have never done. For example, if the person in the middle says, "I have never been to Hawaii," everyone in a chair who has been to Hawaii must get up and find another seat at least two seats from their own (i.e. not directly beside them). The person who ends up without a seat must then go in the middle.

## **Aim of discussion:**

- To learn & experience the power of resurrection.
- To let go of our past & keep on going by the resurrection power of God.

John 20:1-9

- Jesus took the punishment of all our sins, guilt, shame, anger, offenses & the past when he died for us on the cross.

*"The power of resurrection is the power to start over. It's a power to start a new life. "*

- You cannot get the presence if you don't let go of the past.
- The very heart of spirituality and discipleship in the family of God is breaking free from the destructive sinful patterns of our past to live the life of love God wants for us.

*A girl was asked this question after she received Christ: how do you deal with temptations? What do you do when devils come knocking your door?*

*The little girl said: I used to open the door, now I get Jesus to answer the door.*

- In Christ we have salvation, God is the one who helps us to overcome things in the past.

Learn to rest in the resurrection power of Christ:

- Speak in tongues
- Praise the Lord
- Worship the Lord

*“When you work, God rests; but when you rest in God, God works for you.”*

Death could not hold Jesus down. He had no sin; the accusations brought to him in the secular court & religious court were all lies. He is the truth and life forevermore.

- Put your trust in Jesus and the power of resurrection will keep you going.
- The resurrection changed the disciples from being scared to being full of faith.
- The reason that we believe Jesus rose from the dead is because of the eyewitnesses: the disciples Peter, John, James the brother of Jesus etc.

**The power of resurrection is power...**

- To let go of your past.
- To keep on going – the empowering grace of God.
- To be born again into new life in the Holy Spirit.
- To be raised to eternal life in Christ.

**Questions:**

- 1. What does resurrection mean to you personally? How does this event change your faith in Christ and your perspectives of things in life?**
- 2. What are the challenges or temptations that you have been facing lately? How can you rely on the resurrection power of God to overcome them?**
- 3. In what areas in your life that you need the grace of God/the resurrection power of God to keep on going? What can you do to position yourself to receive God's power & grace?**
- 4. Is there anything in your past that you can't let go? Share in a very small group, pray with one another and be accountable with each other throughout the week.**

**Things to try:**

- Apply the "WWW.PRAY" (Worship, Word, Write - Pray) method when you spend time with God in the morning, then meditate on the word throughout the day. Pay attention to what the Holy Spirit speaks to you and be encouraged.
- Put on [Full Armor of God](#) daily. Begin to declare & exercise the power of The Sword of the Spirit every time you are under attack (when you feel you cannot let go of the past or can't keep on going).