

## Resurrection Sunday – He is Risen!

April 9, 2023

*Main Passage: John 20:1-11, NIV – Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. So she came running to Simon Peter and the other disciple (John), the one Jesus loved, and said, “They have taken the Lord out of the tomb, and we don’t know where they have put him!” So Peter and the other disciple started for the tomb. Both were running, but the other disciple outran Peter and reached the tomb first. He bent over and looked in at the strips of linen lying there but did not go in. Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, as well as the cloth that had been wrapped around Jesus’ head. The cloth was still lying in its place, separate from the linen. Finally the other disciple (again, John), who had reached the tomb first, also went inside. He saw and believed. (They still did not understand from Scripture that Jesus had to rise from the dead.) Then the disciples went back to where they were staying. Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb...*

To make progress through pain, \_\_\_\_\_

### How the Risen Jesus Brings Hope to Three Common Kinds of Pain

#### 1. The risen Jesus brings me hope in the pain of \_\_\_\_\_

*John 20:11-16, NIV – Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus’ body had been, one at the head and the other at the foot. They asked her, “Woman, why are you crying?” “They have taken my Lord away,” she said, “and I don’t know where they have put him.” At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus. He asked her, “Woman, why are you crying? Who is it you are looking for?” Thinking he was the gardener, she said, “Sir, if you have carried him away, tell me where you have put him, and I will get him.” Jesus said to her, “Mary.” She turned toward him and cried out in Aramaic, “Rabboni!” (which means “Teacher”).*

*Isaiah 43:1b, NCV – [God] says, “Don’t be afraid, because I have saved you. I have called you by name, and you are mine.”*

What’s your biggest disappointment? Will you give it to Jesus today?

## 2. The risen Jesus brings me hope in the pain of \_\_\_\_\_

*Proverbs 14:13, NLT – Laughter can conceal a heavy heart, but when the laughter ends, the grief remains.*

*Luke 24:15-19a,22-24, ESV – While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from recognizing him. And he said to them, “What is this conversation that you are holding with each other as you walk?” And they stood still, looking sad. Then one of them, named Cleopas, answered him, “Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?” And he said to them, “What things?”... (Then the men explained,) “Moreover, some women of our company amazed us. They were at the tomb early in the morning, and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see.”*

*Genesis 16:13, NIV – She (Hagar) gave this name to the Lord who spoke to her: “You are the God who sees me,” for she said, “I have now seen the One who sees me.”*

*Revelation 21:4, NLT – He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.*

What’s your deepest sadness? Will you entrust it to Jesus today?

## 3. The risen Jesus brings me hope in the pain of \_\_\_\_\_

*Matthew 11:28-30, NLT – Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”*

What are your heaviest burdens? Will you accept Jesus’ invitation to rest in him, to let him carry what’s weighing you down?