

# This I Believe: Small Group Guide

## Week 6: Easter Sunday: Jesus' Resurrection and Your Forever Life

April 5, 2026

---

### Icebreaker Question

Share about a time when you experienced an "unbelievable" moment—something that seemed impossible but actually happened. How did it change your perspective?

---

### Key Scripture

**Luke 24:5-6** - "Why do you seek the living among the dead? He is not here. He has risen."

**1 Peter 1:3** - "Praise be to the God and Father of our Lord Jesus Christ. In his great mercy, he has given us new birth to a living hope through the resurrection of Jesus Christ from the dead."

---

### Key Takeaways

1. **The resurrection is historically credible** - Multiple eyewitnesses, ancient manuscripts, transformed disciples willing to die for their belief, and the inability of authorities to produce Jesus' body all point to its reality.
  2. **The resurrection swallows despair** - Like a "reverse black hole," the resurrection absorbs our despair and replaces it with hope and joy.
  3. **The resurrection changes our perspective** - It helps us view life's hardships within the context of eternity, making our "light and momentary troubles" comparatively small against eternal glory.
  4. **The resurrection enables different living** - It allows us to accept our limits, live with optimism, hold life more loosely, and practice gratitude more freely.
- 

### Discussion Questions

#### Understanding the Message

1. The pastor used the analogy of the resurrection being like a "reverse black hole" that swallows despair. What does this image mean to you? How does it help you understand the power of the resurrection?
2. Read 1 Corinthians 15:17-20. According to Paul, what is at stake if Christ has not been raised? Why does he say believers would be "most to be pitied" without the resurrection?

3. The sermon mentioned the spatial illustration of life being the gap between the brick and the wood, while eternity extends infinitely beyond. How does this visual help you think about your current struggles differently?

### **Personal Reflection**

4. On a scale of 1-10, how much does belief in the resurrection actually affect your daily life and decision-making? Be honest. What would it look like to increase that number?
5. The pastor mentioned that depression rates have increased from 13% to 18% in recent years. How do you see despair manifesting in our culture today? In what ways might the hope of resurrection address this cultural despair?
6. Paul says in 2 Corinthians 4:8-9 that believers are "hard-pressed on every side, but not crushed; perplexed, but not in despair." Can you share a time when belief in the resurrection (or lack thereof) affected how you handled a difficult situation?

### **Going Deeper**

7. The story of Danielle Joy Peterson illustrated someone who lived with terminal illness yet maintained joy and perspective. What do you think enabled her to live that way? How can we cultivate that same resurrection perspective?
8. Read Romans 8:18 together. Paul says our "present sufferings are not worth comparing with the glory that will be revealed in us." Does this minimize real pain, or does it provide proper perspective? Discuss the balance.
9. The sermon mentioned that the resurrection enables us to:
  - Accept our limits and live beyond them
  - Hold life more loosely
  - Hold optimism more firmly
  - Hold gratitude more freely

Which of these four areas is most challenging for you? Why?

### **Application**

10. What specific "limit" in your life do you need to accept while still living fully? How might resurrection hope help you do that?
  11. What area of despair, discouragement, or disappointment in your life needs to be "swallowed up" by the power of the resurrection? How can this group pray for you?
  12. The women at the tomb came expecting death but encountered life. Where might you be "looking for the living among the dead"—seeking hope in things that cannot ultimately satisfy?
-

## Closing Reflection

Read together as a group:

**1 Corinthians 15:54-57** "When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: 'Death has been swallowed up in victory.' 'Where, O death, is your victory? Where, O death, is your sting?' The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ."

---

## Prayer Prompts

Close your time by praying for:

- Those in the group struggling with despair, discouragement, or disappointment
  - Deeper faith in the reality and power of the resurrection
  - The ability to live with eternal perspective in daily circumstances
  - People you know who don't yet believe in the resurrection
  - Gratitude for the hope we have in Christ
-