

Session 06

He Has **RISEN**

CENTRAL TRUTH | Because of Jesus' death and resurrection, believers have new life.

Have you scrolled through social media and seen a post that really made you laugh? If the answer is yes, you may have thought about sharing the post with someone. From small things like social media posts and videos to big, life-changing news, we love sharing things that are important to us with others. In this week's passage, we learn about Jesus' death and resurrection. Like the women who found Jesus' empty tomb, we are called to both worship Him and share the good news with others. The new life we've received in Christ is truly worth telling others about!

REFLECT

What questions do I have about God?

What questions do I have about myself?

What questions do I have about the world and those around me?

MATTHEW 27:45-51

⁴⁵ From noon until three in the afternoon, darkness came over the whole land.

⁴⁶ About three in the afternoon Jesus cried out with a loud voice, “Elí, Elí, lemá sabachtháni?” that is, “My God, my God, why have you abandoned me ?” ⁴⁷ When some of those standing there heard this, they said, “He’s calling for Elijah.” ⁴⁸ Immediately one

of them ran and got a sponge, filled it with sour wine, put it on a stick, and offered him a drink. ⁴⁹ But the rest said, “Let’s see if Elijah comes to save him.” ⁵⁰ But Jesus cried out again with a loud voice and gave up his spirit. ⁵¹ Suddenly, the curtain of the sanctuary was torn in two from top to bottom, the earth quaked, and the rocks were split.

MATTHEW 28:1-5

¹ After the Sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to view the tomb. ² There was a violent earthquake, because an angel of the Lord descended from heaven and approached the tomb. He rolled back the stone and was sitting on it. ³ His appearance

was like lightning, and his clothing was as white as snow. ⁴ The guards were so shaken by fear of him that they became like dead men. ⁵ The angel told the women, “Don’t be afraid, because I know you are looking for Jesus who was crucified.

MATTHEW 28:6-10

⁶ He is not here. For he has risen, just as he said. Come and see the place where he lay. ⁷ Then go quickly and tell his disciples, ‘He has risen from the dead and indeed he is going ahead of you to Galilee; you will see him there.’ Listen, I have told you.” ⁸ So, departing quickly from the tomb with fear and great joy, they ran

to tell his disciples the news. ⁹ Just then Jesus met them and said, “Greetings!” They came up, took hold of his feet, and worshiped him. ¹⁰ Then Jesus told them, “Do not be afraid. Go and tell my brothers to leave for Galilee, and they will see me there.”

Day 01

ISAIAH 53:5-10



Refer to page 5 for a description of the 7 Arrows of Bible Reading.

READ & RESPOND

Hundreds of years before Jesus came to earth, died on the cross, and was resurrected, the prophet Isaiah wrote these words. This passage so clearly describes Jesus' mission that it could easily be mistaken for a part of the New Testament. Because of our sin, Jesus came and took the punishment we deserved. He was "pierced" for our sins so that we could be healed and made whole. He went willingly, without argument or protest, stepping into our place to face the eternal death we deserved. He was the perfect and only sacrifice that could pay our sin debt. This passage is a beautiful yet painful reminder that Jesus' sacrifice was brutal but necessary so that we could be reunited with Him.

← Why might this prophecy have been difficult for the Jews to understand?

→ Jesus willingly suffered for your sins. How can you respond to His sacrifice in your daily life?

↻ Have you truly thought about the suffering Jesus endured for you? Spend some time reflecting and then thanking God in prayer for this incredible sacrifice.

MEMORIZE

Write **Matthew 28:6** in a creative font and illustrate it with markers, paint, or other art supplies. Seeing the verse in a colorful and artistic way helps it stick in our minds. Hang it where you can see it every day.

PRAY

Lord, thank You for Your sacrifice. Without it, I know I would be hopeless, but You provided a way back to You. Help me live in a way that shows my gratitude for all You have done for me.

Day 02

MATTHEW 27:45-51

📍 READ & RESPOND

Everything led up to this single moment. As Jesus was dying, He cried out, “My God, my God, why have you forsaken me?” (v. 46). His cry was not one of confusion or despair. He knew why He was there. His cry was one of physical pain and spiritual anguish in His complete separation from the Father. In that moment, Jesus took on the full weight of everyone’s sin. He was cut off from the Father’s presence—the very punishment that should have been ours. He took on our deserved wrath and judgment, and He took it willingly. The cross is the centerpiece of a believer’s life. Our response to the cross should be to trust in and pursue Christ daily and to be compelled to proclaim the hope of the gospel to a broken world.

🔄 What three events happened immediately after Jesus cried out and died?

↑ What does this passage reveal about God’s hatred for sin and His love for us?

↪ How does this passage encourage you to pray for the lost?

📍 MEMORIZE

Write each word of **Matthew 28:6** on separate pieces of paper. Mix up the words and put them back in the correct order. This activity helps you think about the correct structure of the verse.

📍 PRAY

Lord, thank You for the incredible sacrifice Jesus made for me. Thank You that because of His death, I am no longer separated from You. Give me boldness to share the message of the cross with my unbelieving friends and family.

Day 03

MATTHEW 28:1-5

📍 READ & RESPOND

The two Marys had been at Jesus' burial, and after the Sabbath, they went back to the tomb, where they discovered a truth that would change history: the tomb was empty! In a violent crack of lightning, an angel of the Lord had descended from heaven, rolled away the incredibly heavy stone covering the tomb's entrance, and sat on top of it. The tomb was empty. The guards who had been placed there to make sure the tomb wasn't tampered with passed out from terror. The angel told the women not to be afraid because Jesus wasn't there—He had risen! Even the most powerful human forces and the most secure human measures were no match for God's power. Jesus' resurrection changed everything.

← After witnessing Jesus' violent death, what would the women's discovery of the empty tomb and the angel's message have meant to them?

↑ What does this passage reveal about God's power to accomplish His plan of salvation?

↔ How does the good news of the resurrection encourage you to share hope with others?

📍 MEMORIZE

Write **Matthew 28:6** on a small card. Walk around and say the verse out loud. The physical movement helps your brain process and remember the words. You can say it faster or slower as you walk.

📍 PRAY

Jesus, thank You for the empty tomb and for Your victory over death. Thank You that I have salvation because of it. Help me to share the good news with my lost friends and family.

Day 04

MATTHEW 28:6-10

📍 READ & RESPOND

Have you ever had news so good that you just had to tell someone immediately? That's what happened to the women in today's passage. The angel tells the Marys that Jesus isn't in the tomb and to go and tell His disciples to meet Him in Galilee. The women run from the tomb, filled with both fear and great joy. As they are running, Jesus Himself meets them and greets them. They grab His feet and worship Him. It's an incredible moment! Jesus' first message after His resurrection is a command to tell others. The incredible news of the empty tomb isn't just for us to keep to ourselves; it's a message to be shared.

🔄 What were the women's immediate reactions to seeing Jesus?

↑ What does this passage reveal about Jesus' character and His heart for His followers?

↔ How can this passage motivate you to share the good news with your own friends and family?

📍 MEMORIZE

Write **Matthew 28:6** on a sticky note and put it on your bathroom mirror. Every time you get ready in the morning or evening, say the verse out loud while looking at your reflection. The visual and verbal repetition will help you lock the words into your memory.

📍 PRAY

Jesus, thank You for Your resurrection and for the hope You give. Help me to be a messenger of Your good news, sharing it with everyone I know.

Day 05

ACTS 1:4-8

📍 READ & RESPOND

It's easy to feel impatient, wanting things to happen right away. The disciples felt this after Jesus' resurrection, asking if He would restore the kingdom of Israel immediately. Jesus gently told them that knowing the timing wasn't their job. Instead, He instructed them to wait for the Holy Spirit. He promised that when the Spirit came, they would receive the power to be His witnesses "in Jerusalem, in all Judea and Samaria, and to the ends of the earth." This passage reminds us that God has a perfect plan and time for everything. Our job isn't to know the future, but to be obedient and trust in His will. While we wait, we are called to tell others about Him.

← What did the disciples' question reveal about their hopes for Jesus' kingdom?

↑ What does Jesus' command to the disciples reveal about how God works and empowers His people?

→ How do you need to stop being impatient and trust in God's perfect timing?

📍 MEMORIZE

Make up a simple tune or rap to go with **Matthew 28:6**. The rhythm and melody will help you remember the words. You can sing it to yourself or record it to listen to later.

📍 PRAY

Lord, thank You for the promise of the Holy Spirit. As I wait for Your kingdom to come, help me to share Your gospel with others. Give me the courage to tell others Your good news, even when it's challenging.