

The background features a serene landscape with a gnarled tree in the center, mountains in the distance, and a body of water reflecting the scene. A vibrant, multi-colored geometric pattern, consisting of overlapping triangles and lines in shades of blue, purple, and red, is superimposed over the landscape. The text is centered in the lower half of the image.

GRIPPED BY
GRACE

GRIPPED BY **GRACE**

A 7-week journey to help you rest in
what Jesus has already done for you.

Author: Matt Peeples

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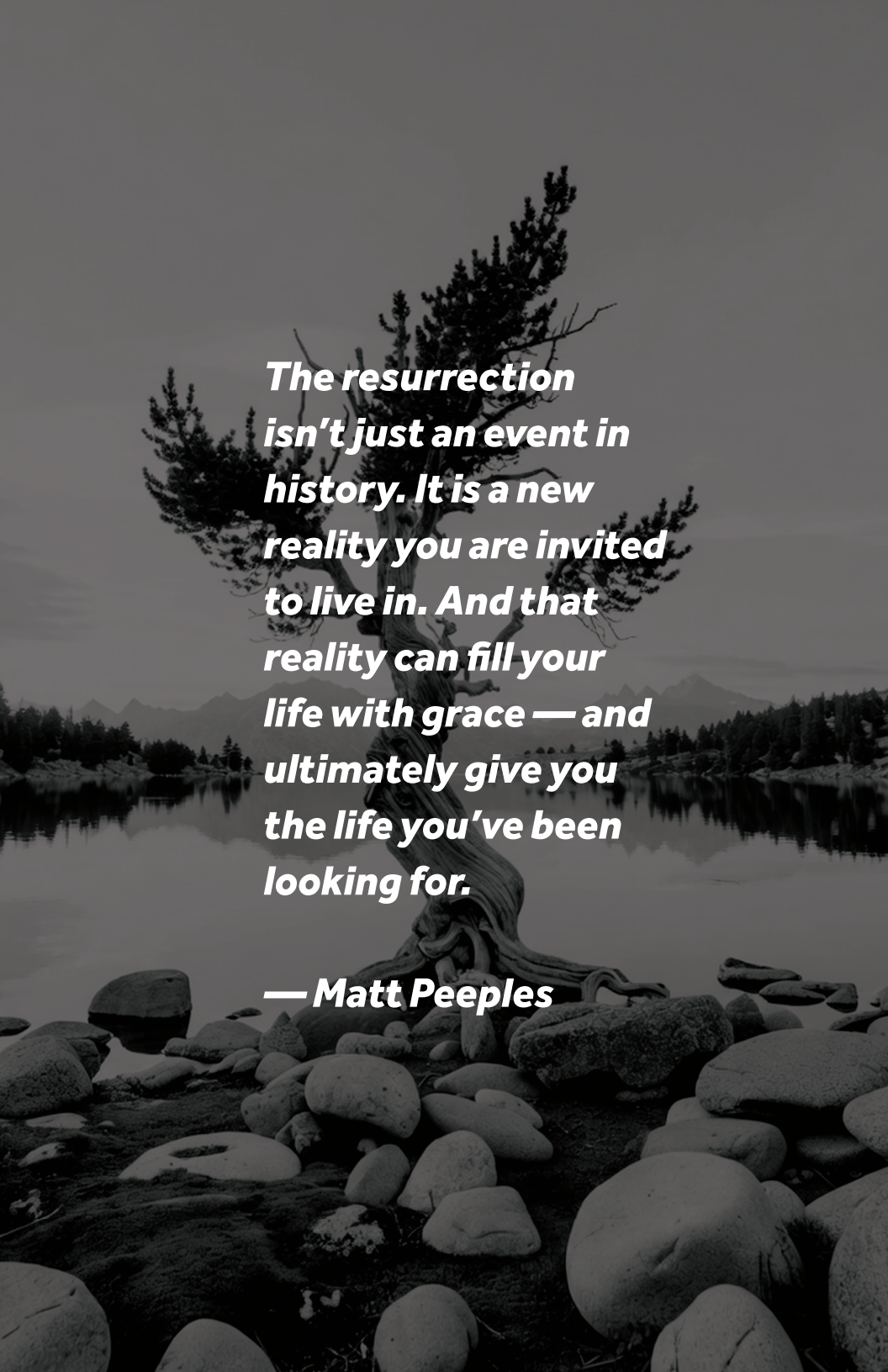
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RESOURCE ACKNOWLEDGMENT

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A black and white photograph of a gnarled tree on a rocky shore next to a lake, with mountains in the background. The tree's trunk is thick and twisted, with roots spreading out over the rocks. The lake is calm, reflecting the sky and the surrounding landscape. The mountains in the distance are hazy and layered.

***The resurrection
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— Matt Peeples

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INTRODUCTION

Gripped By Grace

Every Easter, we grab our Sunday best. We pack out the church. We celebrate a torn curtain, an empty tomb, and we say things like, "He is risen. He is risen indeed." But what does it really mean? What does the resurrection really mean for your everyday life?

It's easy to celebrate Easter because that's just what we do. We gather for worship. We sing powerful songs. We hear about the cross and the empty tomb. Then we head to brunch with family... and move on with life. But what if Easter is pointing you to something more? What if it's more than a story we celebrate once a year? What if it's the reality of a Savior — a Savior who promises to give you life and life abundantly? A Savior who was willing to move heaven and earth to come into this world for you... to live for you... to die for you... and to rise from the dead so that He could draw near to you and fill you with a life you can't find anywhere else?

What would it look like to shift your perspective? To move from seeing God as someone with a list of demands — leaving you constantly wondering where you stand — to seeing Him as the God who came into the world for you... who died for you... who rose for you... so that He could fill your life with a grace you can't find anywhere else?

Easter isn't simply a Sunday we celebrate. It is a new reality we are invited to live in. It is a reminder that the grace of Jesus is the air we breathe. It is an invitation to find life in the only place life can truly be found — in the love and forgiveness of God.

What you have in your hands is an opportunity. An opportunity to slow down. To open Scripture. To discover what this thing we call grace is all about — and how it can literally change your life.

Because the resurrection opened God's floodgates of grace. And that grace is available for everyone. I don't care who you are. I don't care where you come from. I don't care what you wrestle with. I don't care what you deserve — or what you think you don't deserve. Grace is here for you.

This journal is designed to help you lean into the new reality of the resurrection — not just to believe that Jesus rose from the dead, but to live in the grace He unlocked. A new reality where forgiveness is real. Where shame doesn't get the final word. Where failure isn't fatal. Where you don't have to wonder where you stand with God.

The resurrection isn't just an event in history. It is a new reality you are invited to live in. And that reality can fill your life with grace — and ultimately give you the life you've been looking for.

— Pastor Matt Peeples



WEEK 1

**THE
RESURRECTION
CHANGES
EVERYTHING**

THE RESURRECTION CHANGES EVERYTHING



If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:8–9 (ESV)

Thought: The resurrection is not just proof that Jesus is alive. It is proof that His grace is for you.

The rooster crowed, and Peter realized. Three times he had failed. He hadn't just failed in general. He had failed the Teacher he promised he would stand beside — the one he said he would die beside. And now he realizes he failed. That's why the story in John chapter 21 is so powerful. By the time you get there, Peter already knows that Jesus rose from the dead. He knows the tomb is empty. The real question for Peter is this: Does Jesus want anything to do with me at all?

If you read the story by itself, it almost seems a little bit odd. Jesus asks Peter three times if he loves Him. "Do you love Me?" "Yes, Lord." "Do you love Me?" "Yes, Lord." "Do you love Me?" "Yes, Lord." "Then feed My sheep." But what is Jesus really saying? Jesus is looking at Peter and giving him an opportunity, for every single time he denied Him, to realize that he is forgiven. For every denial, grace is being poured back into Peter's life. This is the story of the resurrection.

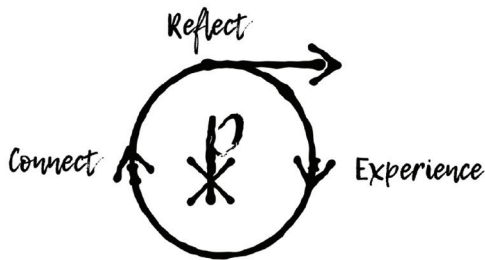
We can believe that Jesus rose from the dead... but still wonder if He wants anything to do with us. That's what Peter's story is all about. It's the realization that Jesus is more than just a Savior who dies and then rises from the dead. Jesus is a Savior who rises from the dead so that He can lean into us with His grace.

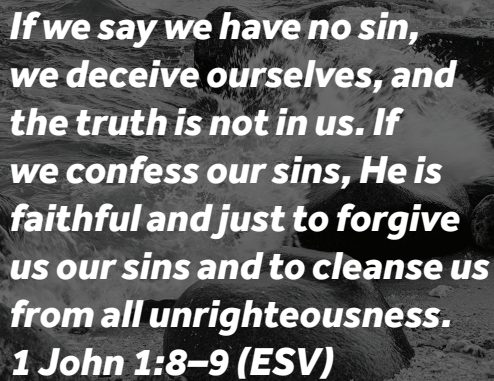
Read the story of Peter's denial in John 18:15–18, 25–27.

Then read the story in John 21:1–19.

Realize the story of Easter isn't just about a God who rose from the dead. It's about a God who rose from the dead so that He could lean into you with His grace.

Use the Discovery Bible Study questions on the next page as a template to meditate on these stories.





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Experience. What does this section of scripture tell you about God?

Connect. What does this section of scripture tell you about yourself and the world?

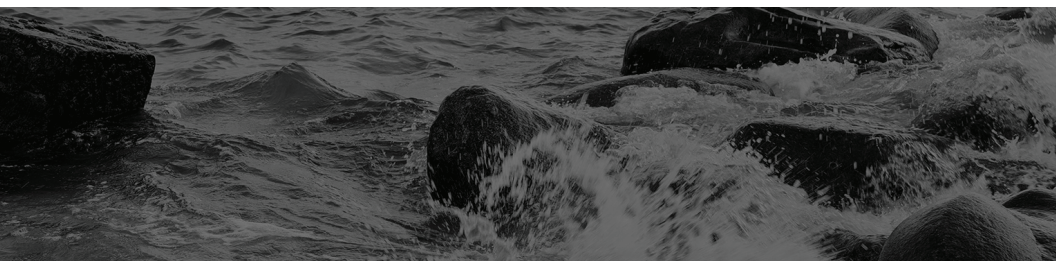
Reflect. How will you live this out?

A black and white photograph of a gnarled tree on a rocky shore next to a lake, with mountains in the background. The tree's trunk is twisted and weathered, with roots spreading out over the rocks. The lake is calm, reflecting the sky and the distant mountains. The overall mood is serene and contemplative.

WEEK 2

**GRIPPED
BY GRACE**

GRIPPED BY GRACE



For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.
Ephesians 2:8–9 (ESV)

Thought: Faith is not about what you do for God. It is about what God has already done for you.

You are probably reading this book because you are on a search for something — a search for meaning, a search for hope, a search for God. What if I told you that God was actually searching for you? Long before we started our journey toward God, God started a journey for us. Through Jesus, God came into the world to live for you, die for you, and rise from the dead for you. He did all this for one simple reason: to connect His life to yours. This is where “grace” begins.

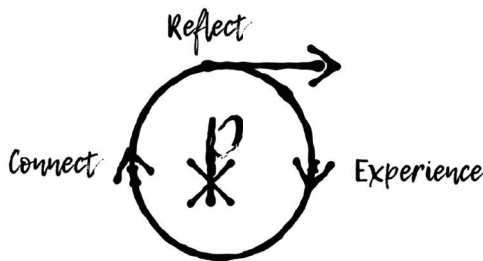
That word, “grace,” has many different definitions, but in the Christian faith it has one powerful definition. Grace is the unearned favor of God. It is a reminder that God forgives our sins, not because of anything we could do for God, but because of what God chose to do for us through Jesus.

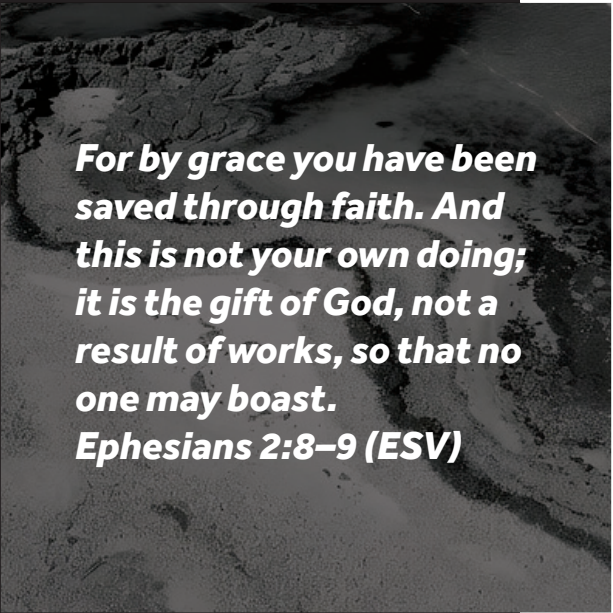
As you begin, or continue, this journey of faith, this new life in Jesus, realize that your life of faith is built not on what you can or cannot do for God, but rather on what God wanted to do for you through Jesus. When you read Paul’s words in the letter to the Ephesians, you hear him say that you are saved by grace, so that no one can boast. This new life God offers you is a gift. It doesn’t matter where you’ve been or what you’ve done — it is a gift God wanted to give you.

Read this story in Luke 15:11–32.

Jesus talks about a son who abandons his family only to find the love and forgiveness of his father when he comes home. Realize this is a picture of God’s love and forgiveness for you.

Use the Discovery Bible Study questions on the next page as a template to meditate on this story.





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WEEK 3

**FAITH
IS ENOUGH**

FAITH IS ENOUGH



But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it — the righteousness of God through faith in Jesus Christ for all who believe.

Romans 3:21–22 (ESV)

Thought: All we have to do is trust God's promise.

Faith? That's really all God asks us to do? Yes! This is what makes Christianity radically different from any other religion. Christianity is not about a list of do's and don'ts for you to be graded on. Christianity is about a promise God made to us and carried out through the life, death, and resurrection of Jesus — the promise that Jesus would forgive your sins.

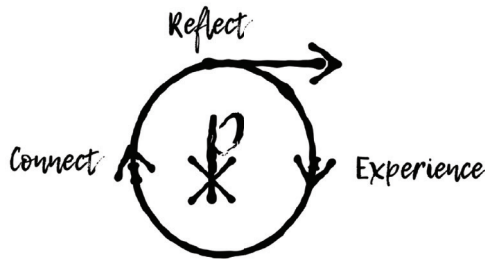
When Peter was speaking to a crowd of people who were confronted with the weight of their own sin, they asked him, "What shall we do?" Peter didn't tell them to clean up their lives first. He didn't give them a checklist. He told them to repent and trust in what Jesus had already done. God makes a promise, and He follows through on that promise every time.

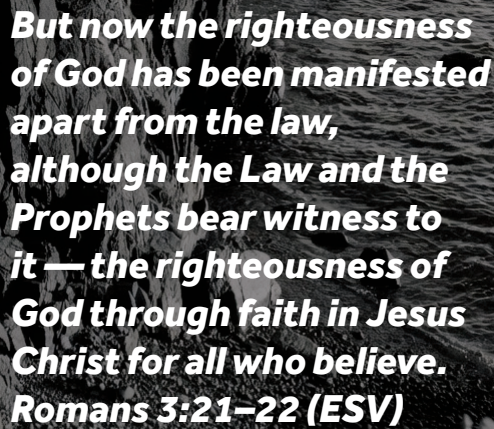
When you're a kid and your parents tell you to jump into the pool, you jump because you trust they'll catch you. Trust isn't about you making the promise come true. It's about understanding that the person making the promise can follow through. Faith is simply trusting that God keeps His promises.

Read this story in Luke 7:1–10.

The centurion trusts in Jesus' word. He believes that when Jesus makes a promise, that promise is enough.

Use the Discovery Bible Study questions on the next page as a template to meditate on this story.





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WEEK 4

**JUST
JESUS**

JUST JESUS



For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God did not send His Son into the world to condemn the world, but in order that the world might be saved through Him. John 3:16–17 (ESV)

Thought: God knew the only way to reconnect people to Him was to come into the world as a man and accomplish what we could not.

One of the biggest difficulties we have with God is that we think good is good enough. As long as I am a good person and live a good life, I should be good with God. The problem is that God's standard is perfection. Scripture tells us that all have sinned and fall short of the glory of God. It sounds hopeless for imperfect people to connect with a

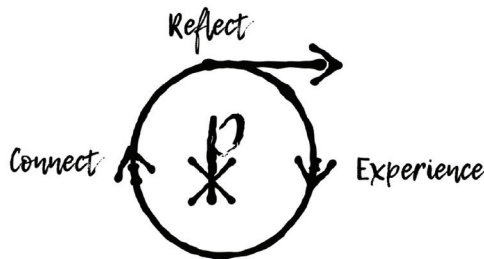
perfect God — unless God does something about it. And that's exactly what He did. God loved imperfect people so much that He sent His Son into the world to live the perfect life we could not live and to die the death we deserved to die. Through Jesus, His perfection becomes ours.

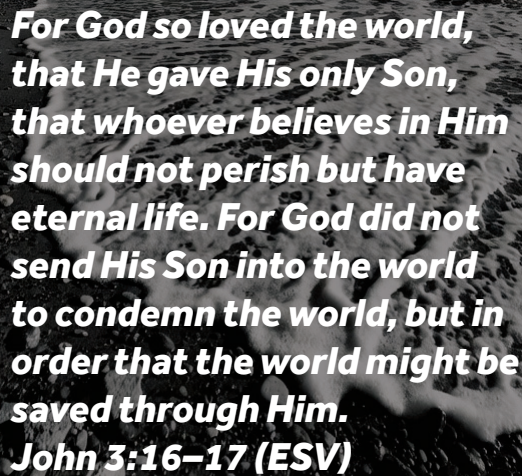
This is why it's not about being good enough. It's not about doing enough. It's not about fixing yourself before you come to God. It's about trusting in what Jesus has already done for you. That is what it means to be justified — "just as if I had never sinned." Jesus really is all you need to be right with God.

Read this story in Mark 2:1–11.

When Jesus heals the paralytic, He does it to prove He has the authority to forgive sins. This story reminds us that Jesus didn't just come to improve your life. He came to forgive your sins and reconnect you to God.

Use the Discovery Bible Study questions on the next page as a template to meditate on this story.





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WEEK 5

**ELIMINATING
FEAR**

ELIMINATING FEAR



For in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. Galatians 3:26–29 (ESV)

Thought: Am I really good with God?

There are days you feel strong in your faith. Days when you feel like you are doing well, like God must be proud of you. And then there are other days. Days when you wrestle with sin. Days when you fall short. Days when you wonder why you keep struggling in the same areas. Those are the days when the question creeps in: Am I still good with God? If being right with God depended on your performance, that question

would never go away. But we have already seen that being right with God is not about what you do. It is about trusting in what Jesus has already done for you.

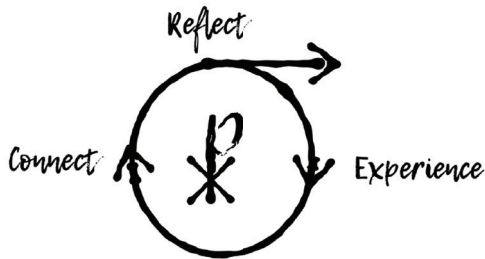
Because of Jesus, you are not just forgiven. You are adopted. You are a son or daughter of God. You are an heir according to promise. God's grace is not fragile. It does not disappear when you stumble. His grace is sufficient for you.

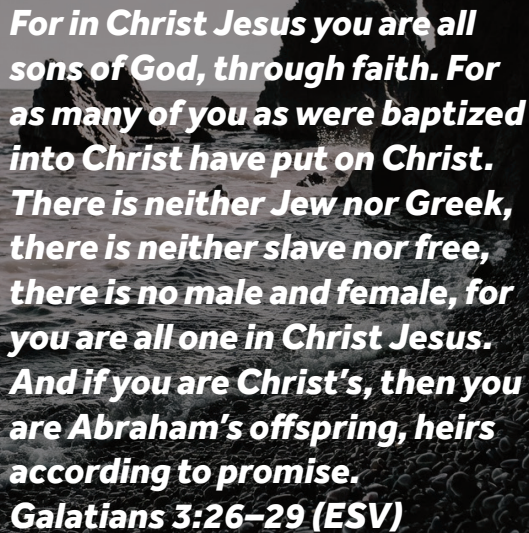
To give us assurance of that grace, God attaches His promises to real moments — to His Word, to baptism, to the community of faith. Even when we are unfaithful, God is faithful.

Read this story in Acts 16:25–34.

When the jailer asks, "What must I do to be saved?" Paul's answer is simple: "Believe in the Lord Jesus." The promise of Jesus is enough to eliminate fear.

Use the Discovery Bible Study questions on the next page as a template to meditate on this story.





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sons of God, through faith. For
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WEEK 6

**FAITH
IS MESSY**

FAITH IS MESSY



Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Corinthians 5:17 (ESV)

Thought: The life of faith is something you grow into, and the church is a community given by God to help you grow.

When God forgives you, He gives you a new life. Jesus describes it as being born again. That is a great picture of what faith looks like. It is new. But new doesn't mean finished.

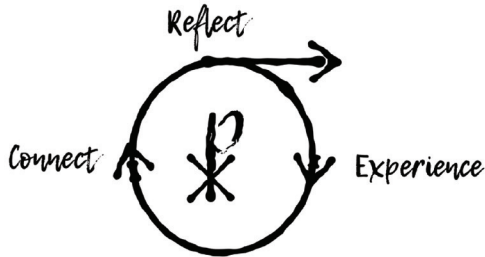
Just like a newborn doesn't come into the world fully grown, you are not expected to be spiritually mature overnight. Faith is something you grow into, and growth can be messy. There will be tension between the old life and the new life. There will be moments of victory and moments


of struggle. Even Paul described that wrestling match within himself — wanting to do what is right but still feeling the pull of sin. The life of faith is not about pretending the struggle doesn't exist. It's about trusting that the same grace that brought you into faith will sustain you as you grow. And you were never meant to grow alone.

Read this story in Acts 2:42–47.

This is a picture of the early church — people devoted to teaching, fellowship, prayer, and breaking bread together. They gathered because they needed each other. The church is not a place for perfect people. It is a community where imperfect people grow together in grace.

Use the Discovery Bible Study questions on the next page as a template to meditate on this story.





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Reflect. How will you live this out?

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WEEK 7

**YOU'RE
NEVER ALONE**

YOU'RE NEVER ALONE



But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things and bring to your remembrance all that I have said to you. John 14:26 (ESV)

Thought: God puts His Holy Spirit in us to guide us in living out the life of faith.

Sometimes it's easy to picture God as distant, like He sets things in motion and then steps back. It can feel like God gives you grace and then says, "Now don't mess it up." But that's not how it works.

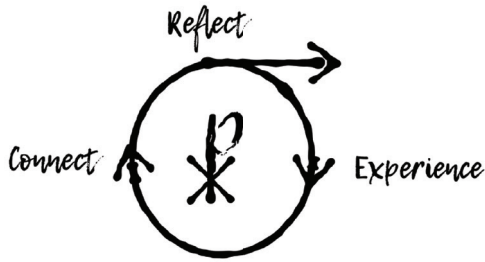
Before Jesus went to the cross, and before He ascended into heaven, He promised the Holy Spirit. The Spirit is not an add-on to the Christian life. He is God with you. The Holy Spirit teaches, reminds,

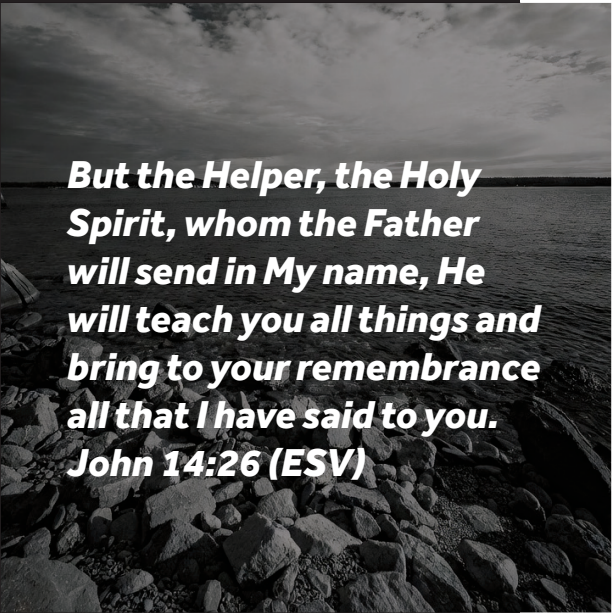
convicts, comforts, and guides. He strengthens you when you are weak. He points you back to Jesus when you lose sight of grace. You are not left to figure this out on your own.

Read this story in John 16:4–15.

These are some of Jesus' final words to His disciples before the cross. He wants them — and you — to know that you will never walk this journey alone. The same God who saved you now lives in you.

Use the Discovery Bible Study questions on the next page as a template to meditate on this story.





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John 14:26 (ESV)***

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Experience. What does this section of scripture tell you about God?

Connect. What does this section of scripture tell you about yourself and the world?

Reflect. How will you live this out?



WHAT'S NEXT?

WHAT'S NEXT?

Well, we just spent seven weeks digging into this new reality. The new reality that the resurrection invites you to live in — the reality of a life lived in and out of the grace of Jesus. So what's next?

What would it look like to spend the next several weeks simply following Jesus around through one of His Gospels? Getting the opportunity to see how Jesus lived His life — as a way of learning how you can live out this life of grace in the places you live, work, learn, and play? That's why we've included a simple reading plan through the Gospel of John.

This reading plan will guide you through the Gospel of John and allow you to follow the life of Jesus. You'll join His early disciples as they begin to figure out who Jesus is and what it means to live in this new resurrection reality that Jesus has for us.

And then, after the Gospel of John, we'll invite you into a very simple letter from the Apostle Paul — the letter to the Ephesians. Paul wrote this letter to help the church understand what it looked like to live in this new resurrection reality of grace and how that grace reshapes the way we treat one another and the way we live in the world around us.

The plan is simple. Each day, take one of the readings laid out for you. Then use the same three questions we've been using throughout this experience.

Discovery Bible Study questions:

What does this tell you about God?

What does this tell you about yourself and your world?

How can you live this out?

This is a simple and powerful way to continue the journey — to keep learning what it looks like to live in this new resurrection reality in the places you live, work, learn, and play.

If you need help taking your next step, check out faithoakville.org/nextsteps. You'll find great tools to help you continue following Jesus — whether that's stepping into Rooted, joining a life group, or exploring The Missionary Pathway.

And if you're not connected with Faith Oakville but received this resource from another local church, lean into that church. They will have great opportunities to help you learn how to live out the reality of God's grace in your everyday life.

The resurrection invites you into a new reality. I pray this experience was just the beginning.

— Pastor Matt Peeples

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BIBLE READING PLAN

DISCOVERY BIBLE STUDY READING PLAN:

John & Ephesians

42 Days | 6 Days of Reading | 1 Grace Day Per Week

Week 1 – The Word Became Flesh

- Day 1: John 1:1–18 (The Word & Light of the World)
- Day 2: John 1:19–51 (John the Baptist & Calling Disciples)
- Day 3: John 2 (Water to Wine & Temple Cleansing)
- Day 4: John 3:1–21 (Nicodemus & Being Born Again)
- Day 5: John 3:22–36 (John the Baptist's Testimony)
- Day 6: John 4:1–26 (Woman at the Well)
- Day 7: Grace Day

Week 2 – Miracles & Teachings of Jesus

- Day 8: John 4:27–54 (Harvest & Healing of Official's Son)
- Day 9: John 5:1–29 (Healing & Jesus' Authority)
- Day 10: John 5:30–47 (Testimonies About Jesus)
- Day 11: John 6:1–21 (Feeding 5,000 & Walking on Water)
- Day 12: John 6:22–71 (Jesus: The Bread of Life)
- Day 13: John 7 (Jesus at the Festival)
- Day 14: Grace Day

Week 3 – Who is Jesus?

- Day 15: John 8:1–30 (Woman Caught in Adultery & Light of the World)
- Day 16: John 8:31–59 (The Truth Will Set You Free)
- Day 17: John 9 (Healing the Man Born Blind)
- Day 18: John 10:1–21 (Jesus the Good Shepherd)
- Day 19: John 10:22–42 (Jesus' Divinity Questioned)
- Day 20: John 11:1–37 (The Death of Lazarus)
- Day 21: Grace Day

Week 4 – Signs Leading to the Cross

- Day 22: John 11:38–57 (Jesus Raises Lazarus)
- Day 23: John 12:1–19 (Anointing & Triumphal Entry)
- Day 24: John 12:20–50 (Jesus Predicts His Death)
- Day 25: John 13:1–30 (Jesus Washes Feet & Betrayal)
- Day 26: John 13:31–38 (A New Commandment)
- Day 27: John 14 (Jesus: The Way, Truth, and Life)
- Day 28: Grace Day

Week 5 – Jesus’ Final Teachings & Prayer

- Day 29: John 15 (Vine & Branches, Love One Another)
- Day 30: John 16 (Work of the Holy Spirit)
- Day 31: John 17 (Jesus’ Prayer for Disciples & Unity)
- Day 32: John 18:1–27 (Arrest & Peter’s Denial)
- Day 33: John 18:28–40 (Jesus Before Pilate)
- Day 34: John 19:1–27 (Crucifixion & Jesus’ Mother)
- Day 35: Grace Day

Week 6 – The Cross & Resurrection

- Day 36: John 19:28–42 (Jesus’ Death & Burial)
- Day 37: John 20 (Resurrection & Doubting Thomas)
- Day 38: John 21 (Jesus Reinstates Peter)
- Day 39: Ephesians 1 (Spiritual Blessings in Christ)
- Day 40: Ephesians 2 (Saved by Grace)
- Day 41: Ephesians 3 (God’s Plan for the Gentiles)
- Day 42: Grace Day

Week 7 – Living as the Church

- Day 43: Ephesians 4 (Unity & Maturity in Christ)
- Day 44: Ephesians 5:1–21 (Walk in Love & Wisdom)
- Day 45: Ephesians 5:22–33 (Marriage & Christ’s Love for the Church)
- Day 46: Ephesians 6:1–9 (Children, Parents, and Masters)
- Day 47: Ephesians 6:10–24 (The Armor of God)
- Day 48: Reflection Day – What Have You Learned?
- Day 49: Grace Day

SCRIPTURE: _____ **DATE:** _____

Experience. What does this section of scripture tell you about God?

Connect. What does this section of scripture tell you about yourself and the world?

Reflect. How will you live this out?

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