

# BECAUSE HE LIVES

## BECAUSE HE LIVES Talk-it-Over Notes | Easter, April 4-5, 2026

### REVIEW IT

The first words after the resurrection were “Don’t be afraid!” Fear is the most common instruction in the Bible. It’s also humanity’s oldest problem. Adam tried to hide from God out of fear. Fear ruins relationships. Fear can look like feeling worried, anxious, sleepless, troubled, tense, nervous, fretful, uneasy, upset, angry...

Because of the resurrection of Jesus Christ, there is now a way to live without fear!

Because he lives...

1. We know that Jesus tells the truth
2. We know that death is not the end
3. We know that God loves us extravagantly
4. We know God has a good plan for our lives

*But to all who believed him and accepted him, he gave the right to become children of God.*  
John 1:12 NLT

**Spend some time in the word: Read Matthew 28:1-10**

### TALK ABOUT IT

1. What stood out to you about this message?
2. In what ways do you see fear shaping decisions and relationships in your own life or in the world around you?
3. The resurrection of Jesus proves there is life after death and offers a way to live without fear. How does this belief influence the way you approach challenges, uncertainties, or even your perspective on death?
4. Pastor Ryland emphasizes that God’s love is extravagant, and demonstrated through Jesus’ sacrifice. What are some practical ways that understanding and accepting this love could reduce fear and change the way you live day-to-day?
5. Many are playing “whack-a-mole” with life’s problems. How might centering your life on Christ differ from living for your problems as they come?

### ACT ON IT

Identify one specific fear or worry that has been holding you back lately. Write it down, reflect on why it has power over you, and then release that worry to God. See what the Bible has to say about that fear, and do what his word says to do.

Join us next week for: “Faith Refined / What Does God Want From Me?”

Saturday: 5:00, 6:30 — Sunday: 9:30, 11:00

### PRAY ABOUT IT

Take time to ask how you can pray for and support one another in prayer. Then, close in prayer.