

LESSON
9 Jesus, the
Resurrection and
Life

Death stands at the end of the pathway of every human life—firm, inevitable, and final. Rich and poor alike must face it someday. For most people, even the idea of death strikes fear and terror. But for those who believe in Jesus Christ, there is a sharp difference. They do not need to fear death because they have put their trust in the One who is the Resurrection and the Life.

Jesus did not stay on the Cross where He died or in the tomb where He was buried. He came back from the dead! He lives today in the power of an endless life, and He shares that life with all who are joined to Him by faith.

The religions of the world try to help people cope with their mortality, but they can offer nothing. All of their founders lie buried to this day. How completely different Christianity is! In the face of the great fact of death, it announces an even greater fact: Jesus Christ rose from the dead, and because He lives, we too shall live.

What happened when Jesus came back to life? How do we know that He did? What does His resurrection say about who He is? What does it mean for our lives now and in the future? These are the questions answered in this lesson.

The Plan

- A. Jesus Gains Victory Over Death
- B. Jesus Guarantees Our Resurrection

The Goals

1. State the evidence we have that Jesus has conquered death completely.
2. Explain how the resurrection of Jesus affects your life now and in the future.

A. JESUS GAINS VICTORY OVER DEATH

Goal 1. State the evidence we have that Jesus has conquered death completely.

The evidence we have that Jesus is victorious over death comes from both His ministry on earth and from His own resurrection.

Miracles of Resurrection

Jairus, the ruler, went to ask Jesus to heal his little daughter. When he returned with Jesus, the child was dead.

Meanwhile, all the people were wailing and mourning for her. . . . But he took her by the hand and said, “My child, get up!” Her spirit returned, and at once she stood up. (Luke 8:52, 54–55)

Mourners were taking the dead son of the widow of Nain to the cemetery when they met Jesus. He stopped the funeral procession.

Then he [Jesus] went up and touched the coffin, and those carrying it stood still. He said, “Young man, I say to you, get up!” The dead man sat up

and began to talk, and Jesus gave him back to his mother. (Luke 7:14–15)

Lazarus and his sisters Martha and Mary were good friends of Jesus. Lazarus died and was buried. Four days later Jesus arrived.

Jesus called in a loud voice, “Lazarus, come out!” The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, “Take off the grave clothes and let him go.” (John 11:43–44)

Application

- 1** The person Jesus raised from the dead who was already buried was
- a)** Lazarus, the brother of Mary and Martha.
 - b)** the daughter of Jairus the ruler.
 - c)** the son of the widow of Nain.
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Proof of the Resurrection of Jesus

The miracles of resurrection, which Jesus did during His ministry showed His power over death. However, the people He raised then died again—they were still mortal. His own resurrection was different. When Jesus rose from the dead, death itself was conquered. He rose with an immortal body, never to die again.

But how do we know that Jesus rose from the dead? We must be sure that He did. If He did not rise, our faith in Him is useless and all who have died believing in Him have been fools. But He did rise! We have not been deceived. Here are ten of the many proofs:

1. **Report of Soldiers.** Soldiers guarded the sealed, cavelike tomb so that no one could steal Jesus’ body and say He was alive again. On the third morning, they saw an angel open the tomb. The earth quaked. Terrified, they saw the grave was

empty! Jesus' body was gone! They ran to report what had happened.

2. **Empty tomb and graveclothes.** Soon afterwards some women came to the tomb. Jesus' body was not there. Two angels told the women that Jesus was alive. Peter and John ran to the tomb and found it empty. Jesus' body was gone, but there lay the bandage-like cloths it had been wrapped in.
3. **Angels' message.** At the tomb the angels said to the women, "Why do you look for the living among the dead? He is not here; he has risen!" (Luke 24:5–6).
4. **Appearances of Jesus.** Jesus appeared at different times to:
 - A group of women
 - Mary Magdalene
 - Peter
 - Two disciples on the road to Emmaus
 - Ten disciples in Jerusalem
 - Eleven disciples in Jerusalem
 - Seven disciples at the Sea of Galilee
 - 500 believers at once in Galilee
 - Jesus' half-brother James
 - Disciples at the ascension, near Bethany

After his suffering, he showed himself to these men and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. (Acts 1:3)

- Jesus appeared to three people after He went back to heaven. They saw Him there.
 1. Stephen, the first Christian martyr

2. Saul (Paul) on his way to Damascus
3. John, in the Revelation
5. **The nature of Jesus' body.** The kind of body Jesus had proved two things: (1) What the believers saw was not just a hallucination or a spirit. Jesus ate with them. They touched Him. He had a real body of flesh and bones. (2) He had not just revived from a coma or from death with the same mortal body. He had a glorified, resurrection body no longer subject to physical limitations, pain, or death. He passed through closed doors. He appeared and disappeared at will. He went to heaven visibly. Resurrection had given new powers to His body.
6. **Baptism in the Holy Spirit.** What happened at Pentecost was a direct fulfillment of a promise made by a risen Christ. The continuing presence of His Spirit proved that Jesus is alive.
7. **Testimonies of Christians.** Jesus' followers testified constantly to the fact that He had risen from the dead. Ordered to deny it or be put to death, they chose death. They would not have died to defend a lie.
8. **Conversion of Saul.** Saul, a brilliant young doctor of the Jewish law, was trying to stamp out Christianity. On his way to arrest Christians in Damascus, he himself was arrested by the Lord Jesus. A light brighter than the sun appeared in heaven. Out of the light Jesus called Saul by name and talked with him. Saul surrendered his life to Jesus and became the great apostle Paul.
9. **Christianity.** The Christian religion is based on the fact of the resurrection. Christianity is built on an empty tomb.
10. **Communication with Jesus.** Meeting Jesus has changed our lives. We talk with Him daily. He answers us. As the song says:

I serve a risen Savior,

He's in the world today . . .

You ask me how I know He lives?

He lives within my heart.

(A. H. Ackley)

Application

2 The best description of the body of Jesus after He was raised from the dead is that it was

- a) revived.
- b) spiritual.
- c) totally real but glorified.

3 You have studied ten proofs that Jesus rose from the dead. Review them. Then try to write from memory the five that are missing from the list below.

- 1) Report of soldiers
- 2)
- 3) Angels' message
- 4)
- 5) The nature of Jesus' body
- 6)
- 7)
- 8) Conversion of Saul
- 9) Christianity
- 10)



B. JESUS GUARANTEES OUR RESURRECTION

Goal 2. Explain how the resurrection of Jesus affects your life now and in the future.

Jesus died on the Cross but He conquered death there. He turned the Cross—a symbol of shame and disgrace—into a symbol of redemption, power, and victory. Jesus’ body was laid in a tomb, but the grave could not hold Him prisoner. He defeated death and rose again to share that victory with all His followers. Paul wrote about knowing Jesus in the power of His resurrection. What is this power?

1. **Proof of Who Jesus is.** Because He rose from the dead, we know He is who He said He was—the Son of God and Savior of the world.
2. **Assurance of Salvation.** Because Jesus rose again, we know that God accepted His sacrifice for us. Whoever believes in Him has forgiveness of sin.
3. **New life in union with Jesus.** Our risen Lord has become Head of the church. We are His body. He is with us always. His life is in us. His power works through us.

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

4. **Victory in Jesus.** Jesus’ resurrection proves that He has defeated Satan, sin, and death. With Him, you need not live in fear or be tormented by guilt and temptation. Jesus turns your defeat into victory.
5. **Hope.** Christians can face death with hope. Jesus’ resurrection is our guarantee of a better life beyond the grave. He said, “‘Because I live, you also will live’” (John 14:19).

6. **Resurrection.** To know Jesus in the power of His resurrection includes being resurrected as He was, with the same kind of body.

But Christ has indeed been raised from the dead,
the firstfruits of those who have fallen asleep.
(1 Corinthians 15:20)

Application

4 Following are listed six truths that are part of knowing Jesus in the power of His resurrection. Draw a line under each one that you have accepted or choose to accept now.

- a) Jesus is who He said He is—the Son of God.
 - b) God has forgiven me of my sin.
 - c) The new life of Jesus is in me now.
 - d) Satan, sin, and death have all been defeated.
 - e) I can face death with hope.
 - f) One day I will have a glorified body.
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His Promise

Just before raising Lazarus, Jesus said to Martha, “I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?” (John 11:25–26).

When Jesus called into the open tomb, “Lazarus, come out!” Lazarus came out alive and well. Someday Jesus will come back to earth. At His call, bodies that have long since become dust and ashes will spring to new life. We will have wonderful new bodies like His immortal, glorified body.

“I [Jesus] tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life. . . . For as the Father has life in himself, so he has granted the Son to have

life in himself. . . . Do not be amazed at this, for a time is coming when all who are in their graves will hear his voice and come out—those who have done good will rise to live, and those who have done evil will rise to be condemned” (John 5:24, 26, 28–29)

The cemetery in your community has a message for you. For some it is a message of hopelessness. The graves remind us that we all must die. We came into the world with nothing and we leave it with nothing. But that is not all. Remember that the tomb of Jesus is empty! And His resurrection is the guarantee of your resurrection if He is your Savior. Your body may die, but your spirit will never die. Even if your body goes back to dust, Jesus will bring it back to life. He is the Resurrection and the Life.

Application

- 5** Our guarantee of resurrection is the
- a)** renewal of life we see in nature.
 - b)** resurrection of Jesus.
 - c)** strong belief people have in life after death.
- 6** Memorize John 11:25–26.



The Fulfillment

Before Jesus went back to His home in heaven He promised to return for His followers.

“And if I [Jesus] go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.” (John 14:3)

Forty days after Jesus’ resurrection, His followers watched Him ascend to heaven. Then two angels gave them a message:

“Men of Galilee,” they said, “why do you stand here looking into the sky? This same Jesus, who

has been taken from you into heaven, will come back in the same way you have seen him go into heaven.” (Acts 1:11)

God revealed to Paul many details of the resurrection that will take place when Jesus comes again. John wrote about it too.

When you sow, you do not plant the body that will be, but just a seed, perhaps of wheat or of something else. But God gives it a body as he has determined, and to each kind of seed he gives its own body. . . . So will it be with the resurrection of the dead. The body that is sown is perishable, it is raised imperishable; it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual body. If there is a natural body, there is also a spiritual body. . . . And just as we have borne the likeness of the earthly man, so shall we bear the likeness of the man from heaven. (1 Corinthians 15:37–38, 42–44, 49)

Listen, I tell you a mystery: We will not all sleep, but we will all be changed—in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed. For the perishable must clothe itself with the imperishable, and the mortal with immortality. 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.” . . . But thanks be to God! He gives us the victory through our Lord Jesus Christ. (1 Corinthians 15:51–54, 57)

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,

who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body. (Philippians 3:20–21)

Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is. Everyone who has this hope in him purifies himself, just as he is pure. (1 John 3:2–3)

For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage each other with these words. (1 Thessalonians 4:16–18)

Application

7 Following are several events that are part of the resurrection of Jesus and the future of those who believe in Him. Arrange them in their correct order by using the numerals 1–7.

- ... **a** All believers meet the Lord in the air.
- ... **b** God's trumpet sounds and Jesus returns.
- ... **c** Jesus ascends to heaven.
- ... **d** Jesus is resurrected.
- ... **e** Jesus prepares a place for His own.
- ... **f** Living believers in Christ are changed.
- ... **g** Those who have died in Christ are resurrected and changed.

8 Another way of saying that believers are glorified when Jesus returns is to say that the

- a)** mortal is changed into the immortal.
- b)** real is changed into the unreal.
- c)** being is changed into the non-being.

9 Suppose someone were to say this to you: “Since we don’t know when Jesus will return, there’s nothing we can do to prepare ourselves.” Which verse in this lesson about the appearances of Christ would help you correct this false idea?



Check Your Answers

5 b) resurrection of Jesus.

1 a) Lazarus, the brother of Mary and Martha.

7 The order is as follows: **a** 7, **b** 4, **c** 2, **d** 1, **e** 3, **f** 6, and **g** 5.

2 c) totally real but glorified.

8 a) mortal is changed into the immortal.

3 Your answers should match the following.

2) Empty tomb and graveclothes

4) Appearances of Jesus

6) Baptism in the Holy Spirit

7) Testimonies of Christians

10) Communication with Jesus

9 Your answer. A passage that may be the most help is 1 John 3:2–3.

