

Week 45: The Resurrection - Power Over Death

A Sabbath Family Bible Study

Introduction

The resurrection of Jesus Christ is the cornerstone of the Christian faith. Without it, the cross would represent only the death of a righteous man. With it, the cross becomes the victory of God over sin, death, and the grave. The resurrection is not symbolic or metaphorical. Scripture presents it as a real, historical event witnessed by many. The tomb was empty, the stone was rolled away, and Christ appeared to His followers alive.

This moment confirms everything Jesus taught. His authority, His identity as the Son of God, His power over death, and His promise of eternal life are all validated by the resurrection. Death is humanity's greatest enemy. It ends earthly strength, wealth, reputation, and power. Yet the resurrection declares that death does not have the final word. Christ conquered the grave and opened the path to eternal life for all who trust in Him.

This week teaches us that our hope does not rest in temporary things. It rests in the risen Christ, who defeated death and promises resurrection to His people.

Scripture Reading (KJV)

(Matthew 28:1–10, John 20:24–29, 1 Corinthians 15:20–22, 1 Corinthians 15:54–57 Psalm 16:9-11)

Matthew 28:1–10 - The Empty Tomb

1 In the end of the sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre.

2 And, behold, there was a great earthquake: for the angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat upon it.

3 His countenance was like lightning, and his raiment white as snow:

4 And for fear of him the keepers did shake, and became as dead men.

5 And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified.

6 He is not here: for he is risen, as he said. Come, see the place where the Lord lay.

7 And go quickly, and tell his disciples that he is risen from the dead; and, behold, he goeth before you into Galilee; there shall ye see him: lo, I have told you.

8 And they departed quickly from the sepulchre with fear and great joy; and did run to bring his disciples word.

9 And as they went to tell his disciples, behold, Jesus met them, saying, All hail. And they came and held him by the feet, and worshipped him.

10 Then said Jesus unto them, Be not afraid: go tell my brethren that they go into Galilee, and there shall they see me.

Commentary

The resurrection begins with astonishment and fear. The women who come to the tomb expect to find a body. Instead, they encounter an empty grave and a messenger declaring victory. The angel's words are simple and profound: **"He is not here: for he is risen."**

The stone was not rolled away so Jesus could escape. It was rolled away so witnesses could see that the tomb was empty. Jesus then appears to the women. They fall at His feet and worship Him. The resurrection transforms sorrow into joy and confusion into worship. We must understand that the resurrection is not merely an inspiring story. It is the foundation of Christian hope. Because Christ lives, death is no longer the end for those who follow Him.

John 20:24–29 - The Doubt of Thomas

24 But Thomas, one of the twelve, called Didymus, was not with them when Jesus came.

25 The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe.

26 And after eight days again his disciples were within, and Thomas with them: then came Jesus, the doors being shut, and stood in the midst, and said, Peace be unto you.

27 Then saith he to Thomas, Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side: and be not faithless, but believing.

28 And Thomas answered and said unto him, My Lord and my God.

29 Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed.

Commentary

Thomas struggled to believe the testimony of others. He demanded physical proof, and Jesus graciously met him in his doubt. When Thomas sees the risen Christ, he responds with one of the clearest declarations in Scripture: **“My Lord and my God.”**

This confession acknowledges both Christ’s authority and His divinity. Jesus then speaks a blessing for future generations. Most believers will not see the risen Christ with their eyes. They will believe through the testimony of Scripture and the witness of those who saw Him. Faith is not blind belief without evidence, but trust in the reliable testimony God has provided.

1 Corinthians 15:20–22

20 But now is Christ risen from the dead, and become the firstfruits of them that slept.

21 For since by man came death, by man came also the resurrection of the dead.

22 For as in Adam all die, even so in Christ shall all be made alive.

1 Corinthians 15:54–57

54 So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.

55 O death, where is thy sting? O grave, where is thy victory?

56 The sting of death is sin; and the strength of sin is the law.

57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

Commentary

The resurrection of Christ is described as “**firstfruits.**” In ancient harvest language, the firstfruits guaranteed the rest of the harvest would follow. Christ’s resurrection is therefore the beginning of a greater resurrection still to come. Those who belong to Him will also be raised.

Adam introduced death into the world through sin. Christ defeated death through obedience and sacrifice. The grave appears powerful, but it is temporary. The resurrection declares the final victory belongs to God. Christian hope is not merely that souls survive death, but that God will restore life fully and finally through the power of Christ.



Discussion Questions for All Ages

Young Children

- What happened to Jesus after He died?
- Who told the women that Jesus was alive?
- Why were the disciples surprised?

Older Children & Teens

- Why is the empty tomb important to the Christian faith?
- What caused Thomas to believe?
- How does the resurrection give believers hope about death?

Adults

- How would Christianity change if the resurrection were not true?
 - Do we live with the confidence that Christ has defeated death?
 - How should the resurrection shape our courage and priorities?
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Psalm Reading - Psalm 16:9–11

9 Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

10 For thou wilt not leave my soul in hell; neither wilt thou suffer thine Holy One to see corruption.

11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Commentary

Psalm 16 prophetically anticipates the resurrection. God would not allow His Holy One to remain in the grave. The resurrection leads to joy, life, and eternal fellowship with God. The path of life ultimately leads beyond death to the presence of the Lord.

Hymn: “Christ the Lord Is Risen Today”

By Charles Wesley (1739)

1.

Christ the Lord is risen today, Alleluia!
Sons of men and angels say, Alleluia!
Raise your joys and triumphs high, Alleluia!
Sing, ye heavens, and earth reply, Alleluia!

2.

Love’s redeeming work is done, Alleluia!
Fought the fight, the battle won, Alleluia!
Death in vain forbids Him rise, Alleluia!
Christ hath opened paradise, Alleluia!

3.

Lives again our glorious King, Alleluia!
Where, O death, is now thy sting? Alleluia!
Once He died our souls to save, Alleluia!
Where thy victory, O grave? Alleluia!

4.

Soar we now where Christ has led, Alleluia!
Following our exalted Head, Alleluia!
Made like Him, like Him we rise, Alleluia!
Ours the cross, the grave, the skies, Alleluia!

Family Application Points

1. Anchor Your Faith in the Resurrection

The resurrection confirms the truth of Christ's teaching and the reliability of Scripture.

2. Live Without Fear of Death

Because Christ conquered the grave, believers can face death with hope rather than despair.

3. Worship the Risen King

The appropriate response to the resurrection is worship, gratitude, and devotion.

4. Strengthen Faith Through Scripture

Like Thomas, believers grow in confidence as they encounter the testimony of God's Word.

5. Live With Eternal Perspective

Earthly life is temporary. The resurrection reminds us to prioritize eternal things.

A Sabbath Feast Prayer

Father, we thank You that Jesus did not remain in the grave but rose in victory over death. As we sit at this table, bless this food before us and bless the loving hands that prepared it. Fill our home with the joy and hope of the resurrection. Teach us to live boldly, trusting that death has been defeated and eternal life has been secured through Christ. In Jesus' name, Amen.

Closing Prayer

Lord Jesus, risen Savior and victorious King, we praise You for conquering sin and death. Strengthen our faith in the truth of Your resurrection. Help our family to live with courage, hope, and gratitude because You are alive. May our home reflect the joy of the empty tomb and the promise of eternal life through You. In Your holy name we pray, Amen.

