



Weekend Resources

March 8, 2026

"I Am the Resurrection and the Life"

RECAP: Every culture is telling a story - about who we are, why we're here, and what really matters. We take our questions to the culture around us, and listen for answers. But who is telling you the truth? Where do your deepest beliefs come from? In a world full of noise and competing voices, Jesus makes bold, clear claims about who He is—and what real life looks like.

MAIN POINTS

- Jesus is the Resurrection and the Life right now. The Kingdom of God is a "Now and Then" reality. We don't have to wait until heaven to experience the life Jesus offers; He steps into our present pain and reality to offer resurrection power today.
- God is a companion in our suffering. Jesus wept with Mary and Martha. He is not a distant deity, but a God who feels our pain and is wrecked by our brokenness. Christianity may not always give an explanation for suffering, but it provides a companion in it.
- We step into the resurrected life through three actions: Sob (acknowledging and grieving what is broken or dead), Seek (running toward the pain to follow Jesus' example), and Strip (removing the "grave clothes" of shame, past hurts, and unresolved sin).

GETTING STARTED

- When you are forced to wait for something in your everyday life, how do you typically handle it? Are you patient, or do you get frustrated quickly?

SCRIPTURE

- [John 11](#)

DISCUSSION QUESTIONS

- Jesus waited two extra days before going to Lazarus, and Martha told Jesus, "if you had been here, my brother would not have died". Have you ever felt like God was delaying His answer to your prayers or felt tempted to ask, "God, where were you?" How did you respond in that season?
- Jesus arrived on the fourth day, stepping into a situation where the miracle could no longer be explained away and the situation was "irreversible". Why do you think God sometimes waits until our doubt has run out of options before He moves?
- The message highlights that Jesus wept with Mary and Martha rather than giving them theology or an explanation. Why is simply having someone sit with you in your pain often more helpful than someone trying to explain it?

APPLICATION

- What has died in your life that needs resurrecting? Is there a dream, a relationship, your mental health, or a sense of hope that feels sealed in a tomb right now? Bring it before God this week.
- Are there any "grave clothes" (such as shame, bitterness, bad habits, or old labels) that you are still wearing even though Jesus has given you new life? What is one step you can take to strip those off?
- Of the three steps to living a resurrected life—Sob (grieve), Seek (follow Jesus into the hard places), and Strip (let go of past hurts)—which one is the most difficult for you right now, and why?

RESOURCES

- We have to admit that we've been broken before we can be healed. We can't heal until we grieve the events that have wounded us, release the spiritual toxins left behind, and open ourselves to something new. Richard Rohr