



DAY 3: The Power of the Resurrection

KNOW IT!

Matthew 28:6 (Context: Matthew 28:1-10)

"He is not here, for he has risen, as he said. Come, see the place where he lay."

Romans 6:9 (Context: Romans 6:1-11)

"We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him."

One of the false theories used to cast doubt on Christ's literal Resurrection is called the "Swoon Theory." This idea suggests that Jesus didn't actually die on the cross but merely fell into a coma.

According to this theory, the coolness of the tomb and the burial spices revived Him, and His disciples mistakenly believed He had risen from the dead.

However, this theory crumbles under the weight of historical and biblical evidence. For it to be true, Jesus would have had to survive the excruciating torture of Roman flogging and crucifixion, both of which were designed to kill. Then, after being wrapped in burial cloths, He would have had to somehow free Himself, roll away a two-thousand-pound stone, and overcome armed Roman guards—all while recovering from immense blood loss and trauma.

The reality is this: Christ did die. Roman executioners were experts at their craft, and Scripture confirms that a soldier pierced Jesus' side with a spear to ensure He was dead (John 19:34). Yet, Jesus didn't just die—He rose again! Three days later, He was alive—not weak and wounded, but victorious and glorified! The Resurrection is not a myth, a metaphor, or a misunderstanding—it is the foundation of our faith. Because Christ conquered death, we have the hope of eternal life with Him.

The Resurrection is the foundation of our faith. It proves His divinity, secures our salvation, and gives us hope beyond the grave. This event is backed by historical evidence and eyewitness testimony, making it one of the most verifiable events in history. The Resurrection gives us confidence in Jesus' power over death and assurance of our own eternal life.

LIVE IT! SHARE IT!

- How does the reality of the Resurrection impact the way you live today?
- Tell someone today why the Resurrection is essential to Christianity and how it has personally changed your life.

*reasons for hope**