

SMALL GROUP DISCUSSION GUIDE

Once You See It, You Can't Unsee It

John 20:1–18

◆ ICEBREAKER

Have you ever had a moment where you suddenly “saw” something you couldn’t see before (like an optical illusion, a hidden detail, or realizing something important)? What was that like?

◆ KEY IDEA

The resurrection of Jesus doesn’t just change eternity—it changes how we see everything. And once you truly see who Jesus is and what He has done, you can’t unsee it.

◆ READ TOGETHER

John 20:11–18

◆ DISCUSSION QUESTIONS

1. Seeing vs. Missing What’s Right in Front of You

Mary was standing right in front of Jesus, but didn’t recognize Him at first.

Why do you think Mary didn’t recognize Jesus right away?

In what ways can our emotions (fear, grief, anxiety) affect how we see reality?

Have you ever missed something important because you were too focused on your circumstances?

2. From Disappointment to Hope

The disciples were dealing with deep disappointment and unmet expectations.

Which examples of disappointment from the message resonated most with you?

How do you typically respond when life doesn’t turn out how you expected?

How might the resurrection change the way we process disappointment?

3. What the Resurrection Really Means

Mary didn't just realize Jesus was alive—she realized what it meant.

Why is it important that Jesus didn't just die, but also rose again?

What does the resurrection prove about Jesus and His promises?

How would you explain the significance of the resurrection to someone else?

4. “Once You See It, You Can’t Unsee It”

Encountering the risen Jesus changed everything for Mary.

What does it mean to truly “see” Jesus?

Has there been a moment in your life where your understanding of Jesus became more real or personal?

What might be keeping someone from fully “seeing” who Jesus is?

5. Living in Light of the Resurrection

Because Jesus is alive, everything changes.

Which part of this stood out most to you:

Because He's alive, He has authority

Because He has authority, your situation is not final

Because your situation is not final, you have hope

How would your life look different if you fully lived in that truth this week?

APPLICATION

Take a moment to reflect:

Where in your life do you feel stuck, discouraged, or overwhelmed right now?

What would it look like to view that situation through the truth of the resurrection?

PRAYER

Spend time praying for one another:

That God would open your eyes to see Him more clearly

That you would experience the hope and power of the resurrection

That any areas of discouragement or confusion would be replaced with truth and confidence in Jesus