

Devotion 4: Fear and Great Joy

April 9, 2026

Scripture: *Matthew 28:8*

“So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples.”

Devotion

Here is one of the most honest verses in all of Scripture. The women left the tomb with fear and great joy—at the same time! That might seem like a contradiction, but it’s actually the most real description of what it’s like to encounter the living God. Think about the most exciting moments in life: the birth of a child, a wedding day, starting something brand new. There’s always a mix of overwhelming joy and a little bit of fear, isn’t there? That’s because big, real, life-changing things are never small enough for us to control. The resurrection is the biggest, most real, most life-changing event that has ever happened. Of course it brings both awe and joy! Notice what the women did with their fear and joy: they ran. They didn’t sit down and wait until they had it all figured out. They didn’t wait until the fear went away. They ran to tell others. Sometimes we think we need to have perfect faith before we can serve God or share the Gospel. But God uses people who are still figuring it out—people running with fear and great joy all mixed together.

Discussion Questions

1. Can you think of a time you felt both scared and excited at the same time? What was that like?
2. Why do you think the women ran instead of waiting until they felt less afraid?
3. Do you ever feel like your faith needs to be “perfect” before you can share it with others? Why or why not?

Closing Prayer

Dear Jesus, we come to You with our messy mix of fear and joy. Thank You that You don’t wait for us to have it all together before You use us. Give us legs that run to share Your good news, even when our hearts are still catching up. Amen.

Family Action Item: Go for a family walk or run this week. As you move together, take turns sharing one thing about your faith that brings you joy and one thing that still feels a little scary. Pray for each other along the way.