

VGROUP STUDY GUIDE

"BACK ON TRACK"

MATTHEW 28: 1-8

MARCH 31, 2024

FOCAL POINT: Emotions are a normal part of a person's life. What were your emotions like when you saw your spouse at the altar of your wedding? What were your emotions when you saw your children born? What were your emotions when you were at the funeral of a loved one? Let's look into Scripture and see the emotions of Jesus' followers when they found out He was no longer in the tomb.

TEXT:

*After the Sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to view the tomb. **2** Suddenly there was a violent earthquake, because an angel of the Lord descended from heaven and approached the tomb. He rolled back the stone and was sitting on it. **3** His appearance was like lightning, and his robe was as white as snow. **4** The guards were so shaken from fear of him that they became like dead men. **5** But the angel told the women, "Don't be afraid, because I know you are looking for Jesus who was crucified. **6** He is not here! For He has been resurrected, just as He said. Come and see the place where He lay. **7** Then go quickly and tell His disciples, 'He has been raised from the dead. In fact, He is going ahead of you to Galilee; you will see Him there.' Listen, I have told you." **8** So, departing quickly from the tomb with fear and great joy, they ran to tell His disciples the news.*

Here are the emotions they experienced:

Surprise (vv. 1-3)

1. What's one of the biggest surprises you've ever received? Surprise happens when something happens that you weren't expecting. Can you share an example of this in your life?

2. When the ladies in our text went to the tomb what were they expecting? Why were they going to the tomb in the first place? (Read Luke 24: 1-3)

3. Jesus had mentioned He was going to die and then be raised from the dead (Read Matt. 16: 21). Yet they were surprised when it happened. Being surprised even though

Jesus had told them what was going to happen tells us something about His followers. What does it tell us?

Fear (vv. 4-5)

1. What had just happened to cause those who were guarding Jesus' tomb to have fear? What happened to cause the ladies to have fear?
2. What sparks fear in your life? Why would things not happening like you expected create fear within you? When is fear helpful? When does it become damaging and not helpful?
3. This strange situation, this fearful situation was actually going to bring about something good. What was it? (*Read 1 Peter 1: 3-5*).

Excitement (vv. 6-8)

1. What part of these verses would make you excited? Why were the ladies excited?
2. Read v. 6. What was their excitement based in (look at end of v. 6)? When we talk about faith in Jesus we need to understand we're speaking in the realm of reality. It's not a fairy tale. It is TRUTH. We can know its truth because we can investigate the claims of Scripture (*The Case for Christ* and *Is the Bible True* and helpful books).
3. What emotion did the ladies have after receiving the good news of Jesus' resurrection? What did this emotion cause them to do? Does your knowledge of Jesus' resurrection cause you to do the same? Why or why not?