



# it starts with one

## IT STARTS WITH ONE, PART 1: RESURRECTION POWER

In 1939 three men, led by Albert Einstein, approached the president of the United States with the secret to the power of chain reaction. Their work became known as the Manhattan Project, and the chain reaction led to the atomic bomb. Equally powerful, although in a different way, is the power and truth of the gospel. When Jesus appeared *alive* to His disciples, history changed forever.

**BIG IDEA:** [The book of Acts is the historical movement from Jesus for us to Jesus through us.](#)

### DISCUSSION QUESTIONS

1. Like Einstein or the early disciples, how would you handle the kind of information that will change history?
2. Talk about your favorite childhood memory of Easter. What Easter traditions—religious or secular—do you currently observe? What do they mean to you?
3. The disciples knew what set Jesus apart was the mystery and the power of the resurrection. That single action proved for all time that Jesus was, in fact, the Christ. He is God. Why do you think people pay attention to Jesus' teachings even if they don't believe in his resurrection?
4. Do you agree with the idea that the foundation of Christians' faith is the event of the resurrection and not Jesus' teachings? Why or why not?
5. Is it easier for you to believe in Jesus' teachings than in his resurrection? Why or why not?
6. *With your Bible or Bible App, read Acts 1:1-4.*

*In my first book I told you, Theophilus, about everything Jesus began to do and teach until the day he was taken up to heaven after giving his chosen apostles further instructions through the Holy Spirit. During the forty days after he suffered and died, he appeared to the apostles from time to time, and he proved to them in many ways that he was actually alive. And he talked to them about the Kingdom of God.*

*Once when he was eating with them, he commanded them, "Do not leave Jerusalem until the Father sends you the gift he promised, as I told you before."*  
*Acts 1:1-4 (NLT)*

Luke's first four verses are extremely significant—it is no exaggeration to say that they set Christianity apart from all other religions that regard their founder as having completed his ministry during his lifetime. Luke says Jesus only began His. This is the kind of Jesus Christ we believe in: both the historical Jesus who lived and the contemporary Jesus who lives.

7. In what ways did Jesus equip His followers to continue His ministry on earth?
8. What four proofs did Jesus give us that He really came back to life in Acts 1:3-4?
9. According to Acts 1:1-3, what was the purpose of the Gospel of Luke? Compare these verses to Luke 1.

*Many people have set out to write accounts about the events that have been fulfilled among us. They used the eyewitness reports circulating among us from the early disciples. Having carefully investigated everything from the beginning, I also have decided to write a careful account for you, most honorable Theophilus, so you can be certain of the truth of everything you were taught.*  
*Luke 1:1-4 (NLT)*

10. After reading the book of Luke, what response did Luke want to happen in Theophilus' life?
11. *With the Bible or Bible App, read 1 Corinthians 15:3.*

*I passed on to you what was most important and what had also been passed on to me. Christ died for our sins, just as the Scriptures said. He was buried, and he was raised from the dead on the third day, just as the Scriptures said. He was seen by Peter and then by the Twelve. After that, he was seen by more than 500 of his followers at one time, most of whom are still alive, though some have died. Then he was seen by James and later by all the apostles.*  
*1 Corinthians 15:3-7 (NLT)*

12. If you had fifteen seconds to explain the Christian message, what would you say? One minute? Five minutes? What would Paul say the essence of Christianity is in verses 3 and 4?
13. Paul clarifies the gospel message very succinctly. Why do Christians often add additional “requirements” to that gospel message?
14. *With the Bible or Bible App, read 1 Corinthians 15:16–17.*

*And if there is no resurrection of the dead, then Christ has not been raised. And if Christ has not been raised, then your faith is useless and you are still guilty of your sins.*  
*1 Corinthians 15:16-17 (NLT)*

15. Discuss the connection between Jesus’ resurrection and our faith. Do you agree with Paul’s assertion?
16. Lots of people all over the world appreciate, respect, and even follow the teachings of Jesus without believing he rose from the dead. But the people who recorded his story and teachings wouldn’t recommend that. Their message was clear: Jesus rose from the dead. He is *Savior* and *Lord*.

## MOVING FORWARD

Christians don’t believe that Jesus rose from the dead because the Bible says so. They believe it because people who knew Jesus said they saw him alive after his crucifixion—men like Matthew, John, Peter, and James. These men gave their lives and their livelihoods for what they said they saw.

If there was no resurrection, we’re being good for nothing. We should abandon all things Christian. But if Jesus did rise, he’s the only man in history who predicted his own death and resurrection and then pulled it off. He’s worth following.

If you respect Jesus and his teachings, but have never crossed the line and put your trust in him as a risen personal Savior, there will never be a better day than today.

## WHAT WILL YOU DO?

As a small group, watch *The Case For Christ*. It is the true story of Lee Strobel, an investigative journalist and self-proclaimed atheist sets out to disprove that Jesus did not resurrect from the dead.



Lee said, “We felt like there's a lot of people who are curious about faith and wonder whether there's any real evidence that God exists and that Jesus is who he claimed to be, and we thought, you know, if it can help people come to some resolution of that or begin their own investigation, then it's worth kind of putting ourselves out there that way. The evidence of history, I think, points powerfully and persuasively toward the conclusion that the resurrection is an actual historical event.”

## CHANGING YOUR MIND

*During the forty days after he suffered and died, he appeared to the apostles from time to time, and he proved to them in many ways that he was actually alive. And he talked to them about the Kingdom of God.*

*Acts 1:3*

