

- Pastor Rob Goyette - 04.05.2026.

## “A Man Fully Alive”

### Summary

What does it truly mean to be fully alive? This powerful message challenges us to move beyond mere existence and embrace the abundant, eternal life that Jesus modeled through His resurrection. Drawing from the account of Jesus calming the storm, we're reminded that Jesus didn't just survive, He lived with supernatural peace and power that defied natural limitations.

The central question echoes through the ages: 'What manner of man is this?' The answer transforms everything: He is a man fully alive, and He invites us into that same reality. We discover that eternal life isn't just a future promise—it's a present possession available right now. John 17:3 reveals that eternal life is knowing God intimately, not merely escaping hell. This message exposes our tendency to settle for partial living, trapped between two worlds, when God is calling us to steward both the natural and spiritual realms simultaneously. Just as we steward our physical bodies through eating well and exercise, we must steward our spiritual lives by feeding on God's will and exercising our faith. The resurrection isn't just a historical event we commemorate—it's an invitation to shake off the grave clothes of mediocrity, religious performance, and earthly distractions. We're challenged to live with eternal eyes, seeing beyond the temporary struggles to the weightless freedom that comes from aligning with heaven's purposes while still walking on earth.

### Small Group Study Guide – A Man Fully Alive

#### Opening Prayer & Icebreaker

**Icebreaker Question:** What's one moment in your life when you felt most "fully alive"? What made that moment special?

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### Sermon Overview

Pastor Rob explored what it means to see Jesus as a man "fully alive" and how we're called to live fully in both the natural and eternal realms simultaneously. The resurrection demonstrates that Jesus offers us more than just escape from hell—He invites us into abundant, eternal life that starts now.

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## Key Scripture References

- **John 17:3** - "This is eternal life: that they may know You, the only true God, and Jesus Christ whom You have sent."
  - **1 Timothy 6:12** - "Fight the good fight of faith. Lay hold on eternal life."
  - **2 Corinthians 4:16-18** - Looking at things unseen versus things seen
  - **John 4:32-34** - "My food is to do the will of Him who sent Me"
  - **John 11:25-26** - "I am the resurrection and the life"
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## Discussion Questions

### Understanding Eternal Life

1. Pastor Rob said, "Eternal life begins at conception—when you accept Jesus." How does this challenge the common view that eternal life is only about what happens after we die?
2. According to John 17:3, eternal life is "to know God." What's the difference between knowing *about* God and actually *knowing* God relationally?
3. The sermon mentioned that we often try to "bring heaven to earth on our terms" rather than God's terms. What does this look like practically? Can you identify areas where you might be doing this?

### Living in Two Realms

4. Pastor Rob talked about learning to live in both the natural world and the eternal world simultaneously. What does this look like in everyday life? Share practical examples.
5. The message emphasized "looking at things unseen" (2 Corinthians 4:18). How can we develop "spiritual eyes" to see beyond the temporary circumstances we face?
6. In the Mount of Transfiguration story, Peter wanted to build tents and stay there. How do we sometimes try to control or contain God's work rather than following where He leads?

### Stewarding the Gift

7. The sermon made a distinction between *earning* eternal life (which we can't do) and *stewarding* it well (which we should do). What does it mean to steward eternal life well?
8. Jesus said, "My food is to do the will of Him who sent Me." How do we discover God's will for our lives? What "makes you leap" or comes naturally as a grace mark?
9. Pastor Rob mentioned that to steward natural life, we eat well and exercise. To steward eternal life, we also need to "eat well" (do God's will) and "exercise" (work out our faith). What spiritual disciplines help you do this?

## Practical Living

10. The message challenged us not to settle for "partly alive" but to pursue being "fully alive." What areas of your life feel "partly alive" or stuck? What might God be inviting you into?
  11. How does being aware of "the great cloud of witnesses" (Hebrews 12:1) encourage you to live differently? How can an eternal perspective change your daily decisions?
  12. Pastor Rob said his mom is at peace about her eternal home but still living well in the present. How do we balance preparing for eternity while fully engaging in our current life and relationships?
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## Key Takeaways

1. **Eternal life is a present reality, not just a future hope.** It begins the moment we accept Jesus and is about knowing God intimately.
  2. **Full life requires living in two realms at once**—being faithful in the natural world while maintaining an eternal perspective.
  3. **We don't earn eternal life, but we do steward it.** Our "spiritual food" is doing God's will and finishing His work.
  4. **God wants to free us from earthly entanglements** that weigh us down and keep us from experiencing the abundant life Jesus offers.
  5. **Seeing Jesus as He really is changes us.** Every encounter with the risen Christ transforms us to become more like Him.
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## Practical Applications

### This Week's Challenge

Choose one of the following to practice this week:

#### **Option 1: Discover Your "Food"**

- Spend time asking God, "What is my food? What is the will You have for me?"
- Pay attention to what makes you "leap"—what stirs passion in you
- Journal about the graces and gifts you see in your life
- Share your discoveries with the group next week

#### **Option 2: Develop Eternal Eyes**

- When facing a challenge or decision this week, pause and ask, "How does this look from an eternal perspective?"
- Practice 2 Corinthians 4:18—look at the unseen rather than the seen

- Write down one situation where shifting your perspective changed your response

### Option 3: Steward Your Gift

- Identify one area where you've been "partly alive" or disengaged
- Take one concrete step toward fully engaging in what God has called you to
- Find an accountability partner in the group to check in with

### Option 4: Celebrate Resurrection Life

- Instead of just commemorating Easter, actively "lay hold of eternal life" this week
- Do something that reflects living fully alive—serve someone, share your faith, step out in obedience
- Reflect on how this felt different from just "going through the motions"

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## Prayer Focus

### Pray together for:

- Eyes to see Jesus as He really is, not as we've made Him to be
- Freedom from earthly entanglements and temporal distractions
- Courage to follow God's call, even when it's uncomfortable
- Grace to steward well the eternal life we've been given
- Those in the group who are wrestling with knowing God's will
- A fresh awakening to live fully alive in both realms

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## Closing Reflection

Read together: **John 10:10** - "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

**Final Question:** What would it look like for you to experience the "more abundant" life Jesus promises? What one thing will you do this week to move toward that?

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## For Next Week

- Continue in the "What Manner of Man Is This?" series
- Come prepared to share how you practiced living "fully alive" this week

*"My food is to do the will of Him who sent Me, and to finish His work." - John 4:34*

# Main Points – A Man Fully Alive

## Sermon Summary:

This Resurrection Sunday message explores the nature of Jesus as a man fully alive and calls believers to embrace eternal life in the present moment. The sermon emphasizes that full life is not merely about escaping hell or living comfortably in the temporal world, but about learning to live simultaneously in both the natural and eternal realms. Pastor Rob challenges the congregation to move beyond mediocre Christianity and religious duty to embrace the abundant life Jesus modeled - one that is spiritually nourished by doing God's will and exercised through obedience to His purposes. The message confronts the tendency to make Christianity about earthly comfort rather than eternal significance, calling believers to steward the gift of eternal life by eating spiritual food (doing God's will) and exercising faith (walking in their calling). True celebration of the resurrection means laying hold of eternal life now, not just securing a heavenly destination later.

## Key Points:

- Jesus is fully alive as a model for believers to become fully alive, not just partially alive or merely saved from hell
- Eternal life begins at conception (spiritual birth) and is about knowing God relationally, not just avoiding judgment
- Full life requires learning to live in both the temporal and eternal realms simultaneously
- In the natural realm, stewardship requires eating well and exercising; in the spiritual realm, it requires eating spiritual food (doing God's will) and exercising faith (walking in purpose)
- Jesus' food was to do the will of Him who sent Him and to finish His work
- We must learn to see with spiritual eyes, not just natural eyes, looking at things unseen rather than things seen
- The temporal world is designed to launch us into the eternal, not hold us down
- Grace marks your place - what comes easy to you and what stirs you reveals God's calling on your life
- Many Christians are living below their potential, trapped between two worlds, needing to be cut free from earthly distractions
- Celebrating Resurrection Sunday means laying hold of eternal life and rededicating ourselves to God's purposes

## Scripture Reference:

- Mark 4:35-41 (Jesus calming the storm - "What manner of man is this?")
- Romans 8:28-29 (All things working together for good; predestined to be conformed to the image of the Son)
- 1 Timothy 6:12, 17-19 (Lay hold on eternal life; be rich in good works)
- John 17:3 (This is eternal life, that they may know You)

- 2 Corinthians 4:16-18 (Outward man perishing, inward man renewed; looking at things unseen)
- John 4:32-36 (Jesus' food is to do the will of Him who sent Him)
- Hebrews 11 (Moses endured by seeing Him who is invisible)
- Hebrews 12:1-3 (Great cloud of witnesses; looking unto Jesus)
- John 5:24 (Passed from death to life)
- John 11:25-26 (I am the resurrection and the life)
- Matthew 17:1-8 (Mount of Transfiguration)

## Discussion Questions – A Man Fully Alive

How does the disciples' question 'What manner of man is this?' challenge us to continually rediscover who Jesus really is, beyond our religious assumptions and familiar presentations of Him?

What does it mean to live 'fully alive' in both the temporal and eternal realms simultaneously, and what are the practical implications for your daily decisions and priorities?

Jesus told His disciples that His food was to do the will of the Father. How does understanding God's will as spiritual nourishment change your approach to discovering and fulfilling your calling?

Pastor Rob mentioned that 'your grace marks your place'—what comes easy to you and makes you leap. How might paying attention to these grace markers reveal God's unique design and purpose for your life?

Peter wanted to build tents on the Mount of Transfiguration, trying to bring the eternal down to the temporal. In what ways do we attempt to control or domesticate God's work rather than allowing Him to lift us into His purposes?

Paul writes that our 'light affliction' is working an 'eternal weight of glory.' How does viewing your current struggles through an eternal lens change your perspective on what you're experiencing right now?

The sermon challenges the idea that full life is about earthly comforts and pleasures. What would it look like for you to steward both your natural life and your eternal life with equal intentionality?

Jesus appeared to His disciples when and where He wanted, not where they expected Him. How do you respond when God doesn't show up in the ways or places you anticipate, and what does this reveal about your faith?

The message suggests that many Christians are 'partly alive' rather than fully alive. What specific areas of your life might God be inviting you to surrender so you can experience the fullness of resurrection life He offers?

# Scriptures – A Man Fully Alive

## Explicitly Mentioned or Directly Quoted:

1. **Mark 4:35-41** - Jesus calms the storm (the boat account that frames the series)
2. **Romans 8:28-29** - All things work together for good; predestined to be conformed to the image of the Son
3. **1 John (general reference)** - Every time we see Him as He is, we become like Him
4. **1 Timothy 6:12** - Fight the good fight of faith; lay hold on eternal life
5. **1 Timothy 6:17-19** - Command to the rich; storing up a good foundation; lay hold on eternal life
6. **John 17:3** - This is eternal life, that they may know You
7. **1 John 5:13** - Written that you may know you have eternal life
8. **2 Corinthians 4:16-18** - Outward man perishing, inward man renewed; things seen are temporal, unseen are eternal
9. **Hebrews 11** - Moses endured by seeing Him who is invisible
10. **John 4:32-36** - Jesus' food is to do the will of Him who sent Him; fields white for harvest
11. **Matthew 17:1-8** - The Transfiguration (Moses and Elijah appearing with Jesus)
12. **Hebrews 12:1-3** - Cloud of witnesses; run the race; looking to Jesus
13. **John 5:24** - Has everlasting life and has passed from death to life
14. **John 11:25-26** - Jesus is the resurrection and the life; "Do you believe this?"

## Alluded to but Not Directly Cited:

15. **John 3:3-7** - Born again to see the kingdom of God (referenced in conversation with Nicodemus)
16. **Psalms 32:8-9** - "I will guide you with My eye" / Don't be like the horse or mule
17. **Matthew 13:3-23** - Parable of the Sower (30-fold, 60-fold, 100-fold fruit)
18. **Luke 1:41** - John leaping in Elizabeth's womb (referenced as illustration)
19. **Ephesians 2:8-9** - Salvation by grace through faith, not of works (theme throughout)
20. **1 Thessalonians 4:16-17** - First resurrection (alluded to regarding loved ones rising)

# Devotional – A Man Fully Alive

## Day 1: The Gift of Eternal Life

**Reading:** John 17:1-3; 1 John 5:11-13

**Devotional:** Eternal life isn't merely a future destination—it's a present reality available to you right now. Jesus defines eternal life as knowing God intimately, not just knowing about Him. This knowledge transforms everything. You didn't earn this gift through good works or religious performance; it's freely given through relationship with Jesus. Today, you already possess eternal life if you've placed your faith in Jesus. The question isn't whether you'll have eternal life someday, but whether you're experiencing its fullness today. Stop striving to earn what's already yours. Instead, invest time in knowing the One who gave it. Let this truth settle deep: you are fully known and fully loved by the God of the universe.

## Day 2: Living Between Two Worlds

**Reading:** 2 Corinthians 4:16-18; Colossians 3:1-4

**Devotional:** You are a citizen of two realms simultaneously—the temporal and the eternal. Paul reminds us that while our physical bodies age and face challenges, our inner person is being renewed daily. The key to living fully alive is learning to shift your focus from what is seen to what is unseen. Your natural eyes perceive only the temporary struggles, disappointments, and limitations of this world. But you possess spiritual eyes that can see eternal realities. What weighs you down today is light and momentary compared to the eternal glory being worked in you. Practice looking through your spiritual lens today. Ask God to help you see beyond your circumstances into His eternal purposes. Live here well but live for there intentionally.

## Day 3: Nourished by Divine Purpose

**Reading:** John 4:31-38; Matthew 6:25-33

**Devotional:** Jesus shocked His disciples by declaring He had food they knew nothing about—doing the will of His Father. While physical nourishment sustains your body, spiritual nourishment comes from aligning with God's purposes for your life. What makes you come alive? What stirs your heart with holy passion? These are clues to your divine assignment. You weren't randomly created; you were wired with specific gifts, passions, and grace for particular kingdom work. Stop being confused about your purpose. Pay attention to what comes naturally, what burdens your heart, what makes you "leap" with excitement. Your calling isn't as mysterious as you think. Today, ask God to reveal one step toward His will for your life, then take it. This is the food that truly satisfies.

## Day 4: The Resurrection Reality

**Reading:** John 11:17-27; Romans 6:4-11

**Devotional:** Jesus asked Martha a profound question that echoes to you today: "Do you believe this?" He declared Himself the resurrection and the life, promising that whoever believes in Him will never truly die. But resurrection isn't just about your future—it's about your present. You've been raised with Christ to walk in newness of life right now. What areas of your life feel dead, stuck, or hopeless? Jesus specializes in resurrection. He doesn't just rearrange your circumstances; He brings dead things back to life. The same power that raised Christ from the grave dwells in you through the Holy Spirit. Stop living as though you're still in the tomb. You've been resurrected to live fully, freely, and powerfully. Identify one "dead" area today and invite resurrection power into it.

## Day 5: Stewarding Your Eternal Life

**Reading:** 1 Timothy 6:11-19; Hebrews 12:1-3

**Devotional:** Paul exhorts Timothy—and you—to "lay hold" of eternal life, suggesting it requires intentional action. You don't earn this life, but you must steward it well. Just as you care for your physical body through nutrition and exercise, your spiritual life requires intentional nourishment and discipline. You're surrounded by a great cloud of witnesses cheering you toward the finish line. They've run their race; now it's your turn. What weights are holding you down? What earthly entanglements are choking out God's purposes? Living fully alive means shedding everything that hinders and fixing your eyes on Jesus. Today, identify one specific distraction keeping you from running your race with excellence. Release it. Store up eternal treasures by investing in what lasts forever—knowing God, loving people, and fulfilling your divine assignment.