

Resurrection Sunday

Read: Matthew 28:1-10

Matthew 28:8, "So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples."

"Afraid yet filled with joy" - the women were tasting the mix of emotions that come with following a risen Savior. After the Sabbath, when a couple of Jesus' followers went to the tomb to anoint his body the stone was rolled back and an angel of the Lord was there. He spoke to them and said, "Do not be afraid! For I know you are looking for Jesus, but he is not here, he has risen! Quick! Go and tell his disciples!"

Have you ever experienced or witnessed something crazy or that seemed impossible, and then had confusing or conflicting emotions because of it?

I know I have. At the end of January, I woke up one morning and with an aching pain in my side. I figured it was just soreness so I didn't pay much attention to it. A couple hours later I was in urgent care and then the ER. Now, eight weeks later, one more ER trip, and a couple specialist appointments, I still have no answers. One day I was walking, doing yoga, and excited to do it all over again. Then the next, I couldn't do anything. I felt lost at first. I didn't know what to do anymore because moving and being active was who I was - my identity. But it was then that I realized, at my very core, I am a child of God. This is my identity. So I am wrestling with mixed feelings: feeling lost but also holding onto the fact that I am a child of God. I can feel both at the same time. Both of these can be present.

When Jesus died for us, he didn't just die and raise for our spiritual life, but also for our physical and emotional one. He knew this world would cause suffering and grief; but since he loved us so much, he wouldn't let us be alone in it. By coming in human form, he honored our humanity by showing us that we are not unclean or broken for having these feelings, but that we also don't have to be formed by them. Not only did Jesus heal and provide, but he also *felt*. He felt the sadness of Lazarus' family (Matt. 11:35), he felt the fear of being crucified (Matt. 26:42). He felt these things, but chose to trust the Father anyway. He showed us that these feelings can coexist. He was fearful, yet he trusted the Father with his life. And in the same way, while we mourn his death, we rejoice in knowing he saved us and we get to live in eternity with him.

Ps 34:18: "The Lord is close to the brokenhearted." T.B. LaBerge writes, "Jesus is the only person who knows all that you have been through, He is the only person who knows the deepest darkest spots of your soul, and still, He remains. Jesus has the scars to prove that He is trustworthy, He has the only heart that bled for you; and He will never stop loving you."

Reflection Questions to think and pray about:

- In knowing Jesus had the same emotions as you, how does that better allow you to learn about God's heart and his love for you?
- Have you ever struggled or been afraid to bring your feelings to God? Why or why not?
- How could this verse form how you empathize and comfort others?

Song to listen to: "Springtime" by Chris Renzema

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