



**Read** – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these verses in 10 words or less)

**Examine** – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

**Apply** - After seeking to understand God’s Word in this passage, consider how he intends to use it in your heart and life today.

- Where do you locate yourself in the story? In light of the resurrection, are you more like the women (fear + joy), the doubting disciples, or the guards creating alternative explanations? What would it look like for you to take one honest step toward Jesus this week?
- What do you believe about the resurrection—and why? Is your belief (or doubt) based on evidence, assumptions, or avoidance? If this is true, what is one area of your life that can no longer stay the same?
- Jesus meets people with both truth and tenderness (“Greetings” ... “brothers”). Where do you most need to experience that restoring grace right now? What would it look like to stop running and return to him in that area?
- “All authority in heaven and on earth has been given to me.” If Jesus really is Lord,

what competes with his authority in your life (control, reputation, comfort, ambition)? What is one concrete act of surrender you can practice this week?

- The disciples were sent into a hostile world to proclaim the Risen Lord. Who in your life needs to hear or see the reality that Jesus is alive? What is one intentional step you can take to live or speak the gospel to them this week?