

Risen!

MATTHEW 28:1-10,16-20

¹ After the **A Sabbath**, as the first day of the week was dawning, **B Mary Magdalene** and **C the other Mary** went to view the tomb. ² There was a violent **D 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 clothing was as white as **E snow**. ⁴ The guards were so shaken by fear of him that they became like dead men. ⁵ The angel told the women, **F “Don’t be afraid**, because I know you are looking for **G Jesus who was crucified**. ⁶ He is not here. For he has risen, **H just as he said**. Come and see the place where he lay. ⁷ Then go quickly and tell his disciples, ‘He has risen from the dead and indeed 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 **I great joy**, they ran to tell his disciples the news. ⁹ Just then Jesus met them and said, “Greetings!” They came up, took hold of his feet, and worshiped him. ¹⁰ Then Jesus told them, “Do not be afraid. Go and tell my brothers to leave for Galilee, and **J they will see me there**.” [...] ¹⁶ The eleven disciples traveled to Galilee, to the **K mountain** where Jesus had directed them. ¹⁷ When they saw him, they worshiped, but some doubted. ¹⁸ Jesus came near and said to them, “All authority has been given to me in heaven and on earth. ¹⁹ Go, therefore, and **L make disciples** of all nations, baptizing them in the name of the **M Father and of the Son and of the Holy Spirit**, ²⁰ teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age.”

EXPLORING KEY WORDS

- A** “Sabbath” comes from a Hebrew word meaning “cease.”
- B** Mary Magdalene was from Magdala in Galilee. Jesus cast seven demons out of her (Luke 8:2). Along with the disciples, she followed Jesus wherever He went and was at the foot of the cross when others had fled (Mark 15:40; John 19:25).
- C** The wife of Clopas (or Alphaeus). She stood by the cross (John 19:25), sat desolate at the tomb with Mary Magdalene (Mark 15:47), and was there again with spices (Mark 16:1; Luke 23:56).
- D** Earthquakes happened literally and figuratively at the power of God and the presence of our Lord (Ps. 77:18; 97:4; 104:32; Matt. 27:54).
- E** Angels appeared brilliant, glorious, and pure.
- F** This wording in Greek refers to stopping an action that was taking place.
- G** The angel confirmed that Jesus had indeed been crucified (1 Cor. 1:23; 2:2; Gal. 3:1).
- H** What Christ had predicted, He fulfilled.
- I** This same word for “joy” was also used when the Magi saw the star at Jesus’s birthplace (Matt. 2:10).
- J** Jesus promised He would be reunited with His disciples in Galilee after His resurrection (Matt. 26:32).
- K** The mountain was the place of Jesus’s revelation (Matt. 5:1; 8:1; 17:1,9; 24:3) and ministry (15:29). Here it is where Jesus commissioned His disciples.
- L** The eleven were now to begin discipling disciples.
- M** The fullness of the Trinity is illustrated in Jesus’s instructions for baptism.

1. RESURRECTED (MATT. 28:1-4)

- After the Sabbath, Mary Magdalene and the other Mary made their way to the tomb of Jesus.
- Prior to their arrival, an angel descended, causing the earth to quake, and he rolled back the stone from in front of Jesus's tomb.
- The guards were overcome with fear and became as dead men.

2. ANNOUNCED (MATT. 28:5-7)

- The angel calmed the women, declaring that Jesus was risen.
- The angel invited the women to see where Jesus had lain and quickly tell the disciples that Jesus was alive and would meet them in Galilee.

3. ENCOUNTERED (MATT. 28:8-10)

- The women quickly left and ran to tell the disciples.
- Jesus greeted the women, and they worshiped Him.
- Jesus directed them to tell the disciples of His intent to meet them in Galilee.

4. COMMISSIONED (MATT. 28:16-20)

- The disciples traveled to Galilee where they encountered Jesus.
- Jesus announced His authority and commissioned His followers to make disciples of all nations, baptizing and teaching.
- Jesus assured them of His presence until the end of the age.

SUMMARY STATEMENTS

Christ's resurrection assures believers of salvation.

- The empty tomb attests to Jesus's resurrection.
- The angel declared Jesus's resurrection.
- Eyewitness accounts affirm Jesus's resurrection.
- The spread of the gospel demonstrates the truth of the resurrection of Jesus.



FOCUS ATTENTION

What are some of the most memorable events of your life? What makes them especially notable?

- Marriage, the birth of a child, graduating school, acquiring your first job, or achieving a demanding goal are examples of events that can be life-changing.
- Today's Scripture focuses on an amazing event that impacts all humanity.
- Belief in Jesus Christ's resurrection is foundational to the Christian faith. All who believe in the resurrected Jesus are eternally secure.

EXPLORE THE TEXT MATTHEW 28:1-4

Compare Matthew's account of the resurrection in these verses to the other Gospels (Mark 16:1-5; Luke 24:1-4; John 20:1-2). Based on similarities in the texts, what conclusions emerge?

- The women went to the tomb expecting to see and anoint Christ's body.
- Human efforts to confine Jesus with a stone were futile against God's resurrecting power.
- The stone was removed so the women and disciples could enter the tomb, not so Christ could exit.
- The followers of Jesus were witnesses to an empty tomb.
- An angelic being with an astonishing presence announced Christ's resurrection.
- Despite biblical evidence, many today choose not to believe Jesus rose from the dead.

MATTHEW 28:5-7

What range of emotions did the women feel on the way to the tomb and upon their discovery? To what extent might the angel's message have been calming?

- The women were likely fearful because what they found at the tomb was unexpected.
- Jesus was no longer dead; He had risen from the grave just as He had promised.
- The empty tomb evidenced Christ's resurrection.
- The women were to hurry and inform the disciples to meet Him in Galilee where they would witness His resurrection for themselves.
- Christ's resurrection brings joy, hope, and peace to those who believe.

MATTHEW 28:8-10

What was the significance of the women seeing both an empty tomb and then encountering Jesus?

- Seeing their risen Lord affirmed His resurrection.
- Scriptures affirm that Jesus was raised with a physical body and was not a spirit (Luke 24:13-39; John 20:20).

Why is worship an appropriate response whenever we encounter the Lord?

- Worship acknowledges who God is and what He has done.
- Having sacrificed the life of His Son for our salvation, God commands, expects, and is deserving of our worship (Ex. 20:3-5; Matt. 4:10).

MATTHEW 28:16-20

How do these verses define discipleship?

- Christ's authority empowers believers to disciple others.
- Based on Jesus's authority, disciples are commanded to make more disciples; it's not optional.
- Disciple-making involves active evangelism.
- Baptism is a public expression of a transformed heart and identification with Christ.
- Disciples are developed through comprehensive teaching of God's alive, active, and holy Word.

In what ways does Christ's promise to always be with His disciples give you confidence?

- All true followers of Christ are His disciples and recipients of all He has promised.
- All God promises in His Word can be trusted.
- Jesus is with us spiritually through the Holy Spirit (John 14:16,26).

SUMMARIZE AND CHALLENGE

What does Jesus's resurrection prove? What difference has His resurrection made in your life?

- What God promises to do, He will do.
- Salvation is secured and assured for those who believe in the risen Savior.
- Full atonement for sin is achieved through Christ's resurrection.
- **Personal Challenge:** Memorize this week's memory verse (Matt. 28:6). The next time doubt or fears rises within you, speak this Scripture to remind yourself you have a risen Savior who is alive, always with you, and keeps His promises.



OBJECT LESSON

FESTIVE DECOR

Create a festive learning space by placing various items throughout the room like balloons, streamers, banners, and party blowers. Ask: *What are occasions we celebrate?* Notable occasions include birthdays, anniversaries, retirement, and other major accomplishments. Segue: *Today's study focuses on a notable event with eternal impact for all humanity and is most worthy of celebration: the resurrection of Jesus!*

Read Matthew 28:1-7, guiding the group to identify specifics surrounding Jesus's resurrection. Contrast the response of the guards to that of the women on hearing the angel's announcement that Jesus had risen. Ask: *How do their responses reflect the ways people respond to the good news today?* Point out that just like the guards, some will serve as eyewitnesses and experience firsthand God's miraculous power and yet still not understand. Others, like the women, will believe and run to share the news. Emphasize: *The women were afraid but still followed the angel's instructions. Obedience to godly instructions enables us to encounter Jesus (vv. 8-10).*

Read verses 16-20. Ask: *What does it mean to commission someone?* Clarify: *As a verb, "commissioning" generally involves*



granting authority, power, or sending others. Upon His resurrection and by His authority, Jesus commissioned His disciples to make disciples of others.

Affirm that all those who follow Christ are His disciples and are called to spread the gospel. Close: *As we celebrate Christ's miraculous resurrection and saving power, may we be assured and confident of our eternal destination. May that assurance spur and motivate us to spread the good news throughout the world, empowered by Christ's authority and heartened by His presence.*



DIG DEEPER

THE MISSIONARY HEART OF GOD

Jesus's commission to the disciples in Matthew 28:19 to "make disciples of all nations" is not a new revelation of God's character or heart. And it is certainly not limited to the pages of the New Testament. Jesus's commission to the disciples to reach "all nations" is an illustration of the missionary heart of God that is found throughout the pages of Scripture.

Beginning with Abram, God desired to make Himself known to "all the nations" (Gen. 18:18; 22:18; 26:4). Israel was called to demonstrate God's glory and majesty "in the eyes of the peoples" (Deut. 4:6). Even when David battled Goliath, the purposes of God were at work in the outcome, that "all the world will know that Israel has a God" (1 Sam. 17:46). Later, God made provision for "foreigners" to know Him through the witness of Israel (Isa. 56:6), as God desires to establish "a house of prayer for all nations" (v. 7).

God's heart to reach the nations is clearly demonstrated in the Book of Jonah. Despite his stubborn reluctance to go to Nineveh, Jonah finally brought God's message to the city, and the inhabitants

"turned from their evil ways" (Jonah 3:10). Jonah complained to God about this, confessing that since God is "a gracious and compassionate God, slow to anger, abounding in faithful love" (4:2), the disaster Jonah had wished upon the people of Nineveh was avoided. Because of God's "care about the great city of Nineveh" (4:11), even Jonah's stubbornness would not prevent God's message from reaching their ears.

All these examples serve to illustrate that God is "not wanting any to perish but all to come to repentance" (2 Pet. 3:9). Jesus's words to the disciples were no less than an expression of God's desire to extend the offer of salvation to all (John 3:16; Rom. 1:16; 1 Tim. 2:4).