



SESSION 10: The King Lives

The Resurrection and Ascension of Jesus

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Key takeaways for Pre-Disciples:

- Jesus has crushed death and by his resurrection has restored humanity to a relationship with God
- Because Jesus lives forever at right hand of God, we can be sure that we have eternal life and relationship with God

Part 1

identity

worship

mission

Part 1: catch up

- Icebreaker question – Get everyone to share about how their week has gone, what has been happening in their life in the past 7 days. Listen out for things you could pray for.
- Ask everyone how they got on sharing the story
 - (this is not to keep tabs on people, but is a helpful reminder that part of them learning the story well is you asking them every week if they managed to share it.)
- Ask someone to re-tell last week's story

Part 2 (story)

identity

community

mission

The Resurrection and Ascension of Jesus (John 20:1-18, Mathew 28:18-20, Acts 1: 1-8)

After Jesus was executed, he was hurriedly taken down from the cross and buried in a sealed tomb before the religious day of rest. Then on the first day of the week, early in the morning, Mary, the sister of Lazarus and Martha, was coming to the tomb to anoint Jesus' body, but when she arrived she saw that the huge stone that sealed the tomb was rolled away. Immediately, Mary ran back to speak with two of the disciples, Peter and John, saying 'they have taken the Lord's body, and we don't know where!' So the two disciples ran to the tomb, and Peter went inside and saw Jesus's body gone, but his burial clothes were folded on the floor.' And they didn't understand what had happened, so they went back home. But Mary stayed outside the tomb weeping, and when she looked into the tomb, she saw two bright figures in white sitting in the tomb, and they said to her, 'why are you crying?' Mary sobbed 'they have taken away my Lord, and I don't know where he is.'



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When Mary turned to leave, she saw a man standing in front of whom she thought was a gardener. The man spoke to her, 'dear woman, why are you crying? Who are you looking for' Mary sobbed 'Sir, some people have taken away my Lord, if you have moved his body, just tell me where he is and I will go and get him.' The gardener looked at her and said her name 'Mary'. And immediately Mary realized who it was that speaking to her, it was Jesus. 'Teacher!' she exclaimed. Jesus said to her 'you don't need to hold onto to me Mary, because I am not going to be lifted up to heaven just yet, But go now and tell my brothers that I am alive, and will be lifted up soon to be with my Father and now your Father.' So Mary Left and went to tell the disciples this amazing news.

After he was raised to life, Jesus spent 40 days appearing to many of his followers, eating breakfast with them and spending time as friends together. But the Time came for Jesus to be taken up to heaven to be with God. So he gathered his disciples together on a hill, and said 'God has given me all authority, in heaven and on earth. Therefore I am sending you as my witnesses to the ends of the earth, to make disciples of every nation, baptising them in the name of the Father and the Son and the Spirit, and to teach these new disciples to follow all that I have commanded you. And I will be with you, always, till the very end of time. But wait in Jerusalem until you have been filled with the power of God, His very Spirit.'

After he said this Jesus was lifted up into heaven and the disciples saw him no more. And they gathered in Jerusalem to await this gift of God's Spirit that Jesus had promised them.

Story-Audio-Link : <https://christ-central.org.uk/pre-disciple/>

And that's the story from God's word

Re-tell the story as group: allow everyone to share a section of the story. If there is more than 6 people consider breaking up into pairs to retell the story.

Questions for discussion

1. What do you like about this story/What stood out to you?
2. What bothered you about this story?
3. What does this story show you about God?
4. What does this story show you about people?



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Part 3 (practice / takeaways)

identity

worship

mission

Ask the remaining questions:

5. What does this story mean for your life? How will you live your life differently having learned this story?
6. How will you remember this story? (tell it!)
7. Who are you able to tell this story to?

Encourage everyone in the group to think of people in their life whom they could retell the story to; mention that at the next session we will recap the story and ask who remembered to tell the story. Again it is helpful to emphasise the reason for going and telling the story ourselves is that it is the best way for us to remember the story.

Notes for leaders - questions / topics that may arise

Was there really proof that Jesus came back to life?

Entire books have been written about this subject, and we would encourage you to research more about the historicity of Jesus' resurrection if that interests you.

The Case for Christ – Lee Strobel

Who Moved the Stone – Frank Morison

There are many books and blogs you can research,

Jesus appeared to many followers on several different occasions over a 40-day period. 1 Corinthians 15:6 says that He appeared to as many as 500 people!

The birth of the Jesus movement is one that went from a small handful of followers in the outskirts of the empire to making up nearly 10-30% of the entire empire within the space of 250 years. 10 of the remaining 11 apostles who said that they witnessed Jesus alive from the dead were put to death despite given opportunities to recant their belief. If Jesus remained dead in the grave, then historically speaking, one must find an alternative event to explain these events, especially the dramatic rise of the Jesus movement.

Unless all of the disciples, including the 500, simultaneously hallucinated their encounters with Jesus, or all of the disciples overpowered the roman guards and stole the body and fabricated the stories, and believed their own lie so much that they were willing to die for it.

Neither of these explanations is especially persuasive. The disciples were running and outnumbered, and scared. They had neither the confidence, nor the might, to overthrow the guards and ransack the tomb. Even if they did, why would they continue to suffer and die for something they willingly and knowingly made up? This also doesn't explain the other encounters of Jesus.



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Feedback from Group Leader

In our vision for discipleship, we have identified 4 key ingredients to healthy and growing disciples. As you are leading your group, for each session, make some notes under each heading for how the group is faring in each of these areas .

identity

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