

Connection

When have you recently used the phrase "Can you believe it?" about something that has happened in your life?

Content

"God is bigger than our five senses."

What do these words mean to you today?

A Shocking Discovery

Read Mark 16:1-6 and Luke 24:6-11. Mary Magdalene, Salome and several other women went to Jesus' tomb, not expecting to find it empty.

1. How would you respond if you had found the tomb empty like these women?

2. How would you feel to share this "Can you believe it?" moment with other friends only to have them not believe you?

A Foot Race

Read John 20:1-7. John and Peter raced to the tomb, and found Jesus' burial clothes were lying there empty. They noticed the face covering linen was placed off to the side, folded up. And Jesus was not there.

3. At this point they still did not understand that Jesus had risen from the dead, yet they knew the tomb was empty. What do you imagine they would have been thinking in that moment?

Recounting the Facts

The Romans had sealed the tomb and placed guards at the entrance. Matthew 28:11-15 tells us what Rome's response to discovery of the empty tomb was.

4. Why would Rome spread this story? What does this tell you?

The Verdict

In Luke 24:33-34 Jesus appeared to the disciples and they began to believe. 1 Corinthians 15:3-7 shows the development of the creed which testifies to Jesus' victory over death.

5. This creed was established very shortly after Jesus' death and resurrection, and can be confirmed as fact on multiple accounts. What points in this creed strike you as especially important?

Strange Visitation

Even though other disciples believed, Thomas still doubted Jesus' resurrection and demanded physical proof. Read John 20:24-29.

6. What is the blessing in believing without seeing? How can you believe today, without needing your five senses to provide you with proof?

Commitment

God's Motive

John 3:16-17 tells us God's motive is simple, He loves you and wants the very best for you.

7. Where do you find yourself today; can you believe it? Are you willing to believe God did all of this for you, and Jesus died for you?

If not, describe what is holding you back from believing this.

If so, what difference does that make / should that make in your life?



Begin with prayer. Listen with care. Eat / Engage with another. Serve. Share your story.

This week, **eat** with a person in your life who needs Jesus' love. Begin today with this tool of how to B.L.E.S.S. them.