

FACING THE HARD STUFF

TODAY'S QUESTION: How does the death and resurrection of Jesus help me with my hard stuff?

- ▶ As we read this very familiar text, think about these women.

Question → How hard was it for them to face this?

TODAY'S TEXT: Luke 23:44 – 24:6

TODAY'S THEME: Jesus died and rose again so that we can _____, _____, and _____ above the hard stuff we face

- Psalms 23; 95:7; 100:3; John 10:11-18, 27-29

I. EVEN WHEN IT IS HARD I CAN RELEASE AND LET IT GO

A. RELEASE MEANS: "IT IS FINISHED"

- John 19:30

- ▶ On the Cross Jesus was talking about _____ hard stuff.
 - > In the death of Jesus we learn to let go of hard stuff.
 - > It is hard to let go!!

Question → In your life today is there something that you need to let go? Is there someone that you need to let go?

- ▶ Letting go is like _____!
 - > Leaving a loved one's grave is a hard thing to do.

Question → What did the women have to do at the grave of Jesus?

- v.56

- ▶ The Cross and Death of Jesus is where we let go of the hard stuff.

Question → Have you left your heavy burdens at the Cross today?

- > Especially the burden of our _____, our regrets, our failures.

- ▶ Because of the death of Jesus our _____ for sin is finished!

Our _____ is gone! Our _____ is paid!

- I Peter 2:24

B. RELEASE MEANS: "FATHER, INTO YOUR HANDS I _____ MY SPIRIT"

- v.46

- ▶ Release is not just about leaving it but it is about leaving it _____ of your Father.

Questions → Have you put it into the hands of your Father?

→ Have you released them into the hands of God?

→ Today, do you need to have a committal service?

- ▶ The death of Christ is where we leave the hard stuff so that we can be _____ to live for Jesus.

II. EVEN WHEN IT IS HARD I CAN REST AND LET _____ WORK

A. REST MEANS I MUST _____

Question → Are you able to rest? Are you able to stop?

- ▶ One of the hardest things to do is to stop.
 - > Especially when we're embroiled in life's hard stuff!

- ▶ The death and resurrection of Jesus was _____ around the Sabbath.

- vv.54,56

- > The Jewish Sabbath was the day that _____ stopped.

- ▶ The Jewish authorities were always accusing Jesus of breaking the Sabbath but He timed His own death _____ to keep the Sabbath!

Question → Was it hard for the women to leave Jesus' body?

- ▶ It was hard but they rested! v.56
 - > They had a lifetime of _____ with Sabbath resting.
 - > They had _____ to obey the fourth Commandment.

Question → Do I need to learn to obey when God says stop it and rest?

B. REST MEANS I WILL LET GOD WORK

- ▶ Just because I'm not working doesn't mean God isn't!
 - > God was about to do His most powerful and amazing work.
 - > There is mysterious evidence in the Bible that the Spirit of Jesus was very alive and very active!

- v. 43; I Peter 3:19; Ephesians 4:9; Matthew 27:51-53

- ▶ The death and resurrection of Jesus is _____ that God is alive and powerfully working in our world _____.

- Hebrews 7:25

- ▶ Jesus' loud cry was a Jewish child's nighttime prayer.
 - Psalm 31:5

Question → *Tonight will you rest and let God work?*
 • Psalm 127:2b

III. EVEN WHEN IT IS HARD I CAN RISE AND FACE _____

A. TO RISE AGAIN IS TO WORSHIP JESUS _____ DAY

Question → *Do you have some hard thing to face in the days ahead?*
 > The women faced a hard day on that first day of the week.

Question → *What got them up and got them going?*
 > They were determined to serve and _____ Jesus even in death, no matter how hard the day might be!

- ▶ And they became the first witnesses and worshippers of the risen Lord.

Question → *What gets you up and gets you going even on a hard day?*

- ▶ Remember: When we worship Jesus we will see His _____ even in the hard stuff!

B. TO RISE AGAIN IS TO WORSHIP JESUS _____!

> One day we will rise and everything will _____.

- > There will be:
 - No more _____ or sorrow!
 - No more tears, grief, _____!
 - No more dying!

CONCLUDING QUESTIONS: Are you ready to face your hard stuff?

What do you need to release and let go of?

Jesus, because you are alive, help me to release and let go of my _____

Jesus, because you are alive, help me to rest and stop _____

Jesus, because you are alive, I will rise tomorrow and worship you in spite of _____

KINGSWAY LIFEGROUP DISCUSSION GUIDE

Review from memory the story of Jesus' death and resurrection. Do your best as a group to retell it from the last supper to His appearances after the resurrection.

Have each member of the group answer the question:
"Who do you identify most within this story and why?"

- One of the women?
 - > Mary, the mother of Jesus
 - > Mary Magdalene

- One of the disciples?
 - > Peter
 - > John
 - > Thomas

- Someone else?
 - > Barabbas
 - > Simon from Cyrene
 - > The Centurion or one of the other soldiers
 - > One of the thieves
 - > Joseph of Arimathea
 - > The High Priest
 - > Pilate
 - > Herod

Review Pastor Barry's message by reading Luke 23:44 – 24:6.

His three main points were that because Jesus died and rose again--even when it is hard--we can release and let go, we can rest and let God work, and we can rise and face tomorrow.

- Share and pray with each other.
- > What do you need to release and let go?
 - > Where do you need to find rest and let God work?
 - > What will you rise to face tomorrow?