

## **Sunday Sermon — Discussion Guide: Gyle Smith, 4-12-20**

### **The Resurrection: Freedom from the Fear of Death**

#### **1/3 — Looking Back**

Start with prayer and/or worship (reading a Psalm, singing a song, giving thanks, etc.). Re-cast the vision (see example video [here](#)), review obedience goals from the previous week, and ask how everybody is doing. Check-in question options:

- Up/In/Out — How are you doing in your three primary relational spheres? (Up: *God*. In: *fellow believers and family*. Out: *unbelievers*)
- Highs/Lows: What was your “high” and your “low” from the past week?

#### **2/3 — Looking to Jesus in the Present**

Explore the Scripture passage together: Matthew 28:1-10

- As the facilitator, first summarize the passage in your own words.
- Invite someone else to read the passage out loud.
- Invite a third person to “re-tell” the passage in their own words.
- Discuss the question: “*what do we learn from this passage about who God is and what He does?*”
- Discuss the question: “*what do we learn from this passage about who we are and what we do?*”
- Alternative question: “*why does Jesus’ resurrection matter?*”
- Alternative question: “*if it really happened, then how will I live?*”

#### **3/3 — Looking Forward**

Ask Jesus how he wants you to respond (corporately and individually) to what you have heard and learned. You can also practice one or more of the following exercises together:

- Sit quietly in Jesus’ presence together and allow yourselves to become aware of the ways that the fear of death is currently manifesting in your lives. This can be literal fear of dying physically, or fear of any other form of “death”; not having control, feeling dissatisfied, being unknown or insignificant, experiencing pain or discomfort, etc. As you become aware of these thoughts and feelings, reflect on this question: “*how does Jesus’ resurrection affect these fears?*” You may want to share your thoughts with one another.
- Practice worshipping in the wilderness; right in the midst of your unresolved fears, take some time to speak words of gratitude and worship to the one who was raised from the dead to deliver you from the fear of death.
- Commit to spending some time each day this week (at least 5 minutes) practicing the disciplines of silence and solitude. During those times, allow yourself to become aware of your fears, and just sit with them in Jesus’ presence, without trying to fix or run from them. As you finish your time, simply ask Jesus to help you trust Him.