

# The empty tomb and the proof of resurrection



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## MONDAY – The Resurrection: Matthew’s account



**Matthew 28: 5-7** *The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; He has risen, just as He said. Come and see the place where He lay. Then go quickly and tell His disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see Him.’ Now I have told you.”*

The women who visit the tomb in Matthew’s account of the resurrection encountered a dramatic earthquake, an angel whose “appearance was like lightning” (v3) and the stone rolling away. We know what this all means, but they didn’t. They were just overwhelmed and afraid. They couldn’t make sense of this monumental event.

The angel does not get into the details of what happened. He is very direct.

Don’t be afraid. Jesus is risen. Go tell the disciples.

Nothing else the angel could say would make sense to the women in that moment, but the angel tells them to keep moving anyway. With time, it will become clearer.

Sometimes we can be so overwhelmed by the challenges we face each day that we miss the good that is happening all around us. We miss Christ’s call to us to stop over-analysing and rather keep moving with him. We may not be able to completely understand the mystery of Resurrection, but we can live a life that responds to it. As we live that life, it will all start to make sense.



**Prayer:** Lord help me to live in the truth of your Resurrection, even when I don’t understand it, or when I don’t understand the chaos all around me. AMEN

## TUESDAY – The Resurrection: Mark’s account



**Mark 16: 6-7** *“Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid Him. But go, tell His disciples and Peter, ‘He is going ahead of you into Galilee. There you will see Him, just as He told you.’”*

In Mark’s account, the women do not see any of the action. In Matthew’s telling, they see the stone rolling away. In this version, the stone is already gone. While they were grieving, the miracle was happening. God was working before they were even aware of it.

The angel tells them that Jesus has gone ahead of them to Galilee. A meeting with Jesus was in their future. He was already preparing what was to come for them.

And of course, God sent an angel to meet them in that moment.

God works in our lives in the same way. He is active in our lives before we even meet Him (or when we have been too busy to pay attention). He works in our present, supporting us, forgiving us, directing us. And he has a plan for our lives, your future.

What about your life’s journey to date convinces you of the truth of the resurrected Christ? How can you see God’s love and grace working in your life today? Can you commit to walking in faith into the life he is calling you to?

Listen to the song “Way Maker” by Brian Ortiz

<https://youtu.be/67UjAs6hREc>



**Prayer:** To the God who is, and was, and is to come, I commit my life. You never stop working. I choose to live Your way in the hope of Your Resurrection. AMEN

## WEDNESDAY – The Resurrection – Luke’s account



**Luke 24: 6-8** *He is not here; He has risen! Remember how He told you, while He was still with you in Galilee: ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.’ ” Then they remembered His words ... It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles.*

In Luke’s version, the angel asks the women: “Don’t you remember?” They are surprised and afraid by the empty tomb and this talk of a dead man rising! But Jesus had prepared them for this moment.

It is also informative that Luke introduces the names of the women, which included a prostitute (Mary Magdalene) and the wife of an employee of Herod (Joanna). These are people who carry shame. They know and remember their own brokenness.

As a Christ follower, which are you more likely to remember? Your

brokenness, your darkness, your pain, your sin? Or the times when God has brought healing to your brokenness, light to your darkness, comfort in your pain, grace for your sin?

Living a Resurrection life is about remembering what God has done in our past and the purpose and meaning He brings to our lives. Chances are, God has had a pretty good track record of working in your life to date. Can you trust Him to help you overcome whatever you are facing today, and whatever you will face tomorrow?



**Prayer:** Lord, thank You for the many times when You have brought Your hope, grace and love into my life, even in the most difficult of times. Help me to trust You through the darkness I face today, and whatever I will face to tomorrow. AMEN

## THURSDAY – The Resurrection – John’s account



**John 20: 15-16a** *He asked her, “Woman, why are you crying? Who is it you are looking for?”*

*Thinking He was the gardener, she said, “Sir, if you have carried Him away, tell me where you have put Him, and I will get Him.” Jesus said to her, “Mary.”*

You know those moments in reality shows where they name the winner or loser? The producers ensure long pauses (and commercial breaks!) for dramatic effect, before giving the name. We don’t have the full picture until we hear the name.

In John’s resurrection account, he introduces one of these dramatic moments. Mary is so caught up in her grief that she doesn’t see her risen Lord right in front of her. John builds up the intrigue to make his readers wonder where

the body is and where this story is going. But one mention of Mary’s name and everything makes sense.

We can be so caught up in our own darkness and brokenness that we don’t see reality. Life can feel so hopeless and lonely, as if God is dead or never existed. In our moments of deepest despair, we may just hear the living God call our name. And that changes everything. God was never dead. He never left your side.



**Prayer:** Prayerfully reflect on the following:

### **Isaiah 43: 1-2**

*But now, this is what the Lord says—*

*He who created you, Jacob,*

*He who formed you, Israel:*

*“Do not fear, for I have redeemed you;*

*I have summoned you by name; you are Mine.*

*When you pass through the waters,*

*I will be with you;*

*and when you pass through the rivers,*

*they will not sweep over you.*

*When you walk through the fire,*

*you will not be burned;*

*the flames will not set you ablaze. AMEN*

## FRIDAY – The Resurrection: Your account



**John 2: 18-22** “The Jews then responded to Him, “What sign can you show us to prove Your authority to do all this?” Jesus answered them, “Destroy this temple, and I will raise it again in three days.” They replied, “It has taken forty-six years to build this temple, and You are going to raise it in three days?” But the temple He had spoken of was His body. After He was raised from the dead, His disciples recalled what He had said. Then they believed the scripture and the words that Jesus had spoken.”

Watch the following clip which presents a modern-day reflection on the Resurrection:

<https://youtu.be/WhCKCoVSn9I>

As we conclude our Lenten and Easter journey, will you spend some time reflecting on what God has been saying to you during this period.

- How has He been working in your life amid uncertainty?
- How have you encountered the resurrected Christ?
- What does Resurrection mean to you?
- What will Resurrection make you do differently as you continue into the rest of (an uncertain) 2021?



**Prayer:** This time it's your prayer! Write out a prayer of commitment which reflects what the Resurrection means to you today. S