

POWER HOUR

3/31/2024

Lesson Text:
Mark 16:1-8

Background Scripture:
Mark 16

Devotional Reading:
Exodus 14:10-14, 21-23, 26-31

“THE RESURRECTION: KEY TO FAITH”

NLT TRANSLATION

Learning Facts: To summarize the angelic encounter with the women at Jesus' empty tomb.

Biblical Principle: [To know that the Resurrection proves that Jesus Christ is what He claimed to be, the very Son of God.](#)

Daily Application: To not allow fear to prevent us from sharing and serving the Lord.

Mark 16:1-8 NLT

1 Saturday evening, when the Sabbath ended, Mary Magdalene, Mary the mother of James, and Salome went out and purchased burial spices so they could anoint Jesus' body. **2** Very early on Sunday morning, just at sunrise, they went to the tomb. **3** On the way they were asking each other, "Who will roll away the stone for us from the entrance to the tomb?" **4** But as they arrived, they looked up and saw that the stone, which was very large, had already been rolled aside. **5** When they entered the tomb, they saw a young man clothed in a white robe sitting on the right side. The women were shocked, **6** but the angel said, "Don't be alarmed. You are looking for Jesus of Nazareth, who was crucified. He isn't here! He is risen from the dead! Look, this is where they laid His body. **7** Now go and tell His disciples, including Peter, that Jesus is going ahead of you to Galilee. You will see Him there, just as He told you before He died." **8** The women fled from the tomb, trembling and bewildered, and they said nothing to anyone because they were too frightened.

HOW TO SAY IT

Arimathaea	Air-uh-muh-thee-uh (th as in thin).	Cleophas	Klee-o-fus.
Magdalene	Mag-duh-leen or Mag-duh-lee-nee.	Salome	Suh-lo-me. n.
Zebedee	Zeb-eh-dee.		

Lesson Context: Mark, the Gospel

Although Mark's Gospel is the shortest of the four, its narrative packs a punch! Students frequently call it "the Gospel of action." This designation stems from the fact that Mark jumps quickly from scene to scene to chronicle Jesus' ministry.

The Gospel's description of the last week of Jesus' ministry highlights its inclination toward action. Of the nearly 700 verses of the Gospel, 241 of them—more than one-third of the Gospel—recount events from that week (Mark 11:1–16:8). In describing scenes from that week, the Gospel jumps quickly between scenes. Mark tells us how Jesus entered Jerusalem on that first Palm Sunday (Mark 11:1–11) and taught others about righteousness (Mark 11:12–25; 12:28–34). He ate a final meal with His disciples (Mark 14:12–31) before He was arrested (Mark 14:43–52) and tried (Mark 14:53–65; 15:1–15). Finally, He was crucified and killed at the hands of Roman soldiers (Mark 15:16–41).

Joseph of Arimathaea, a member of the Sanhedrin, approached Pontius Pilate to ask for Jesus' body (Mark 15:43). Before granting the request, Pilate wanted confirmation that Jesus was truly dead (Mark 15:44–45). There was to be no doubt on the part of Pilate that Jesus was indeed dead. Once Pilate received this verification, Joseph took Jesus' body and prepared it for burial.

To begin the burial proceedings, Joseph wrapped Jesus' body in linen (Mark 15:46a). Joseph then placed the body in a rock tomb sealed with a stone (Mark 15:46b). After the burial, two women observed the burial location (Mark 15:47). They would return after Sabbath to finish caring for Jesus' body.

QUESTION(S)

- How would you respond to the claim that belief in the bodily resurrection of Jesus is nonessential for Christians?
- How do you deal with feelings of fear that may arise when sharing the news of Jesus' resurrection?

CONCLUSION

Singular Event

The Scripture text for the current lesson abruptly ends with a declaration of the women's fear. If this were all we knew of the story, we would wonder what happened next. Praise God that we know the conclusion to this story—a story that continued with Jesus' ascension to Heaven (Acts 1:1–9) and will culminate with His promised return to earth (Revelation 22:20).

The resurrection of Jesus is a singular event in history. It is distinct from other resurrections in the Bible (examples: 2 Kings 4:32–37; Luke 7:11–15; 8:49–56; John 11:38–44). Those were instances of the temporary restoration of physical life—temporary because all those people died again later. The resurrection of Jesus, by contrast, is permanent (Revelation 1:18a).

That permanence has vital implications. Death is God's penalty for sin (Gen. 2:16–17; Romans 5:12), but now the risen Jesus holds “the keys of hell and of death” (Rev. 1:18b). Another characteristic that sets Jesus' resurrection apart from the others noted above is that His body was transformed, not merely resuscitated. After His resurrection, He appeared and disappeared in ways He had not done previously (Luke 24:31, 36, 51; John 20:19, 26), although He still had a physical body that other people could touch (Luke 24:37–43; John 20:27). The transformation of Jesus' body prefigures the promised transformation of those who belong to Him when we are raised on the last day (1 Corinthians 15:42–57).

Vital Reality

From our vantage point some 2,000 years later, the empty tomb is the universal image of Christ's victory over death. The women who found the open tomb that morning had prepared themselves to be confronted with death. Instead, they were confronted with the announcement of life.

The reality of death confronts all, and we prepare for it. We help friends and family members with funeral planning. We purchase cemetery plots. But the best spiritual preparation is to let our thoughts dwell on resurrection life.

Jesus has promised that what was accomplished in Him on that third day when He rose from the dead will also be accomplished in us when He returns. The power of life over death that He demonstrated for Himself is the same power that will instantly and forever transform us (see Philippians 3:21). Jesus is Lord over death, having conquered it. That makes Him Lord over eternal life—our eternal life.

Therefore, as we prepare for death, we keep in mind that “the last enemy that shall be destroyed is death” (1 Corinthians 15:26). Death is our enemy, but it is ultimately a defeated enemy. When Jesus returns, we all will be changed. In a moment, in the twinkling of an eye, death will be no more.

Consider the ending to verse 8 as an invitation to proclaim the good news of the resurrected Christ. The women at the tomb that morning ran in fear; our task today is to run in joy with the message of the empty tomb. May we ever proclaim Christ's victory over death; may we never lose sight of the fact that His victory is ours as well—for

eternity. Death could not permanently silence Jesus or obstruct God's plan. Will fear silence you from sharing this good news?

PRAYER

God of resurrection, where there is death, You bring life. We hope for the day when we will experience resurrection and new life. In the meantime, encourage us when we feel we cannot proclaim this good news. When fear overtakes us, keep us from forgetting that You are the source of life. In Jesus' name, we pray. Amen.

THOUGHT TO REMEMBER

Fear not—Jesus has risen! His resurrection is the key to faith!

ANTICIPATING THE NEXT LESSON

Next week's lesson is "*Faith of the Persistent*" and summarizes the actions of a group of men to overcome obstacles to get a sick friend to Jesus. Study Luke 5:17-26.