

# POWER HOUR

4/5/2026

Lesson Text:  
Mark 16:1-8

Background Scripture:  
Matthew 28:1-10, Mark 14:26-28

Devotional Reading:  
Luke 24:1-11, Acts 2:22-32 &  
Revelation 1:17-18

“JESUS OVERCOMES THE GRAVE”

NLT TRANSLATION

**Golden Text:** ...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. Mark 16:6 NLT

**Time:** [between A.D. 26 and 30](#)

**Place:** [Jerusalem](#)

## Mark 16:1-8 NLT

<sup>1</sup> 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. <sup>2</sup> Very early on Sunday morning, just at sunrise, they went to the tomb. <sup>3</sup> On the way they were asking each other, “Who will roll away the stone for us from the entrance to the tomb?” <sup>4</sup> But as they arrived, they looked up and saw that the stone, which was very large, had already been rolled aside. <sup>5</sup> When they entered the tomb, they saw a young man clothed in a white robe sitting on the right side. The women were shocked, <sup>6</sup> 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. <sup>7</sup> 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.” <sup>8</sup> The women fled from the tomb, trembling and bewildered, and they said nothing to anyone because they were too frightened.

## INTRODUCTION

Turning our attention to the narrative of Mark 16:1-8, we walk alongside Mary Magdalene, Mary the mother of James, and Salome in the dim light of early dawn. Their journey to the tomb is a testament to the depth of their devotion, a silent procession fueled by love and a profound sense of duty.

In the quiet moments before the world awoke, the mournful women embodied the essence of faithfulness, carrying with them the spices they had prepared to anoint the body of Jesus. Their actions speak to a love that did not waver in the face of death, a devotion that persisted even in the deepest sorrow.

Their journey was more than a final act of devotion; it was the prelude to a revelation that would forever alter the course of history. As the faithful women approached the tomb, they found not the finality of death but the promise of life eternal. This moment of discovery beckons us to look beyond the tombs of our own despair and find the hope that rolls away stones, the love that conquers death.

**1. The women seek the tomb (Mark 16:1-4).** Jesus' death occurred toward the evening of the day of preparation—the day before the Sabbath. There was little that Jesus' disciples could do for His body before ceasing work on the Sabbath to avoid breaking the Mosaic Law. The women who watched Jesus' burial thought the preparation of His body was inadequate. As a result, they went to the tomb as soon as they could after the Sabbath, bringing with them various spices to anoint Jesus' dead body.

The women's greatest practical worry was how they would remove the stone that sealed the tomb. Because of Jesus' prophecies regarding His resurrection, the religious leaders had been afraid the disciples would steal His body. Instead, the disciples were in hiding, and the women were going merely to anoint the dead body. When they arrived, however, they found the first splash of color in their world of gray. The stone had been rolled away.

**2. The women enter the tomb (Mark 16:5-7).** As the women entered the tomb, they saw something that frightened them even more than the missing stone: an angel dressed in bright clothing sitting to one side. Imagine entering a tomb expecting to find a dead body and instead encountering an angel and that the body of the

one you were looking for was gone! The angel spoke some of the greatest words ever spoken: “He is risen; He is not here” (vs. 6).

The tomb was empty not because someone had stolen the dead body, but because Jesus was no longer dead. God had raised Him from the dead because death could not hold Him (Acts 2:24). Through His death, He conquered death, and through His resurrection, He has given life to all who trust in Him.

The resurrection is a central doctrine of Christianity. If it did not happen, then all Christians believe in God in vain, and there is no hope for anyone. If Jesus did not rise from the grave, then the grave has the final say for every single one of us (1 Corinthians 15:13-19). But Jesus Christ was risen from the dead! Because of that, believers have hope for eternal life. In Him, Christians’ sins are put to death, freeing them from the wrath of God. Christians can look forward to their resurrection as well (Mark 16:20).

**3. The women flee the tomb (Mark 16:8).** Although the angel gave the women clear instructions to go tell Jesus’ disciples of His resurrection, they were understandably afraid, and they fled the scene. Imagine their emotional turmoil! They had witnessed Jesus die on the cross, had gone to His tomb expecting to anoint His body, and instead had found an angel with a message that Jesus had risen. It is no wonder they were frightened!

Mark’s Gospel leaves us hanging with the way he wrote his narrative. The other Gospels supply us with more details regarding the women’s subsequent encounter with Jesus Himself and their eventual obedience to the angel’s command, but Mark ends in a way that leaves the reader wondering what is next. That cliffhanger confronts us with the reality of resurrection, and it should cause us to reflect on our own lives. We have now heard the news of Jesus’ life. Like the women’s first reaction, will we run in fear, or will we accept the truth of the empty tomb and let it change our lives?

## **PRACTICAL POINTS**

Sincere devotion to Christ is often shown in small tasks (Mark 16:1).

Serving Christ often happens at inconvenient times (vs. 2).

Obstacles may hinder our attempts at serving God (vs. 3).

Obstacles are often removed without our knowledge of how God did it (vs. 4).

Prepare for unexpected events when serving the Lord (vs. 5).

What He declares, God will bring to pass (vs. 6).

God uses devoted disciples to deliver His message (vs. 7).

Fear may overcome even the most dedicated disciple (vs. 8)

## **CONCLUSION**

The day Jesus rose must have been first terrifying, then glorious! The women went to the tomb expecting to find a dead body, but instead, they found an empty tomb. Jesus had risen from the dead, giving them greater hope than they could have imagined.

If we trust in Jesus, do we treat Him like He is still in the tomb, or do we rejoice in the newness of life He has given us? Praise God that one day believers will also experience a resurrection to be with Him forever!

## **QUESTION(S)**

1. What was important about the timing of the women's arrival at the tomb?
2. What does the women's plan to anoint Christ's body tell us about Jesus?
3. What two astonishing things did the women see at the tomb?
4. What were the messenger's words concerning Jesus?
5. What were the messenger's instructions to the women?
6. Why did the messenger mention Peter by name and not the other disciples by name?
7. What were the women's initial responses to the instructions?

**Next week**, we study about what happens to those who reject Jesus and proclaim false teachings. **"The Destruction of False Teachers" 2 Peter 2:1-10a**  
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