



Adult Bible Study Lesson Summary for March 31, 2024

Released on Monday, March 25, 2024

"The Resurrection: Key to Faith"

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

Background Scripture: Mark 16

Mark 16:1–8 (KJV)

1 And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him.

2 And very early in the morning the first day of the week, they came unto the sepulchre at the rising of the sun.

3 And they said among themselves, Who shall roll us away the stone from the door of the sepulchre?

4 And when they looked, they saw that the stone was rolled away: for it was very great.

5 And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment; and they were affrighted.

6 And he saith unto them, Be not affrighted: Ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here: behold the place where they laid him.

7 But go your way, tell his disciples and Peter that he goeth before you into Galilee: there shall ye see him, as he said unto you.

8 And they went out quickly, and fled from the sepulchre; for they trembled and were amazed: neither said they any thing to any man; for they were afraid.

LESSON AIMS

Learning Fact: 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.

HOW TO SAY IT

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

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 (11:1–11) and taught others regarding righteousness (11:12–25; 12:28–34). He ate a final meal with His disciples (14:12–31) before He was arrested (14:43–52) and tried (14:53–65; 15:1–15). Finally, He was crucified and killed at the hands of Roman soldiers (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 (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 (15:47). They would return after Sabbath to finish caring for Jesus' body.

The Women: Mark 16:1–4

1. Who were the women who returned to Jesus' tomb after the Sabbath to complete His burial process? (Mark 16:1)

Jesus died the day of preparation for the Sabbath (Mark 15:37–42). The Law of Moses prohibited work on the Sabbath (Exodus 20:8–11; Leviticus 23:3). Therefore, the burial process (see Lesson Context) would have to wait until *the sabbath was past*. The task of treating the body of Jesus would fall to the women, some of whom were at the crucifixion (Mark 15:40; John 19:25) and subsequently had seen the tomb's location (Mark 15:47; compare Matthew 27:61; Luke 23:55–56).

The name *Mary* was common in the first century A.D. The Gospels mention several women named Mary, so it is easy to confuse them.

One of the women with that name was *Mary Magdalene*, who became a devoted follower of Jesus after He freed her from spiritual oppression (see Luke 8:1–2). The designation *Magdalene* was not a family name. Instead, it indicates that she likely came from the town of Magdala (compare Matthew 15:39).

The second *Mary* is unknown to us. One possibility is that she is "*the mother of James the less and of Joseph*" (Mark 15:40, 47). Another possibility is that she was "*the wife of Cleophas*" (John 19:25).

Matthew's account of the burial mentions a woman who is "*the mother of Zebedee's children*" (Matthew 27:56). This woman could be *Salome*, thus making her the mother of James and John (compare 4:21; Mark 15:40).

Sweet spices combatted the stench of decaying flesh (compare John 11:39). These treatments were an essential part of the burial process (19:39–40). The women prepared these things before the Sabbath (Luke 23:55–56). They waited for the conclusion of that day of rest to return to the grave and *anoint* the remains of Jesus.

What Do You Think?

In what ways will you show devotion to the Lord, even if doing so requires personal discomfort?

Digging Deeper

How can you encourage that level of devotion among other believers?

2. What primary concern did the women have as they made their way to Jesus' tomb? (Mark 16:2-3)

In Verse 2, the phrases *very early in the morning* and *at the rising of the sun* reveal the eagerness of the women to complete their tasks. We assume that they set out just before sunrise, in the dim, pre-dawn light (compare John 20:1). The women were confident of their destination, having been there two days earlier (see comments on Mark 16:1).

What the women seemed to have forgotten up to this point is that a massive disk-shaped *stone* sealed the entrance to the grave (Matthew 27:60–61; Mark 15:46–47). Several strong individuals would be needed to *roll it away* from the entryway. The women's question reveals that they belatedly realized that they would not be able to move it.

The women's question also reveals the attitudes and behaviors of Jesus' followers. The disciples fled at Jesus' arrest (Mark 14:50). Peter, in particular, denied having known Jesus (John 18:15–18, 25–27). Others hid out of fear for what might happen to them (compare 20:19). Because of their grief, shame, or fear, some of Jesus' followers had distanced themselves from being associated with Him (contrast 19:38–42). They would not be of any help in removing *the stone from the door of the sepulchre*.

3. What surprise regarding the stone did the women find when they arrived at the tomb? (Mark 16:4)

When the women arrived at the tomb, they saw that the stone was rolled away. The Gospel accounts of Mark, Luke, and John do not reveal how *the stone was rolled away*. They only report that the stone was no longer blocking the tomb's entrance when the women arrived (here and Luke 24:2; John 20:1). Matthew, however, discloses that "the angel of the Lord descended from heaven, and came and rolled back the stone from the door" (Matthew 28:2). The massive nature of this *very great* stone is also noted in Matthew 27:60.

The Messenger: Mark 16:5–8

4. What did the women see upon entering the tomb? (Mark 16:5)

When they entered the tomb, the women saw "a young man sitting on the right side." Mark's Gospel does not provide further identifying information regarding the *young man sitting and clothed in a long white garment*. However, we can determine his nature from the other Gospel accounts.

Matthew 28:2 describes him as an "angel of the Lord." Luke identifies "two men ... in shining garments" (Luke 24:4) who are "angels" (24:23); John 20:12 is similar. Scripture often describes heavenly beings in terms of the brightness of their garments (examples: Matthew 17:2; 28:3; Mark 9:3; Luke 9:29–30; Acts 1:10).

The women came to the tomb to care for the body of Jesus. Instead of seeing His body, they saw an unknown visitor. The sight of this mysterious person would have been a valid reason for the women to feel *affrighted*.

5. How did the angel respond to the women's fear? (Mark 16:6a)

Fear is a common reaction to seeing an angelic messenger (examples: Judges 13:21–22; Matthew 28:4; Acts 10:3–4) or a supernatural occurrence (examples: Mark 4:41; 5:15; 9:4–6). When this occurs, a form of the reminder to *be not affrighted* usually follows (examples: Judges 6:21–23; Daniel 10:10–12, 19; Luke 1:11–13, 30; 2:9–10).

The angel told them not to be afraid and that he knew they were looking for Jesus of Nazareth. The angel's designation *Jesus of Nazareth* referred to the location of Jesus' upbringing. The village of Nazareth was located about 70 miles north of Jerusalem in the hilly region west of the Sea of Galilee. Residents of that village were likely impoverished. As a result, others held them in low regard (see John 1:46). Jesus' parents were from Nazareth (Luke 2:4), and the family returned there after Jesus' birth (Matthew 2:21–23). Jesus remained in Nazareth until He began His public ministry (4:12–13).

6. What did the angel proclaim? (Mark 16:6b)

The angel announced that Jesus was not there because He was risen. The angel's proclamation that Jesus *is risen* does not mean that His spirit went to Heaven, leaving behind His dead body. The empty tomb reveals that His physical body was resurrected from the dead. His post-resurrection appearances provided further evidence of this reality (see Luke 24:37–39; John 20:27).

The resurrection should not have come as a surprise to His followers. Jesus had prophesied to them numerous times regarding His death and resurrection (examples: Mark 8:31; 9:9, 31; 10:33–34). However, His disciples rarely understood His teaching on this topic (see 9:10, 32).

The command to *behold* that *place where* Joseph had *laid Him* indicated that the tomb no longer contained the body of Jesus.

What Do You Think?

How would you respond to the claim that belief in the bodily resurrection of Jesus is nonessential for Christians?

Digging Deeper

How do John 20:24–25, 29; Acts 2:22–24; Romans 4:25; 1 Corinthians 15; and 1 Peter 1:3–4 inform your response?

7. What message were the women instructed to give to the disciples? (Mark 16:7)

The command to *go* and *tell* of the risen Lord indicates a change in emphasis for Mark. In his Gospel, he frequently mentions times when Jesus urged others to be silent regarding His identity and work (Mark 3:11–12; 5:42–43; 7:36; 8:29–30; contrast 5:18–20). Now that Jesus' resurrection had occurred, His followers would not need to remain silent about Him (see 9:9).

Jesus' *disciples* had fled at His arrest (Mark 14:50). On that occasion, they were concerned for their safety. Rather than punish the disciples for leaving Jesus, the angel's message offered them a chance to reunite with their Lord.

The angel showed particular attention to *Peter* by naming him specifically as a special word of encouragement to Peter, who was no doubt grieving in his sins. This apostle is known for his position of prominence, being named first in all listings of the apostles (Matthew 10:2–4; Mark 3:16–19; Luke 6:14–16; Acts 1:13–14) and for his impulsive behavior (examples:

Mark 9:5–6; John 13:1–11). He had confidently proclaimed fidelity to Jesus, even if it led to death (Mark 14:29–31). Later that same night, however, Peter three times denied knowing Jesus (14:66–72). Later, after Peter received the women’s report, he still had to see the empty tomb for himself (Luke 24:11–12).

Before Jesus’ arrest, He had prophesied that His disciples would be “offended” and “scattered” (Mark 14:27). In the same breath, however, He promised, “After that I am risen, I will go before you into *Galilee*” (14:28). The angel’s message to the women indicated the pending fulfillment of Jesus’ promises.

The selection of Galilee as the location of this promised reunion was made with intent. Jesus began His public ministry there (see Mark 1:9, 14). It was in that region that He called His first disciples (1:16–20). The angel’s message sent the apostles back to where their relationship with Jesus began.

8. How did the women respond to the angel’s command, and what were their emotions? (Mark 16:8)

Three strong emotions overwhelmed the women as they *went out quickly* and *fled from the sepulchre*.

Their feelings were decidedly mixed; verse 8 is the only verse in the New Testament where the Greek words for *trembled*, *amazed*, and *afraid* occur together. How intensely natural and simple is this! The women were the first messengers of the glorious Resurrection message!

What Do You Think?

How do you deal with feelings of fear that may arise when sharing the news of Jesus’ resurrection?

Digging Deeper

Who can you recruit as an accountability partner to encourage your faith?

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 at 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.

LESSON SUMMARIZED BY

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