

John 20:1-18

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How does Mary come to recognize the risen Jesus, and what does he send her to do?

2. What does it show me about people — and about myself?

What difference does it make to you that Jesus is alive?

3. What will I obey this week? (a concrete step, with a day)

How will you live this week in light of the resurrection?

4. Who will I tell?

Who could you go and tell that Jesus is alive, as Mary did?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, thank you that you are alive and you called Mary by name. Call me by name too, and help me go and tell others you are risen.



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