

The risen Lord

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 recognize Jesus, and what does he tell her to do?

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

What does the resurrection change about how you face life and death?

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

How will you live this week as someone who knows Jesus is alive?

4. Who will I tell?

Who could you go and tell that you have seen the Lord?

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 rose and called Mary by name. Help me know you are alive, and send me to tell others.

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