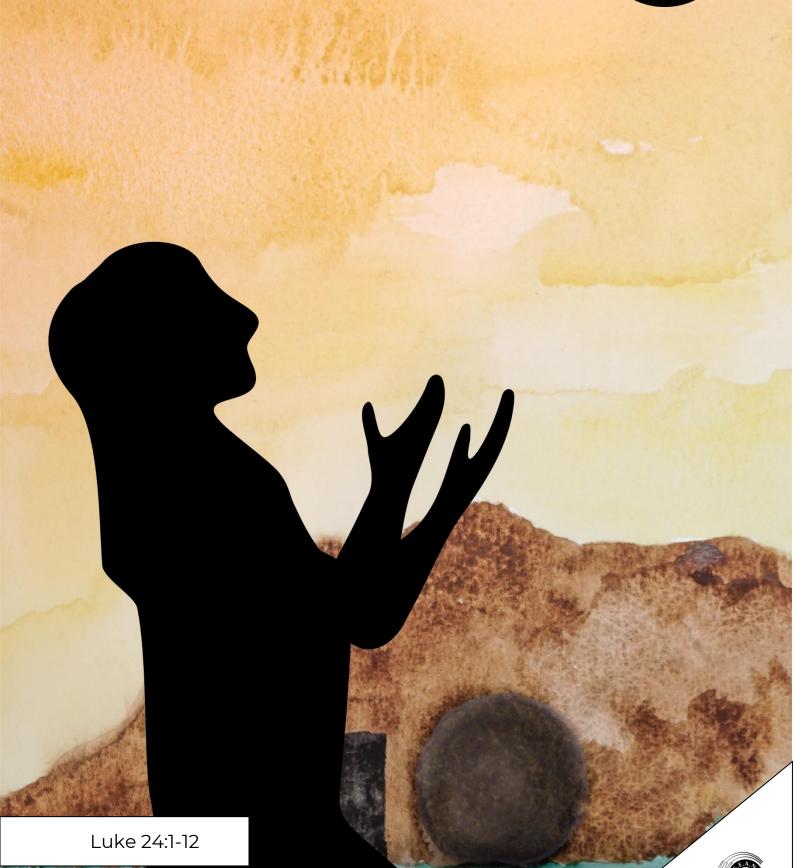
FOLLOWING JESUS: LIFE OF CHRIST (6) The Resurrected Life

Sample Lesson





GOD

This sample lesson is from the Level 2 course Following Jesus: The Life of Christ (6): The Resurrected Life.

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This course is the sixth of a series of six books on the Life of Christ called "Following Jesus", based on the Gospel according to St. Matthew. It combines lessons for home study with group discussion. The lessons are arranged in blocks; each block being a week's work. After each block there is a group meeting, which should be led by a Group Leader, who follows the companion Group Leader's Guide.

Book 6 covers Matthew 28 and the Acts of the Apostles and deals with the Resurrection, the Ascension and Exaltation of the Lord, the Great Commission and how this was put into practice by the early church. It also considers the doctrine of the Holy Spirit, baptism and the ministry of the church. The course studies the early church in the book of Acts and the expansion during the three missionary journeys of Paul until the Gospel reaches Rome and gives suggestions for application to the church of the 21st Century.

The Method

The course uses a very simple method. It is specially aimed at ordinary people with a basic school education but is useful for all types of people. All our GOLD Project courses are designed to help you learn by means of:



Home Study

Each course is made up of **10 Blocks** of two or three **lessons** each that you need to complete on your own at home. These lessons require you to read and interact with the course material as well as with your Bible.

Each lesson is **programmed** to help you check your progress as you work through. To get the maximum benefit it is important that you use the course in the way it was intended:

- 1. Read the section numbered 1 (often referred to by the technical term 'frame' 1).
- 2. Make the response required, if there is one.
- 3. Check that your answer corresponds with the feedback given in the 'feedback' section at the end.
- 4. Proceed to section 2.

Note that the **course** is programmed—**you** are **not** being programmed! The aim of programming is that:

- 1. you can check frequently that you have understood the material presented;
- 2. you are stimulated to active and critical thinking;
- 3. you reinforce what you learn and are better able to remember it.

At the end of each lesson, we encourage you to spend some time in reflection on how what you have learnt applies to you in the situation where God has placed you.

Group Meeting

Regular group meetings take place where you will have the opportunity to discuss points of interest that have arisen and think through with others how your learning may be applied. The group meetings give the opportunity for you to clarify ideas and to share your own thoughts and to listen to the ideas of others. The process of learning from the Bible in a group is an essential part of the programme. It is here that you are able to think through areas of application and to pray and support each other in your studies.

Practical Application

During each group meeting, you will discuss what practical application task you will try and complete before you next meet. You will have an opportunity to review the practical application each time you meet.'

Additional instructions are provided in these boxes. Please pause to read them thoroughly. Now it's time to get started!

Block 1 Lesson 1

The Appearances of the Risen Christ (Matthew 28:1–10)





BEFORE

AFTER

Preparing	 Take a moment to pray Remember to keep a notebook handy	
for this	to note down any questions or issues	
lesson:	for discussion.	
Objectives	 At the end of this lesson you will be able to: 1. Explain two central parts to the message of salvation 2. List the ten appearances of the risen Christ, in the order in which they took place, and where; 3. State the only appearance of Jesus for which we do not know the time or place; 4. Identify the name of one of the two disciples who walked with Jesus and state the name of his village; 5. State two facts about the appearances of Jesus in the upper room. 	

Please turn to chapter 28 of Matthew's Gospel. It can be divided into three parts:

1. The Appearances of the Risen Christ (Matt. 28:1–10)

2. The Denial of the Risen Christ (Matt. 28:11-15)

3. The Great Commission of the Risen Christ (Matt. 28:16–20)

In this lesson we will look at the first part, the narrative of Jesus' resurrection in **Matthew 28:1–10**. We will complete our study from the other Gospels by using the technique of comparing.

1. Although it is impossible to be certain of the exact chronological order of the appearances of the risen Jesus, in today's study we will consider their most likely order. It is important to remember that Jesus' risen life starts in Matthew 28, follows on in the book of the Acts, and continues right down to the present time (Matt. 28:20).

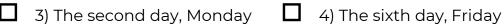


a) According to **Matthew 28:1–7**, on which day of the week did Mary Magdalene go to the tomb?

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1) The last day, Saturday



2) The first day, Sunday

b) Did Mary Magdalene go alone or with others? _____

At the back of this Student Workbook is a Cartoon Narrative of the accounts of the Risen Life of Jesus in the New Testament. We will be using this throughout this Book so turn to page 309 now and, in preparation for this lesson, go carefully through the pictures of the events which led up to the first appearance of the risen Christ in Cartoon Narrative 1.

- 2. Mark and Luke agree with Matthew that early on Sunday morning a group of women went to the grave together (see Luke 24:1 and Mark 16:2). John does not mention the other women but agrees that Mary Magdalene did not go alone (see John 20:1–2). He tells how, on returning to the disciples, Mary said to them: "We don't know where they have put him" (John 20:2).
 - a) According to John, what word did Mary Magdalene use that proves she did not go alone to the tomb? _____
 - b) Which drawing shows Mary Magdalene and the other women going to the grave? Drawing _____



- **3.** All the Gospels say that the women arrived together at Jesus' tomb, with the intention of anointing his body. But when they saw that the tomb had been opened, Mary Magdalene left the others and ran back alone to Jerusalem to find Peter and John and to report that Jesus' body had disappeared from the tomb.
 - a) Which two of the drawings show this? Drawings _____ and _____
 - b) Which of the four Gospels tells us that Mary went to get Peter and John? _____
 - c) According to Matthew 28:1–7, what did the other women see while Mary was away? _____
- Read Luke 24:4. Matthew makes a contraction in his account of the events. According to Luke, there were _____ angels who appeared to the women.
 - e) According to **Matthew 28:6**, the women were told that Jesus had
 - f) Which drawing shows this? Drawing _____
- **4.** a) The angels sent the other women back to Jerusalem also.

Which drawing shows them on their way? Drawing _____

- b) To whom did they tell their good news? (Matt. 28:8)
- **5.** a) A few minutes later Mary Magdalene returned to the tomb with Peter and John. They probably went by another route.

Which drawing shows this? Drawing _____

b) The two apostles inspected the empty tomb, then they returned to the city.

This is shown in drawings _____ and _____.

c) Who were these two men? _____ and _____

d) The woman who was with them stayed by the empty grave. When she looked in, she saw two angels.

Which drawing shows this? Drawing _____

e) Who was this woman who stayed behind? _____

In spite of all these events, so far no one had seen the risen Christ. Now we are going to begin our study of the ten appearances of Jesus to his disciples and try to place them in the most likely order of occurrence.

Appearance 1

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- According to Mark 16:9, to whom did the Lord Jesus appear first? 6.
- John gives us the details of this first appearance in **chapter 20**. 7.
 - Which woman is mentioned in John 20:11? a)
 - She did not recognise Jesus at first. Instead, she thought he was the b) _____ (John 20:15).
 - Read John 20:16. When did she realise that he was the Lord? C)

a) When she saw him.

b) When she heard the Lord call her name.



c) When she touched the Lord.

Appearance 2

8. Read Matthew 28:8-10.



Who appeared to the women while they were running back to Jerusalem? _____

b) So we see that the first two appearances took place

🗖 a) at dawn. **C**. in the afternoon. b. at night.

On which day of the week did they take place? _____ C)

Appearance 3

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15-11	
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9.

We have already seen that Peter and John visited the empty tomb without seeing the risen Lord. However, the Lord appeared to one of these disciples. According to the following verses, to whom did Jesus appear next, to Peter or to John?

a) 1 Corinthians 15:5?	
,	

- b) **Luke 24:34**? _____
- 10. We know that John and Peter returned to the city after inspecting the

empty tomb, so it must have been somewhere near the city of

_____ where Jesus appeared to Peter.

Appearance 4

- a) How many people were travelling to a village near Jerusalem on the day of the resurrection, according to Luke 24:13?
 - b) What was the name of one of those travellers (Luke 24:18)?
 - c) To what village were these two going (verse 13)?
 - d) How many miles was this from Jerusalem? _____
- 12. Who joined the travellers on the road (Luke 24:15)? _____
- **13.** The travellers talked with the Lord during their seven mile walk without recognising him.



a) Read **Luke 24:30–31**. When did Jesus make himself known to them, in the house?

b) What happened to Jesus then? _____

- c) According to verse 29, what time of the day did this take place?
- d) In what village did this happen? _____

- 14. So far we have studied four of the ten appearances. We can group these into pairs to help us remember them.
 - a) The first pair of appearances were to women. Jesus first appeared to
 ______ and then to the other _____.
 - b) The second pair of appearances were to men. Jesus first appeared to
 ______ and then to ______ and his companion.
- **15.** a) Although the appearance of Jesus in Emmaus occurred late in the day, where did these disciples go that same night (Luke 24:33)?
 - b) How many miles did they have to walk? _____
- **16.** Since Cleopas and his companion left after dark and had to walk seven miles back to Jerusalem, they must have arrived quite late.
 - a) Who did they seek out in Jerusalem to tell about seeing the risen Jesus?
 - b) According to verse 34, the apostles told Cleopas and his companion that Jesus had also appeared to _____.
- **17.** Now let us review the four resurrection appearances we have studied so far. They all took place on Sunday, the day of the resurrection, in or near Jerusalem.

	Time	People and Place	
1	Early morning	To by the tomb.	
2	Early morning	To the w on the road to Jerusalem.	
3	Later	To P, near Jerusalem.	
4	The evening	To C and his companion on the road to Emmaus.	

Appearance 5

18. Read Luke 24:36.



What happened while Cleopas and his companion were talking to the

others in the upper room? _____

Note: It is generally assumed that the apostles and disciples gathered together in the same "upper room" where they had the Last Supper with Jesus. In Acts 1:13 we read " ...they went upstairs to the room where they were staying." which imples they stayed in one place. In this course we will refer to that room as the "upper room".

19. Read John 20:24-25.



- a) Which apostle was not present when Jesus appeared in the upper room? _____
- b) What was his attitude when the others told him that they had seen the risen Christ? _____
- c) What proof did he say he would require in order to believe?
- **20.** Cleopas and his friend left Emmaus after sundown and walked the seven miles back to Jerusalem. About what time did Jesus' fifth appearance to the apostles and disciples in the upper room take place?



a) At dawn on the day of the resurrection.



b) Late at night on the day of the resurrection.

c) Late afternoon on the day after the resurrection.

21. Now let's name the first five people (or groups of people) to whom Jesus appeared, and the place where each occurred.

	Time	People and Place
1	Early morning	
2	Early morning	
3	Later	
4	The evening	
5	Late at night	

- **22.** Notice that all of the first five appearances were on the same day of the week.
 - a) What day was this? _____
 - b) All the appearances were in or also near the city of

_____ in the province of _____.

23. Read **John 20:26**.

a) How long after the first five appearances was it before Jesus again appeared to his apostles and disciples in the upper room?

b) This time, who was there who had been absent the week before?

24. Now read John 20:27-28.

a) What proof did Christ give to Thomas that he had indeed risen from the dead and that he had the same body?

b) What did Thomas say? _____

- 25. Notice that we now have a third pair of appearances. Appearances 5 and 6 were both to the apostles. Both took place in the _____ in the city of a) There was a length of time of _____ between the b) appearances. c) So we can distinguish them in this way: Appearance 5 took place when _____ was not present. Appearance 6 took place with _____ present. **26.** a) The first five appearances took place on the same day as the resurrection, which was a _____ The sixth appearance also took place on a S_____, but b) exactly one _____ later. **27.** Let us review these appearances so far. Were the first pair to men or women? _____ a) b) Were the second pair to men or women? _____ The third pair were to the _____ and C)
- **28**. Complete the following chart for the six appearances of the risen Christ:

	Time	People and Place
1	Early morning	
2	Early morning	
3	Later	
4	The evening	
5	Late at night	
6	Week later	

29. The first six appearances were in or near the city of Jerusalem, in the southern part of Palestine. The next two appearances were in the north.

In what province were these (Matt. 28:7)? _____

Appearance 7

30. Read John 21:1–6.

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a) How many of Jesus' disciples (including apostles) were together when Jesus appeared to them the seventh time?

b) What were they doing and where? _____

c) What miracle did Jesus use to make himself known to them?

d) What time of day was this? _____

31. The number of this appearance is easy to remember because it was the same number as the number of disciples who went fishing.

There were _____ people fishing.

32. John, the author of the fourth Gospel, often refers to himself as the "other disciple" or sometimes "the disciple whom Jesus loved". Both John and Peter had gone fishing.

a) Which of these two was the first to recognise Jesus (John 21:7)?

b) What did Peter do? _____

Appearance 8

- 33. Now return to the story of the resurrection in Matthew 28:16–20.
 - a) The eighth appearance is the one when Jesus gave his apostles and disciples the "Great Commission" on a mountain.
 According to Matthew 28, in which province did this take place?
 - b) This seems to be the same appearance as is mentioned in 1 Corinthians15:6.

If so, how many people were on the mountain in Galilee? More than _____



- **34.** a) The fourth pair of appearances, 7 and 8, took place in the province of G_____.
 - b) Appearance 7 took place when seven disciples were fishing in the Sea of ______.
 - c) Appearance 8 was on a ______ when Jesus gave the Great Commission to more than _____ people.

Appearance 9

35. 1 Corinthians 15:7 gives the only appearance for which we have no idea as to the place where it occurred. It can be easily forgotten, and so you must make a special effort to remember it. According to this verse, to whom did Jesus appear?



Note: Although the text does not specify it, most experts believe that the "James" mentioned here is neither of the two apostles of that name, but "James, the Lord's brother" (Gal. 1:19), who during Jesus' earthly life did not believe in him (John 7:5), but who later became a "pillar" of the church in Jerusalem (Gal. 2:9) and wrote the Epistle of James.

Appearance 10

- **36.** Jesus appeared once more to his apostles.
 - a) What event took place at this time (Acts 1:9)? The _____
 - b) According to Luke 24:50, in the vicinity of what village did this take place?
 - c) From this information we know that it took place on what mount?

d)	In which province was this?	
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e) And near to which city? _____

- **37.** The eighth appearance, when Jesus appeared to more than 500 people, is often confused with his final appearance when he ascended into heaven. But they are not the same. We can easily see this since they took place in two different places.
 - a) Where did Jesus appear to the 500 and give the Great Commission?

On a _____ in the province of _____.

b) Where did Jesus' final appearance and ascension into heaven take place?

On the _____ in the village of _____

near the city of ______ in the province of _____.

38. Now let us review the last four appearances:

	Time	People and Place	
7	Dawn	To disciples fishing on the Sea of	
8	unknown	To the and more than disciples on a in 	
9	unknown	To and then to all the Place unknown.	
10	unknown	To the at his a from the Mount of near the village of 	

39. We have used the **technique of comparing** to identify the appearances of Jesus up to his ascension. Our comparison has reviewed all the Gospels and the book of 1 Corinthians.

35.	Activity	Now turn to Cartoon Narrative 2 at the back of the Student Workbook and
		review what you have learned by
		identifying the person or persons, to
		whom the risen Christ appeared on each
		occasion. Then check with the answers.



40. The resurrection of Christ and the appearances to his apostles and disciples have always had an important part in the preaching of the message of salvation. Paul said in 1 Corinthians 15:1, "Now, brothers and sisters, I want to remind you of the gospel I preached to you…" In verses 3–4 which follow,

Paul goes on to say that the message of the gospel has two parts.

a) The first part is that Christ died for our _____.

b) The second part is that Christ was _____ on the _____ day.

41. Now read 1 Corinthians 15:5–7.

To which of these parts of the message of salvation does Paul testify in

these verses? _____

42. Read the following verses and identify the part of the message of salvation which is being talked about. Each example is from the preaching of the apostles.

a) Acts 2:32:	
/	

b) Acts 4:2:

- c) Acts 4:33: _____
- **43.** Which of the following is true?
 - a) The resurrection of Christ was an important part of the preaching of the early Christians and should be a part of our preaching as well.
 - b) The resurrection of Christ was an important part of the preaching of the early Christians but it does not need to be a part of our preaching since these things happened long ago.
- **44.** Fill in the following spaces for the ten appearances of Christ. To whom, and where did the risen Christ appear in each case?

Early morning	1
Early morning	2
Later	3
The evening	4
Late at night	5

Week later	6
At dawn	7
Time unknown	8
Time unknown	9
Time unknown	10

45. For the Group Meeting:

Practise telling the ten appearances in chronological order so that you will be able to explain them to your group at the next meeting (**use Cartoon Narrative 2** as a guide). Also be prepared to discuss the way in which the resurrection should be used in the preaching of the message of salvation.



Now do **Test 1.1**. From now on, remember to do the Test after each lesson.



Congratulations on finishing Lesson 1.1 successfully.

Reflecting on this lesson

Note down in your notebook anything from today's lesson:

- that you want to discuss in your group meeting;
- that is significant for your own personal faith.

Spend some time in prayer asking God to help

Feedback to Lesson 1.1								
1.	a) b. b) She went with others	5.	a) 6 b) 7 and 8	9.	a) Peter b) Simon (Peter)			
2.	a) We b) 1		d) 9			Jerusalem		
3.	a) 2/ 3 b) John	6.	e) Mary Magdalene Mary Magdalene	11.	a) Two b) Cleopas c) Emmaus			
	c) An angel d) two	7.	a) Mary b) gardener	12	d) Seven Jesus			
	e) risen f) 4	8.	c) b. a) Jesus		a) When he gave them			
4.	a) 5 b) The disciples	0.	b) a. c) Sunday		bread b) He disappeared			

c) In the evening d) Emmaus

- 14. a) Mary Magdalene/ womenb) Peter/ Cleopas
- 15. a) Back to Jerusalem b) Seven
- a) The Eleven (apostles) and those with themb) Simon (Peter)
- 17. 1. Mary Magdalene2. women3. Peter4. Cleopas
- 18. Jesus stood among them
- 19. a) Thomasb) He doubtedc) To see and touch Jesus' wounds
- 20. b.

 1. To Mary Magdalene by the tomb
 2. To the women on the road to Jerusalem
 3. To Peter near Jerusalem
 4. To Cleopas and his companion on the road to Emmaus
 5. To the apostles and disciples in the upper room

- 22. a) Sunday b) Jerusalem/ Judea
- 23. a) One week later b) Thomas
- 24. a) The wounds on hisbodyb) "My Lord and my God"
- 25. a) upper room/ Jerusalemb) a weekc) Thomas/ Thomas
- 26. a) Sunday b) Sunday/ week
- 27. a) Women b) Men c) apostles/ disciples

- 28. 1. To Mary Magdalene by the tomb 2. To the women on the road to Jerusalem 3. To Peter near Jerusalem 4. To Cleopas and his companion on the road to Emmaus 5. To the apostles and disciples, without Thomas, in the upper room 6. To the apostles and disciples, with Thomas, in the upper room
- 29. Galilee
- 30. a) 7
 b) Fishing/ Sea of Galilee
 c) He gave them a good
 catch of fish
 d) Dawn
- 31. seven
- 32. a) John b) He jumped into the water and went ashore
- 33. a) Galilee b) 500
- 34. a) Galilee b) Galilee c) mountain/ 500
- 35. To James and then all the apostles
- 36. a) ascension
 - b) Bethany
 - c) Mount of Olives
 - d) Judea
 - e) Jerusalem
- 37. a) mountain/ Galilee b) Mount of Olives/ Bethany/ Jerusalem/ Judea
- 38. 7. 7/ Galilee
 8. apostles/ 500/ mountain/ Galilee
 9. James/ apostles
 10. apostles/ ascension/ Olives/ Bethany

- 39. 1. Mary Magdalene
 2. To the women
 3. To Peter
 4. To Cleopas and his companion
 5. To the apostles and disciples without Thomas
 6. To the apostles and disciples with Thomas
 7. To 7 disciples
 8. To the apostles and more than 500 disciples
 9. To James and then to all the apostles
 10. To the apostles
- 40. a) sins b) raised/ third
- 41. The resurrection
- 42. a) The resurrection b) The resurrection c) The resurrection
- 43. a.

44. 1. To Mary Magdalene by the tomb 2. To the women on the road to Jerusalem 3. To Peter near Jerusalem 4. To Cleopas and his companion on the road to Emmaus 5. To the apostles and disciples, without Thomas, in the upper room 6. To the apostles and disciples with Thomas in the upper room 7. To 7 disciples by the Sea of Galilee 8. To the apostles and more than 500 disciples on a mountain in Galilee. 9. To James and then to all the apostles, place unknown 10. The apostles at the ascension from the Mount of Olives in Judea

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