

## John 20:1-18

<sup>1</sup> Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance.

<sup>2</sup> So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, "They have taken the Lord out of the tomb, and we don't know where they have put him!"

<sup>3</sup> So Peter and the other disciple started for the tomb. <sup>4</sup> Both were running, but the other disciple outran Peter and reached the tomb first. <sup>5</sup> He bent over and looked in at the strips of linen lying there but did not go in. <sup>6</sup> Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, <sup>7</sup> as well as the cloth that had been wrapped around Jesus' head. The cloth was still lying in its place, separate from the linen. <sup>8</sup> Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed. <sup>9</sup> (They still did not understand from Scripture that Jesus had to rise from the dead.) <sup>10</sup> Then the disciples went back to where they were staying. **Jesus Appears to Mary Magdalene**

<sup>11</sup> Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb <sup>12</sup> and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

<sup>13</sup> They asked her, "Woman, why are you crying?"

"They have taken my Lord away," she said, "and I don't know where they have put him." <sup>14</sup> At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

<sup>15</sup> He asked her, "Woman, why are you crying? Who is it you are looking for?"

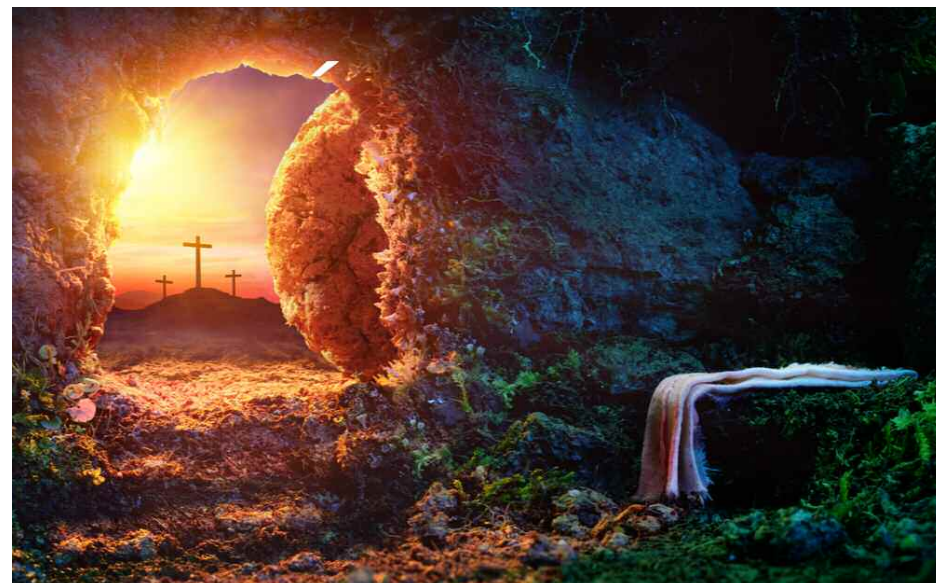
Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

<sup>16</sup> Jesus said to her, "Mary."

She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher").

<sup>17</sup> Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'"

<sup>18</sup> Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her.

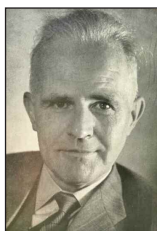


**Mary Magdalene went to the disciples with the news:  
"I have seen the Lord!"**

**John 20:18**

## FINDING HOPE IN THE VALLEY OF TEARS

- |                                |                      |
|--------------------------------|----------------------|
| 1. Finding hope in the valley  | Psalm 84             |
| 2. Tears of repentance         | Luke 7:36-50         |
| 3. Tears for the lost          | Luke 19:28-44        |
| 4. Your tears will turn to joy | John 16:16-20        |
| <b>5. You are not alone</b>    | <b>John 20:11-18</b> |
| 6. No more tears               | Revelation 21:4      |



"What oxygen is to the lungs, such is hope to the meaning of life."

Emil Brunner  
Swiss Theologian  
1889-1966

## YOU ARE NOT ALONE - John 20:1-18

Hope:

**THE \_\_\_\_\_ IS THE PRICE OF HOPE**

John 3:16

The consequences of sin:

Sin has \_\_\_\_\_ us from God

Christ's substitutionary atonement:

**THE EMPTY TOMB IS \_\_\_\_\_ THERE IS HOPE - YOU ARE NOT ALONE**

Mary Magdalene:

When Jesus said Mary's name, she realised \_\_\_\_\_

And God knows my \_\_\_\_\_ also

No matter what struggle we might go through \_\_\_\_\_

1. Read Emil Brunner's quote (Back page). Why is hope so important to the meaning of life?
2. Peter said that the cross is the price of hope. Why is it?
3. What are some of the results of sin in the world? What is the ultimate result of sin?
4. Read Romans 3:23, 6:23; 1 Corinthians 5:21. Explain what is meant by 'Substitutionary Atonement'.
5. If the cross is the price of hope, the empty tomb is the proof that there is hope. Explain.
6. Read John 20:1-18. Try to put yourself in the position of Mary Magdalene. What emotions would you be going through?
7. God knows your name. How important is that? Try to think of all the things it means, the fact that God knows you.
8. No matter what struggle you might go through, you are not alone. God is calling you to come to Him, to walk with Him, to know that you are not alone. How will you respond?