

Jesus Wakes Up From the Dead



SABBATH—NOVEMBER 5

READ FOR THIS WEEK'S LESSON: Matthew 27:51–53, 62–66; Matthew 28:1–6; John 20:11–29.

MEMORY VERSE: “When I saw him, I fell at his feet as if I were dead. Then he put his right hand on me and said, ‘Do not be afraid. I am the First and the Last. I am the Living One. I was dead. But now look! I am alive for ever and ever! And I hold the keys to Death and Hell’ ” (Revelation 1:17, 18, NlrV).



“ ‘I am alive for ever and ever! And I hold the keys to Death and Hell’ ” (Revelation 1:18, NlrV).

WHAT is one of the most important teachings of the Christian faith? That Jesus did wake up from the dead, of course. Paul tells us that if Jesus did not wake up, we would be lost: “If those [people] who have died are not raised [come back to life from the dead], then Christ [Jesus] has not been raised either [also]. And if Christ has not been raised from death, then your faith is for nothing; you are still [continue to be] guilty of your sins. And those [people] in Christ who have already died are lost” (1 Corinthians 15:16–18, ERV).

Paul talks a lot about Jesus' death: “I decided that while I was with you I would forget about everything except Jesus Christ and his death on the cross” (1 Corinthians 2:2, ERV). Yes, Jesus died. But we also need to remember that Jesus woke up from the dead. That Jesus did wake up is important to Christians because we understand that Jesus will wake us, too.

This week, we will study about Jesus' resurrection. We'll look at all the proof Jesus gave us to believe that He woke up from the dead.

A LOCKED GRAVE (Matthew 27:62–66)

When Jesus died on the cross, many people thought that Jesus' work was over. Worse, some people thought that Jesus failed. Satan led Judas to "sell" Jesus to His enemies (Luke 22:3, 4; John 13:26, 27). The top religious leaders asked the Roman governor to kill Jesus (Matthew 26:59; Matthew 27:20). After Jesus was arrested, all His "followers left him and ran away" (Matthew 26:56, ERV). Then at three different times in one night, Peter said that he didn't know Jesus (Matthew 26:69–75). Now Jesus rested in a grave. The grave was carved into a big rock. Roman soldiers put a large stone in front of the grave and locked Jesus' dead body inside. Then the soldiers stood guard (Matthew 27:57–66). Demons also watched the grave. "Satan wanted to keep Jesus locked inside the grave forever."—Ellen G. White, *Manuscript Releases*, volume 12, page 412, adapted.

During His time on earth, Jesus told His followers about His death on the cross and His resurrection or waking up from the dead. Jesus said, " 'Evil and sinful [filled with sin] people are the ones who want to see a miracle for a sign. But no sign will be given to them. The only sign will be what happened to the prophet [preacher] Jonah. Jonah was in the stomach [belly] of the big fish for three days and three nights. In the same way, the Son of Man will be in the grave three days and three nights' " (Matthew 12:39, 40, ICB). Other times, Jesus said that He was going to be killed, but He would wake up from the dead on the third day (Matthew 16:21; Matthew 17:22, 23; Matthew 20:17–19). The top religious leaders knew that Jesus said these things. So, they did everything possible to make sure that Jesus wouldn't wake up from the dead and escape.

What did the religious leaders do to make sure that Jesus did not wake up from the dead? Read Matthew 27:62–66 for the answer. How did these things later help to show that Jesus really did wake up from the dead?

The religious leaders did so much to make sure that Jesus would stay locked in the grave forever. Maybe the leaders feared deep in their hearts that Jesus really was going to wake up.



Roman soldiers put a large stone in front of the grave and locked Jesus' dead body inside.

HE'S ALIVE! (Matthew 28:1–6)

At the cross, Jesus beat Satan and his evil army. The empty grave was proof that Jesus won. “When Jesus was put in the grave, Satan thought that he won. Satan hoped that Jesus would not wake up from the dead. Satan said that he owned the Lord’s body. So, Satan sent his angels to guard Jesus’ grave to keep Jesus a prisoner. Satan got very angry when his angels ran away because God’s angel came from heaven. When Satan saw Jesus come out of the grave alive, Satan knew that his kingdom was going to end. Satan knew that he finally was going to die.”—Ellen G. White, *The Desire of Ages*, page 782, adapted. Remember, Jesus was fully human and fully God. When Jesus died, only Jesus the Man died. But Jesus as God did not die. As God, Jesus had the strength to wake up from the dead.



Jesus said to Martha, “‘I am the resurrection [the One who can wake people up from the dead]. I am life’ ” (John 11:25, ERV).

Who helped wake up Jesus? How does Jesus’ resurrection or waking up from the dead give us hope? Read Matthew 28:1–6; John 10:17, 18; and Romans 8:11 for the answers.

When Jesus worked in Samaria-Peraea, Jesus announced that He can give up His life freely. He also said that He can get His life back again (John 10:17, 18). Jesus said to Martha, “ ‘I am the resurrection [the One who can wake people up from the dead]. I am life’ ” (John 11:25, ERV). Other verses in the Bible say that God resurrected Jesus. That is, God woke up Jesus from the dead (Acts 2:24; Romans 8:11; Galatians 1:1; Hebrews 13:20). God sent a powerful angel from heaven to roll away the big stone in front of Jesus’ grave (Matthew 28:1, 2).

In Matthew 28:11–15, we see that the religious leaders continue to fight against Jesus. The Roman soldiers who guarded Jesus’ grave come to the leaders. The soldiers “tell the leading priests [religious leaders] everything that happened” (Matthew 28:11, ERV). What does the soldiers’ report show us? Their report shows us that the soldiers saw Jesus wake up from the dead!

The soldiers’ report deeply upset the priests. So, the religious leaders “paid the soldiers a lot of money” (Matthew 28:12, ERV). The priests told the soldiers to lie about what happened. So, the soldiers told everyone that Jesus’ followers stole His body.

**MANY PEOPLE ALSO WAKE UP FROM THE DEAD
(Matthew 27:51–53)**

“Then the curtain in the Temple split into two pieces. The tear started at the top and tore all the way down to the bottom. Also, the earth shook and rocks broke apart. The graves opened, and many of God’s people who had died were raised [woke up] from death. They came out of the graves after Jesus was raised from death. They went into the holy city, and many people saw them” (Matthew 27:51–53, ICB). What does this surprising story teach us about the time when Jesus woke up from the dead? What does Jesus’ waking up from the dead or resurrection mean for His followers?

When Jesus died, an earthquake shook the ground (Matthew 27:50, 51). Another earthquake happened when Jesus woke up from the dead (Matthew 28:2). In Matthew 27:51–53, we saw that God woke up many of His people from their graves. Then these people went into Jerusalem and talked with many people in that city. God woke up these saints from the dead to be witnesses for Jesus. These saints told everybody that Jesus woke up from the dead. These saints are a symbol of God’s people who will wake up from the dead at the Second Coming. So, right after Jesus’ resurrection, God gave the Jewish people powerful proof that Jesus was the Savior. Many people, including many priests, accepted Jesus (read Acts 6:7).

“During Jesus’ work on earth, Jesus woke up the dead. He brought them back to life. Jesus woke up the son of the widow of Nain. Jesus woke up Jairus’s daughter and Lazarus from the dead. After Jesus woke them all up, they continued to live again. But they must die in the future. But not the people that woke up from the grave when Jesus was resurrected. No, God gave these people everlasting life. Then these saints went up to heaven with Jesus. They were Jesus’ living trophies. That is, these saints were proof that Jesus won. Jesus beat death and the grave. . . . God’s holy people went into Jerusalem after God woke them up from the dead. They announced to many people in the city that Jesus woke up from the dead, and they woke up with Him. In this way, God gave us everlasting proof for the Bible’s teaching about the resurrection.”—Ellen G. White, *The Desire of Ages*, page 786, adapted.

Yes, things in life may get very bad at times. But why can we trust that Jesus already won the fight for us?



**When Jesus died,
an earthquake shook
the ground.**

WITNESSES WHO SAW JESUS AFTER HE WOKE UP FROM THE DEAD (John 20:11–29)

What did the followers do when they met Jesus after He woke up from the dead? Read John 20:11–29 for the answer.



**Jesus said to Thomas,
“ ‘Put your finger here.
Look at my hands. Put your
hand here in my side.
Stop doubting and believe’ ”
(John 20:27, ERV).**

The two angels at the empty grave told Mary Magdalene and some other women that Jesus woke up from the dead (Matthew 28:1, 5–7; Mark 16:1–7; Luke 24:1–11). But soon Jesus Himself came to the women. They worshiped Him (Matthew 28:1, 9, 10; John 20:14–18). Jesus also appeared to Peter (Luke 24:34; 1 Corinthians 15:5) and to His two followers on their way to Emmaus. They were excited as Jesus talked with them (Mark 16:12; Luke 24:13–35). When Jesus came to the upper room, His followers were very afraid for a short time. Then they were filled with joy at what happened (Luke 24:33–49; John 20:19–23). A week later, Jesus appeared in the same room. He didn’t open any doors before He entered. No one knew how He got into the room. Then the followers believed that Jesus was alive (John 20:24–29).

40 days passed between Jesus’ resurrection and His going to heaven. During that time, “more than 500 of His followers saw Him at one time” (1 Corinthians 15:6, NLV). James also saw Jesus (1 Corinthians 15:7). Jesus joined some of His followers on the beach at the Sea of Galilee. There, Jesus ate breakfast with His followers. Then Jesus talked with Peter (John 21:1–23). Jesus also may have shown Himself to other people (Acts 1:3) before He went to heaven (Luke 24:50–53; Acts 1:1–11). Paul also saw Jesus with his own eyes. Jesus appeared to Paul on the road to Damascus (1 Corinthians 15:8; compare with Acts 9:1–9).

When Jesus’ followers first told Thomas that they saw Jesus, Thomas doubted. “Thomas said, ‘That’s hard to believe. I will have to see the nail holes in his hands, put my finger where the nails were, and put my hand into his side. Only then will I believe it’ ” (John 20:25). A week later, Jesus came to His followers again. Thomas also was there. Jesus said to Thomas, “ ‘Put your finger here. Look at my hands. Put your hand here in my side. Stop doubting and believe’ ” (John 20:27, ERV). “Thomas said to him, ‘My Lord and my God!’ Then Jesus told him, ‘You believe because you see me. Those who believe without seeing me will be truly [for sure] happy’ ” (John 20:29, ICB).

THE FIRST ONE (1 Corinthians 15:20)

Read 1 Corinthians 15:20. Also, read Deuteronomy 26:1–11. Why does Paul say that Jesus is “the first one [person who wakes up from the dead] and proof that those [people] who are asleep in death will also be raised [brought back to life from the dead]” (ICB)?

When Paul says that Jesus is “proof” that God will wake up the dead, Paul gives us important information. Paul tells us that we will be the same as Jesus. When Jesus wakes up, we see how our bodies will look when God wakes us up from the dead, too.

Remember, Jesus woke up from the dead with a new human body. His human body was everlasting. But Jesus had the nail marks from the cross in His hands and feet. His side was marked by the spear that stabbed Him (John 20:20, 27). Does this mean that when we wake up from the dead, our bodies also will be marked by the scars from the hurt and pain we suffered in the past?

Paul “saw Jesus in His glory. The light from heaven blinded [his] eyes [read Acts 9:1–9]. For the rest of his life, Paul’s eyes showed that they had been scarred by this light.”—Ellen G. White, *The Story of Redemption*, page 275, adapted. But do Paul’s words mean that we will wake up from the dead with bodies that have marks and scars from our suffering in this life (compare 1 Corinthians 15:50–54)? No. We will have new bodies without any scars. But Jesus is different. Jesus’ body “will always show the marks of His suffering for us on the cross. The nail marks in His hands will tell the story that He died to save us. The nail marks will show the price that Jesus paid to buy our freedom from the punishment of sin and death.”—Ellen G. White, *Early Writings*, page 179, adapted. Jesus’ scars are proof that we won’t have any scars when we wake up from the dead. Our scars will be gone forever.

Jesus always will have the scars from the cross. What do His scars show us about God’s love for us? What do His scars also show us about what it cost God to save us? How much did God “spend” to save us?



Paul “saw Jesus in His glory. The light from heaven blinded [his] eyes.”



“Jesus’ voice will be heard from the sky.”

ADDITIONAL THOUGHT: Read Ellen G. White, “In Joseph’s Tomb,” pages 769–778; “‘The Lord Is Risen,’ ” pages 779–787; “‘Why Weepest Thou?’ ”, pages 788–794; “The Walk to Emmaus,” pages 795–801; “‘Peace Be Unto You,’ ” pages 802–808; in *The Desire of Ages*.

“Jesus cried from the cross: ‘It is finished.’ The dead heard the cry of Jesus. Jesus’ cry entered the graves. His voice called the sleepers there to wake up. The same thing will happen at the Second Coming. Jesus’ voice will be heard from the sky. His voice will enter the graves and open them. The dead in Jesus will wake up. They will come out of their graves. When Jesus woke up from the dead, a few graves opened. But at Jesus’ Second Coming, all the precious dead shall hear Jesus’ voice. Then they shall leave their graves with everlasting life. The same strength that woke up Jesus from the dead will wake up His church from the dead. Then God will honor His church and Jesus above all leaders, fallen angels, and every name that is known. God and His church will be honored in this earth and in the new earth, too.”—Ellen G. White, *The Desire of Ages*, page 787, adapted.

DISCUSSION QUESTIONS:

- ① “‘It is finished,’ ” (John 19:30, ERV) and “‘He has risen [woke up] from death’ ” (Matthew 28:6, ERV) are two of the most powerful quotes in human history. How do these words help us understand God’s plan?
- ② At first, the religious leaders wanted soldiers to guard Jesus’ grave. The leaders wanted to make sure that Jesus’ followers did not steal the body of Jesus. Later, the religious leaders paid the soldiers to say that Jesus’ followers did steal the body. How does this story help us understand that Jesus really did wake up from the dead? Why is Jesus’ empty grave so important to Christians?

ACCEPTING THE BIBLE: PART 1

Eulalia Rashid drank all her beer on Christmas Eve. So, she went to the store to buy more. Eulalia lived in the Northern Mariana Islands, which are part of the United States of America. The Northern Mariana Islands are a group of 15 islands in the Pacific Ocean. Eulalia was lonely. She was alone during Christmas. She had been an alcoholic for 37 years. She wanted beer more than she wanted to see her four children and 13 grandchildren. Eulalia also was sick with cancer.

On the way to the store, Eulalia saw a small wooden box on the dark street. Eulalia picked up the box and shook it. Maybe some money was inside. Sure enough, Eulalia found a penny. She put the box in her pocket. A few minutes later, Eulalia stood inside the store. She pulled out the box. In the store light she saw words written on the top of the box: “Your word [the Bible] is like [the same as] a lamp that shows me the way. It [the Bible] is like a light that guides me” (Psalm 119:105, NIV).

The next morning, on Christmas Day, Eulalia read the words on the box again and again. “What is this ‘word’?” she wondered. “What is this lamp that shows me where I should go?” Eulalia always believed in Jesus. She didn’t know Him as her Friend and Savior. Now Eulalia tried to say Psalm 119:105 in her own languages, Tomoro and Palau. Eulalia learned to speak Tomoro and Palau when she was a child before she learned English. She read Psalm 119:105 in several different Bibles. But she didn’t understand what the “word” in the verse meant. So, she decided to read the whole Bible. Maybe then she would learn what “word” meant.

Sometime later, Eulalia read John 1:1, which says: “The Word (Christ) was in the beginning. The Word was with God. The Word was God” (John 1:1, NIV). Eulalia continued reading. “The Word became a man and lived among us” (John 1:14, ERV). “Here is the answer!” Eulalia thought. “The Word is Jesus! Jesus is the Lamp that shows me the way I should live my life!”

By now, Eulalia loved reading the Bible. She also started to pray every day. Soon her life started to change. She read about the Sabbath in Exodus 20. So, Eulalia started to keep the Sabbath in her home. She read about the food laws in Leviticus 11. So, she changed the foods she ate. When Eulalia saw that God gave Adam and Eve a plant-food diet, Eulalia planted a garden. She grew sweet potatoes, spinach, string beans, eggplant, tomatoes, mangoes, lemons, and dragon fruit. Her family was surprised that she stopped drinking. She told them that she decided not to drink anymore, and Jesus removed from her the thirst for alcohol forever. Eulalia’s example was winning her family to Jesus. She was a witness for Him and didn’t know it!

INSIDE
Story
by ANDREW MCCHESENEY



**“What is this lamp
that shows me
where I should go?”**

