



LIFELINE Discussion Guide

Week of April 6, 2026

1. Work with a partner on a Google/Internet search. What is the “power” of these earthly realities?
 - *The average horsepower of a tractor-trailer: _____ horsepower*
 - *The electrical “megawatt” output of Conowingo Dam: _____ megawatts*
 - *The typical temperature of molten steel: _____ degrees*
 - *The amount of energy released from the Hiroshima atom bomb: _____ kilotons*
2. Read John 20:1-18. Why do we say that Jesus’ resurrection is the most powerful event in human history? Explain your answer.
3. Who were the secular and spiritual enemies that Jesus defeated on Resurrection Sunday? (see also Colossians 2:15)
4. Look again at Peter and John’s investigation of the tomb. What physical evidence was here to support the powerful resurrection of Jesus? In addition to His earthly opponents, what else did Jesus defeat on this day? (read Romans 6:9-10 and Revelation 1:18).
5. How would you describe Mary’s mental and emotional state as she stood alone at the tomb? Have you ever been so completely discouraged and crushed, that you didn’t know what to do next? When Mary was at the very bottom of her sorrow, what happened? (see verses 10-16).
6. Christians need a reminder that the Resurrection isn’t the final climax of Jesus’ story. Why was it so critical that Jesus return to heaven in His ascension? (John 14:16-17, 26. John 16:7). How does this truth impact your life in the here and now? (see Acts 1:8, Eph. 1:14-16 and Gal. 5:22-25).
7. If a non-Christian friend or unbelieving family member asked you why Christians get so excited about Easter Sunday, what would you tell them? How would you connect the dots between Jesus’ resurrection and their need for salvation?
8. How is the power of resurrection at work in your everyday life— even right now? How does Jesus’ resurrection power give you HELP and HOPE? Use Ephesians 1:18-20 and Romans 8:11 as you discuss answers.

The same power that raised Jesus is the power that changes you.