

Life Group Discussion Guide

Resurrection Sunday: SEEN. KNOWN. SENT.

Primary Text: John 20:1–29

1. Welcome & Opening in Prayer

Leader prompt:

Tonight is not about having the “right answers,” but about listening for where the risen Jesus may be meeting us — in grief, fear, or doubt.

Question (choose one):

- What is one phrase, image, or moment from the Easter sermon that stayed with you?
- When have you experienced God working in a season that still felt “dark”?

3. Scripture Reading

Read **John 20:1–18** out loud together.

(Option: Ask different people to read short sections.)

Leader note:

Encourage the group to notice emotions, not just events.

4. Discussion Part 1 — Seen in Grief (Mary at the Tomb)

Key Truth from the Sermon:

Resurrection did not begin with faith — it began with devotion.

Discussion Questions

1. Mary goes to the tomb expecting to mourn, not to celebrate. What does this tell us about how God meets us?
2. Why do you think Mary stayed when Peter and John left? What keeps people staying — or leaving — in seasons of unanswered pain?
3. Jesus doesn’t explain the resurrection first — He speaks Mary’s name.
 - Why is being **known** sometimes more powerful than being given answers?
4. Where might Jesus be calling your name in this season?

Supporting Scriptures

- Psalm 34:18 — *“The Lord is close to the brokenhearted...”*
- Isaiah 43:1 — *“I have called you by name; you are mine.”*
- John 10:3–4 — *The Shepherd calls His sheep by name*

Leader insight:

God does not reveal Himself first to those who understand the most, but to those who refuse to walk away.

5. Discussion Part 2 — Known in Fear (The Locked Room)

Read: John 20:19–23

Key Truth from the Sermon:

Peace comes before purpose.

Discussion Questions

1. The disciples weren't praying — they were hiding. What fears tend to “lock the doors” in our own lives?
2. Jesus' first words are “Peace be with you.” Why do you think peace comes before calling?
3. The risen Jesus still carries wounds.
 - What does that say about how God views our pain and past?
4. How might God want to restore peace in you before giving direction or assignment?

Supporting Scriptures

- Romans 5:1 — *“Therefore, since we have been justified through faith, we have peace with God...”*
- Isaiah 26:3 — *Perfect peace for those who trust Him*
- John 14:27 — *“My peace I give you.”*

Leader insight:

Mission driven by fear leads to burnout. Mission rooted in peace leads to fruit.

6. Discussion Part 3 — Met in Doubt (Thomas)

Read: John 20:24–29

Key Truth from the Sermon:

Honest doubt handled in Jesus' presence often leads to deeper worship.

Discussion Questions

1. Thomas wanted to see the wounds. Why do you think suffering mattered to his faith?
2. Jesus returns a week later — just for Thomas. What does this tell us about God's patience?
3. Have you ever felt that doubt disqualified you from faith? How does this story challenge that idea?
4. What might “resurrection faith” look like for those who haven't seen but still believe?

Supporting Scriptures

- Jude 1:22 — *“Be merciful to those who doubt.”*
- Psalm 73:26 — *“My flesh and my heart may fail...”*
- Hebrews 11:1 — *Faith as confidence in what we do not see*

Leader insight:

Jesus does not shame our questions — He steps into them.

7. Application — Seen, Known, Sent

Ask the group to reflect quietly for a moment, then discuss:

- Where do you need to know you are **seen** by God right now?
- What does it mean for you personally to be **known by name**?
- Where might God be **sending you** — not with pressure, but with peace?

Supporting Scripture

- Matthew 28:18–20 — We are sent because He is alive
- 2 Corinthians 5:17–20 — Ambassadors of reconciliation

8. Prayer Response

- For those grieving — to be seen
- For those anxious or fatigued — to receive peace
- For those wrestling with doubt — to encounter Jesus personally

Optional closing practice:

Invite members to simply speak their name quietly before God, remembering that Jesus speaks names before assignments.

9. Leader Closing Reminder

The resurrection is not just something we remember —
it is a reality we live in.