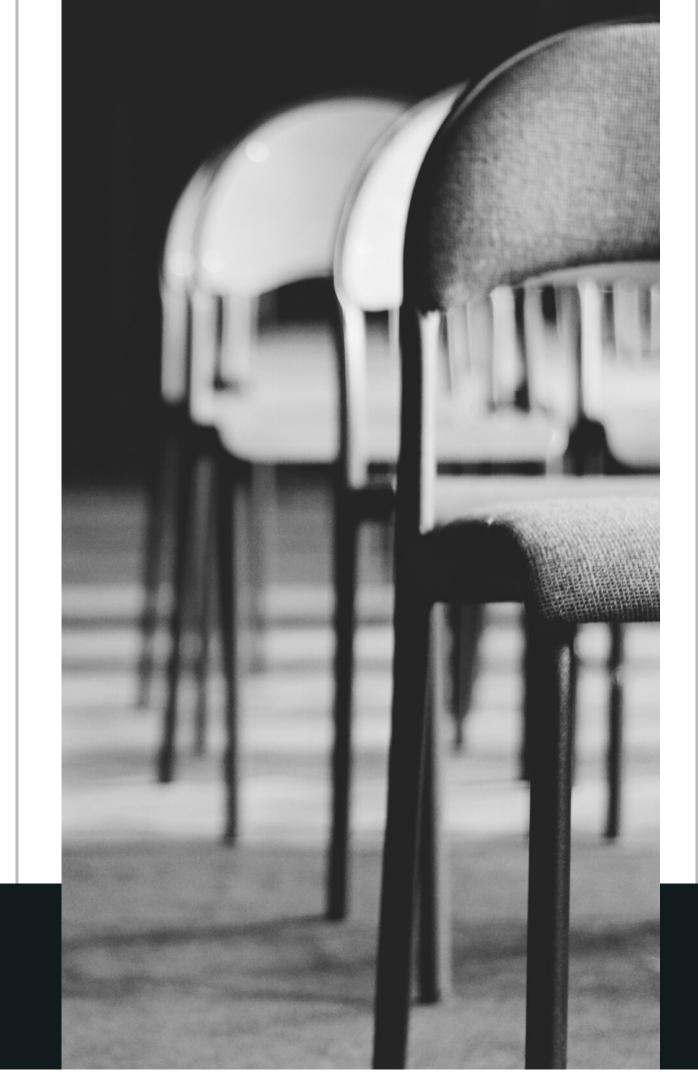
MARCH 20, 2020

# Moving on from Empty



### MOVING ON FROM EMPTY



### Review

What were your favorite points from the online Vespers service?

What spoke to you?

Was there a phrase or moment from the message that related to you the most?

Do you have any questions?

Read John 20:1–18. (Jesus' disciples had given their lives to follow Jesus, all of a sudden He is taken away from them through His death on the Cross. When Christ rode into Jerusalem, the hopes of the disciples had been raised that He would rule. Now in His death they were filled with grief and disappointed hopes.)

Have you invested in your all into something and it seemed like it had not got you anywhere?



Mary says, "They have taken the Lord's body out of the tomb, and we don't know where they have put him!"

Mary assumes that the body of Jesus has been removed not revived.

What false assumptions do you risk making when you experience hopelessness and disappointed?



When Mary saw that the tomb was empty, she began to weep so intensely that she could not recognize that Jesus was right next to her.

What things have caused you to cry, feel angry or distressed recently?

Were able to see God's presence in the middle of your pain?

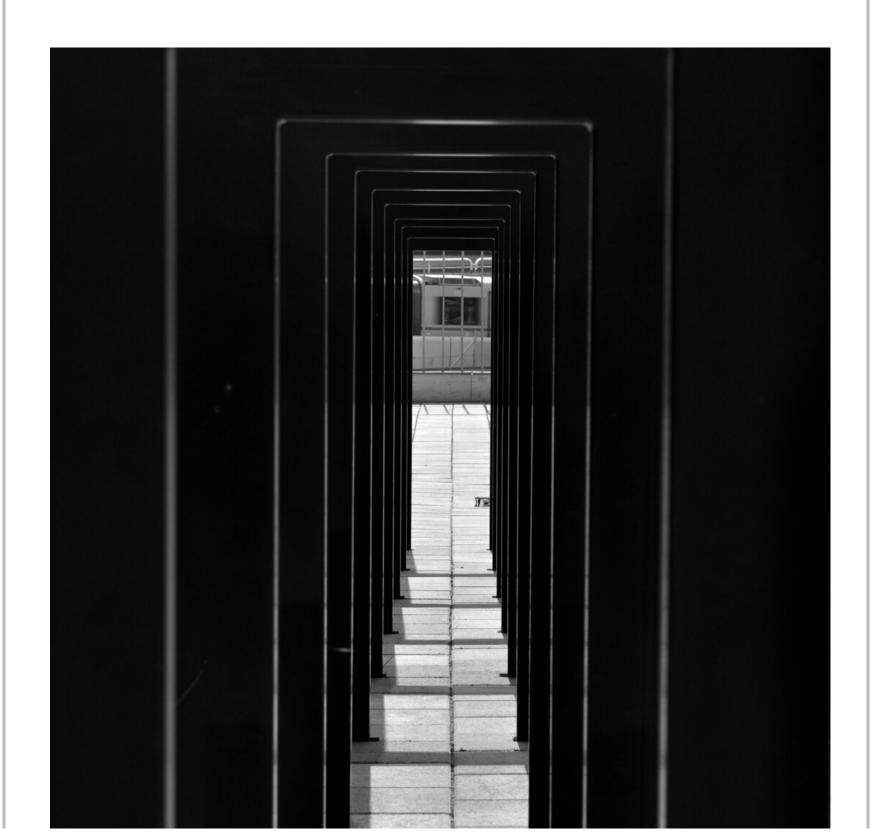
Was there a time when your circumstances were so difficult that couldn't remember the promises of God? Explain.



What "empty tombs" are you focusing on that God is calling you to look at through faith?

Identify some practical steps you can take to help with that.

How does the reality of Jesus' resurrection give you hope today?



Read: Luke 24:5-7.

The angel asks the disciples, 'Why are you seeking the living among the dead?'

In what areas of your life do you feel you are seeking life giving things among the dead things of the world?

How can you reprioritize certain areas of your life so that you find what your looking for in God?



### MOVING ON FROM EMPTY



### Action Plan

Grab a paper and a pen, and write down an "empty tomb" that you've been focusing on.

What type of tomb is it?

This week, write down two or three promises in God's Word that can make you see the tomb in a new way.

Place your hand written notes around your room and post it on social media with the **#SDAUNITED** and **#SAUprays** to encourage others.