

# RISEN!

*FCC Life Group Discussion Notes  
Based on the "SHOUT" Series of Matthew Rogers  
Matthew Rogers Preaching  
04-05-26 / Easter Sunday*

## Opening Prayer

- Thank God for the resurrection of Jesus Christ and the victory He won over sin and death.
- Ask the Lord to help us live in the freedom and new life that the risen Jesus provides.

## Ice Breaker

If you could come out of any “cave” (a place of fear, hiding, or stuck-ness) in your life right now, what would that look like?

## Key Scripture

**Matthew 28:5-6 (CSB)** – *Ask a group member to read aloud.*

“Don’t be afraid, because I know you are looking for Jesus who was crucified. He is not here. For he has risen, just as he said.”

## Sermon Summary

Jesus is alive! The war with sin and death is over, and everything has changed because He rose from the dead. Just like the Japanese soldier who hid in a cave for 28 years after the war had already ended, many of us live in fear or stuck in old patterns even though victory is already ours. Because Jesus rose, we can have the certainty of the life He gives and walk out of our own “caves” into freedom.

## Discussion Point 1: Death Couldn’t Hold Jesus

**Scripture: Acts 2:24 (CSB)** – *Ask a group member to read aloud.*

“God raised him up, ending the pains of death, because it was not possible for him to be held by death.”

**Point Summary:** Peter boldly proclaimed that God raised Jesus, ending the agonizing grip of death. The tomb was empty, and the early disciples’ lives were transformed from fear to boldness because they witnessed the resurrection. This same resurrection power is what started the Christian movement and remains its central message today.

*Suggested points for prayer is given in each prayer section and are up to the discretion of the leader.*

### **Discussion Questions:**

1. What stands out to you about the fact that “it was not possible for death to hold Jesus”?
2. How does the empty tomb give you confidence in your own faith journey?

## **Discussion Point 2: We Can Be Free from Death’s Grip**

**Scripture: 2 Corinthians 5:17 (CSB)** – *Ask a group member to read aloud.*

“Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!”

**Point Summary:** Because Jesus slipped out of death’s grip, those who belong to Him can also be released from the “death grip” of painful memories, addictions, shame, bitterness, or anything else that holds them back. The resurrection brings new power for living and makes us new creations. Like the greased pig that can’t be held, we can slip free when Jesus is in our lives.

### **Discussion Questions:**

1. What “death grip” (pain, habit, fear, or relationship) feels like it’s been holding onto you lately?
2. How might believing in the resurrection give you practical hope and power to walk in freedom this week?

## **Discussion Point 3: Come Out of the Cave**

**Scripture: Matthew 28:6 (CSB)** – *Ask a group member to read aloud.*

“He is not here. For he has risen, just as he said.”

**Point Summary:** Jesus came out of the tomb, and because He is risen, it’s safe for us to come out of our own caves of fear, doubt, or hiding. The sermon reminded us that everything has changed now that Jesus is alive. We don’t have to stay stuck—new life and victory are available through Him.

### **Discussion Questions:**

1. In what area of your life do you feel like you’re still “hiding in a cave,” even though Jesus has already won the victory?
2. What would it look like for you to step out in faith and live in the freedom of the risen Jesus?

## Wrap-Up

Everything changes when we realize Jesus is risen. Death couldn't hold Him, and because we are in Christ, it can't ultimately hold us either. The same power that raised Jesus can free us from whatever has us in its grip and bring new life. As the angel said, "He is not here. For he has risen, just as he said." Let's live like people who know the tomb is empty and the victory is won.

## Challenge

This week, identify one "death grip" or cave you've been living in and intentionally surrender it to the risen Jesus in prayer each day. If you haven't yet, consider filling out a Starting Point card (or a similar response) and taking a next step—whether following Jesus, getting baptized, or simply reaching out with your questions. Let's live fully alive because He is risen indeed!

## Closing Prayer

- Praise God for the resurrection and the freedom it brings into our lives.
- Pray for each group member to experience release from whatever is holding them back and to walk in the new life Jesus offers.
- Ask the Holy Spirit to fill us with boldness and joy like the early disciples.

## Handout

**Life Group Handout: RISEN!** *(Print and give one to each person – space for notes)*

**Key Verse to Remember: Matthew 28:6 (CSB)**

“He is not here. For he has risen, just as he said.”

**My “Cave” or “Death Grip” Right Now:**

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**One thing I want to surrender to the risen Jesus this week:**

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**My Next Step:**

- I want to follow Jesus
- I want to be baptized
- I have questions – let’s talk
- I’m committing to live free in the power of the resurrection

**Response to this statement (on the back or below):** “This is a barrier between me and a fully devoted life with Jesus:”

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**Remember: He is Risen! He is Risen Indeed!**

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