

STUDY GUIDE – Hearing Him in the Hurt

John 20:11–18 (CSB)

Big Idea: Jesus speaks into our grief, calling us by name—restoring our hearts, refocusing our minds, and revealing His reign so we can walk in hope.

1. Partake the Word (Receive / Feed)

Read **John 20:11–18** slowly and intentionally.

Pay attention to what unfolds:

- Mary is overwhelmed with grief, weeping outside the tomb
- She sees angels—but her sorrow dulls her response
- She sees Jesus—but does not recognize Him
- Jesus speaks her name—and everything changes
- Mary moves from weeping... to witnessing

Do not rush this moment. Sit in the scene. Feel the weight of her grief—and see the power of His voice.

2. Probe the Word (Study / Examine)

I. The Grief – It Restricts (vv. 11–15a)

A. **It Restrains the Soul:** Deep emotional weight and sorrow

B. **It Reduces the Mind:** Fixated thinking on loss

C. **It Restricts the Eyes:** Looking... but not truly seeing

Greek Insight

- *κλαίουσα (klaioussa)* – deep, continual sobbing
- *οἶδα (oída)* – to know, understand, perceive
- *θεωρεῖ (theōrei)* – to observe, look upon

Grief doesn't just hurt—it reshapes how we think and see.

II. The Risen Savior – He Restores (vv. 15b–17)

A. **He Reminds:** He calls her by name

B. **He Redirects:** He shifts her from clinging to the past

C. **He Reigns:** He reveals His authority and ascension

Greek Insight

- λέγει (*legei*) – He speaks intentionally
- ἅπτου (*haptou*) – to cling, hold tightly
- ἀναβαίνω (*anabainō*) – to ascend, rise

Jesus doesn't just comfort—He reorients everything.

III. The Response – It Releases (v. 18)

A. **It Restores Relationship:** She sees and knows Him

B. **It Reveals His Word:** She shares what He said

C. **It Releases a Witness:** She goes and tells others

Greek Insight

- ἐώρακα (*heōraka*) – I have seen and continue seeing
- εἶπεν (*eipen*) – He declared
- ἀγγέλλουσα (*angellousa*) – proclaiming, announcing

An encounter with Jesus always moves outward.

Gospel Connection

- Jesus enters our grief—not from a distance, but personally
- He speaks truth—not just to inform us, but to transform us
- He rises in victory—proving death does not win

The issue is not whether Jesus is speaking. The issue is whether we are listening.

3. Practice the Word (Live It Out)

Questions to Consider

The Grief – It Restricts

Where is grief burdening my soul right now?

How has my thinking been shaped more by loss than truth?

Where might I be looking at Jesus... but not recognizing Him?

The Gardener (Jesus) – *He Restores*

What is Jesus reminding me of about who I am in Him?

What am I clinging to that He is asking me to release?

Do I trust that Jesus is reigning over my current situation?

The Gospel – *It Releases*

What has Jesus shown me that I need to respond to?

Who can I share my story with this week?

Am I keeping silent what God has made clear?

Heart Application

Where has grief caused me to withdraw instead of trust?

How can I intentionally listen for the voice of Jesus this week?

What would it look like to walk in hope again?

Practice This Week

- Slow down and spend time daily in John 20:11–18
- Listen for His voice through His Word
- Release one burden to Him in prayer
- Share one testimony of what Jesus has done

This week: Choose to **listen for His voice... instead of the noise.**

4. Pray & Praise (Depend on God & Declare His Glory)

Lord Jesus,

In my grief, remind me I am not alone.

When my soul is heavy, lift it.

When my mind is clouded, clear it.

When my eyes cannot see, reveal Yourself.

Speak my name again and again.

Redirect my heart.

Help me trust that You are reigning—even when everything around me is falling apart.

And please give me the courage to go and tell what I have seen and heard.

You are risen.

You are present.

You are King.

I praise Your Holy Name!

Amen.