

FAMILY WORSHIP HELPS

WEEK 28

THIS WEEK'S FOCUS

QUESTION 28: *Wherein consisteth Christ's exaltation?*

ANSWER: Christ's exaltation consisteth in His rising again from the dead on the third day, in ascending up into heaven, in sitting at the right hand of God the Father, and in coming to judge the world at the last day.



MONDAY



Praise: Sing Psalm 98B

Scripture: Read I Corinthians 15:3-11; Philippians 2:9-11

Key Thought: *The exaltation of Christ is seen in His resurrection.*

Questions:

- ☞ What is meant by the word "exaltation"?
- ☞ Can Christ, as God, be exalted any higher than He is? What does the exaltation of Christ refer to?
- ☞ What was Christ exalted over in His resurrection?
- ☞ How does this demonstrate the power of His sacrifice?
- ☞ What comfort does this give us in the face of death?

Prayer

Notes: Last week we considered the humiliation of Christ, looking at the incredible condescension of the Second Person of the Godhead when He willingly took upon Himself the restrictions of human nature and bore suffering for us, even unto death. We now turn our attention to His exaltation, as He was raised up and glorified with a name above every name after He had accomplished the will of His Father. It is important to note, as Thomas Watson points out, that we speak of the exaltation of Christ "not in respect of His Godhead, for that cannot be exalted higher than it is: as in His humiliation, the Godhead was not lower; so in His exaltation, the Godhead was not higher: but Christ is exalted as Mediator, His human nature is exalted" (commentary on the *Catechism*). The exaltation of Christ, then, was not a heightening of His divine nature, but a reward for the work He accomplished in His human nature, by which He was lifted up in several specific ways. The first of these is seen in His exaltation over death itself. This was powerfully manifested in His resurrection. Show your children that no one has ever exercised power over death, but all men since Adam have been powerless against it. But the resurrection of Jesus Christ demonstrates His victory over death itself, which was the penalty due to all of us for our sins. The exaltation of Christ over death provides great

comfort for those who trust in Him, as well as strong motivation to proclaim the power of His resurrection to those who remain in bondage to death.



TUESDAY



Praise: Sing Psalm 98B

Scripture: Read Mark 16:19-20; Acts 1:1-9; John 14:1-3

Key Thought: *The exaltation of Christ is seen in His ascension.*

Questions:

- ☞ What is meant by the word “ascension”?
- ☞ Where is the physical body of Jesus now?
- ☞ How is His physical body different than it was when He was on earth?
How is it the same?
- ☞ What does His ascension tell us about His work on earth?
- ☞ Is Jesus any less real because we cannot see Him?

Prayer

Notes: The next place where the exaltation of Christ is seen is in His ascension to heaven after His resurrection. Define the word “ascension” for your children and help them to understand the idea of the bodily ascension of Christ, that His physical body is now in heaven. Explain that the body of Jesus has been marvelously transformed into a perfect body, and that He no longer experiences any pain or fatigue or hunger or thirst or suffering of any kind. Show them also the importance of Jesus retaining His physical body in order to eternally identify with us before the Father. Help them to see that the ascension of Christ teaches us that His work was completed and His sacrifice accepted by the Father. We can therefore be confident in approaching the Father through Him, knowing that He has been accepted in our place. Emphasize that the fact that we can no longer see the physical body of Jesus does not in any way make Him less real. In fact, His ascension seals and activates His power as the King of kings, and He has sent His Holy Spirit to dwell in the hearts of all of His people, which He could not do in His physical body. His ascension to heaven is also a sign to those who believe in Him that they will also be received for His sake before the Father.



WEDNESDAY



Praise: Sing Psalm 98B

Scripture: Read Ephesians 1:15-23

Key Thought: *The exaltation of Christ is seen in His coronation.*

Questions:

- ☞ What is a “coronation”?
- ☞ When was Jesus Christ crowned as king?

- ☪ What does the “right hand of God” symbolize?
- ☪ Does Jesus have to wait until some future time to begin to reign?
- ☪ What is the special focus of the reigning power of Jesus?

Prayer

Notes: The word “coronation” here refers to the seating of Christ at the right hand of God and the committing of authority and power to Him as the King of kings and Lord of lords. The Scriptures affirm that when Jesus ascended into heaven He was crowned as King and given authority to rule. The “right hand of God” symbolizes the greatness of His power. All power is committed to Christ for the building up of His kingdom. Show your children that Paul uses the past tense to write of the seating of Christ at the right hand of God, teaching us that He is reigning now, rather than waiting for some remote time in the future to return to earth and begin His rule. The special focus of the reigning authority of Christ is the Church, since Paul tells us that He has been made “head over all things to the church.” Help your children to see that this means that the church is the main instrument through which King Jesus extends His rule and dominion. As the church preaches the gospel and practices righteousness, Christ is lifted up and individuals, families, and nations are subdued to Him.



THURSDAY



Praise: Sing Psalm 98B

Scripture: Read Acts 1:10-11; Matthew 25:31-46; Acts 17:31

Key Thought: *The exaltation of Christ is seen in His promised return.*

Questions:

- ☪ What did the disciples of Jesus do when they saw Him ascend?
- ☪ What did the angels tell them?
- ☪ What does Jesus expect us to be doing while we wait for Him?
- ☪ What will happen when Jesus returns?
- ☪ Do you wish to be among the sheep or the goats? How can you make sure that you are among the sheep?

Prayer

Notes: Not only has Christ been exalted in His resurrection, ascension, and coronation, but He has also been appointed as the one who will judge the world at the end of history. His exaltation can be seen in the past, present, and future. The fact that Jesus has been appointed to judge the world one day is to profoundly affect how we think, speak, and live in the present. The disciples of Jesus were commanded to stop gazing up into the sky, but instead to be obedient to what Jesus had told them to do while He was still with them. Likewise, as we await His return, we are to be busy in serving Him and advancing His kingdom according to His commands. Everyone will one day stand before Him to give an account of their lives. Only

those who have walked by faith in humble submission to Him will be accepted, and the rest will be condemned. Encourage your children to seek Him with all of their hearts, asking Him daily for grace to live and act as those who have been crucified with Christ and raised together with Him in newness of life.



FRIDAY



Praise: Sing Psalm 98B

Scripture: Read Philippians 2:1-16; 1 Peter 5:5-7

Key Thought: *The humiliation and exaltation of Christ is our model.*

Questions:

- ☞ Was anyone on earth ever humbled as much as Christ?
- ☞ Was anyone in heaven ever exalted higher than Christ?
- ☞ What does Paul tell us we should do in light of this?
- ☞ What happens to those who exalt themselves?
- ☞ What happens to those who humble themselves?
- ☞ In what ways are you prone to exalt yourself?

Prayer

Notes: The humiliation and exaltation of Christ is the most striking exhibition of God's love and its outworking among His creatures. Sin in the heart of man has so distorted His heart and mind that every thought, word and deed is aimed at self-exaltation. In stark contrast to this wicked principle in the hearts of Adam's children, Christ came and humbled Himself more than anyone was ever humbled, not only because of the greatness of His sufferings, but also because of the height of the glory which He left behind when He came to earth. Then, when His mission for us was complete, the just having suffered for the unjust, Christ was exalted to the highest place and crowned with glory beyond compare. God has not only accomplished our redemption objectively through Christ, but also shown us through His humiliation and exaltation that the way of life is the antithesis of our corrupt natural inclinations. By grace through faith we are enabled to see this grand truth and we are humbled before Him. The life of faith that follows is a progressive outworking of the principle of Christ's humility in us, with confident hope in the glory that will one day belong to those who are His. Challenge your children with this truth and ask them to identify specific areas in their lives where self-exaltation continues to surface. Pray with them for grace to humble themselves in all things.



Note: Only five lessons per week are included. You are encouraged to lead your family in worship seven days a week. On weekends, you may want to review or build upon the lessons from the previous week, discuss the sermon from Sunday morning, or work on questions from the Catechism or memory verses. These lesson suggestions are intended to provide a simple framework for parents to build upon. You are not limited to this content. The habit of morning and evening family worship is the biblical ideal. We hope you can use these lessons as a starting point for the development of a blessed practice of family worship in your home.