JOURNEY JOURNAL

Exploring faith one conversation at a time.

The Journey Journal isn't homework.

It's a place to pause, reflect, ask questions, and continue the conversation after the Bible study ends.

There are no grades.

There are no right or wrong answers.

The goal is simply to be honest with yourself as you explore some of life's biggest questions.

Sincerly,

Ontario Youth Team

Lesson 1 The Case for the Resurrection

Today's Big Question:

Did Jesus really rise from the dead?

What We Explored

Today we explored one of the biggest claims in Christianity, the resurrection of Jesus.

Christians don't simply believe that Jesus was a good teacher who lived and died about 2,000 years ago. Christianity makes a much bigger claim: Jesus died, was buried, and rose again.

We looked at some of the evidence surrounding that claim. Jesus' death was confirmed, His body was placed in a tomb, the tomb was later found empty, multiple people claimed to have seen Jesus alive, and His disciples went from hiding in fear to boldly telling others that they had seen the risen Jesus.

The resurrection is worth investigating because Christianity itself depends on it. The Bible even says that if Jesus didn't rise, Christian faith is empty.

You don't have to ignore your questions or pretend you have everything figured out.

The invitation is simply to **look at the evidence, ask honest questions, and decide what you think.**

What Stood Out To You?

Write one idea from today's discussion that challenged your thinking.

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Read It Again

Spend a few minutes reading these passages on your own this week.

☐ Luke 24:1–8
☐ 1 Corinthians 15:3–8
☐ John 20:24–29

As you read, ask yourself:
"What do these passages tell me about the claim that Jesus rose from the dead?"

Reflect

Take some time this week to think honestly about these questions.

Before this lesson, what did I believe about the resurrection?

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What piece of evidence stood out to me the most? Why?

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What part of the resurrection do I find hardest to believe or understand?

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If Jesus really rose from the dead, what might that tell me about who He is?

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This Week’s Challenge

Choose **one question** you still have about the resurrection.

It could be something like:
"How do we know Jesus really died?"

"Could someone have stolen His body?"

"Can we trust the people who said they saw Him?"

Or something completely different.

Spend a little time this week investigating your question.

Then ask yourself:
"Am I willing to follow the evidence even if it challenges what I already believe?"

Write down what you discover.

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Questions I'm Still Wrestling With

Faith grows through honest questions.

Use this space to write down anything you're wondering about.

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Prayer

Whether you're someone who prays regularly or you've never prayed before, take a moment this week to simply talk to God.

You don't need fancy words.

You could pray something as simple as:
"Jesus, I still have questions, but I'm willing to search for the truth. Help me understand who You are and whether You really rose from the dead."

Lesson 2 The Resurrection Changes Everything

Today's Big Question

If Jesus really rose from the dead,
what does that change for me?

What We Explored

Today we looked at why the resurrection matters.

The resurrection isn't only the ending of the Easter story. It changes how we understand Jesus, sin, death, our future, and the possibility of a new life.

If Jesus truly rose from the dead, then He cannot simply be placed in the category of another good teacher. His claims about Himself deserve to be taken seriously.

The cross shows that Jesus willingly gave His life for our sins. The resurrection shows that sin and death did not defeat Him.

Because Jesus rose, Christianity offers more than forgiveness for the past. It offers hope, transformation, and new life.

The resurrection also changes the way Christians think about death. Death is still painful and real, but it doesn't have to be the end of the story.

This lesson leaves us with a personal question:
If Jesus rose and offers new life, how should I respond to Him?

What Stood Out To You?

Write one idea from today's discussion that challenged your thinking.

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Read It Again

Spend a few minutes reading these passages on your own this week.

☐ John 20:24–29
☐ Romans 6:4–5
☐ John 11:25–26

As you read, ask yourself:
“What do these verses show me about who Jesus is and the life He offers?”

Reflect

Take some time this week to think honestly about these questions.

How does the resurrection change the way I see Jesus?

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Why do I think both the cross and resurrection matter?

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What parts of my life feel like they need a new beginning?

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If death isn't the end, how might that change the way I live today?

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This Week’s Challenge

Read John 20 this week.

Pay attention to the different ways people respond when they encounter the risen Jesus.

Some are confused.

Some are afraid.

Some doubt.

Some believe.

As you read, ask yourself:
“Which person's response is closest to where I am right now?”

Write down what you discover.

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Questions I'm Still Wrestling With

Faith grows through honest questions.

Use this space to write down anything you're wondering about.

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Prayer

Whether you're someone who prays regularly or you've never prayed before, take a moment this week to simply talk to God.

You don't need fancy words.

You could pray something as simple as:
“Jesus, if You really rose from the dead, help me understand what that means for my life. Show me who You are, and help me be open to the new life You offer.”