

What the Resurrection Practically Changes - Spring 2026 D-Groups

For Wednesday, April 22 - "The Resurrection Strengthens Us To Follow Jesus Faithfully"



The Big Picture - Our Theme for This Six-Week D-Group Session

Two more weeks to go as we focus on **Jesus' resurrection**. We've seen this theme throughout this session: this event brings about a massive transformation in our lives. As we put it in week #1, **"this changes everything!"**

This week is a continuation and expansion of last week: even beyond empowering us to live in victory over sin, more broadly, the resurrection helps strengthen us to live out our faith in Christ - to follow Him faithfully. Specifically, we'll pick-up the basic theme of Ephesians 1:19ff and consider other areas of our lives of faith where this same power that raised Jesus from the dead is "for us." In other words, it strengthens us for our discipleship journey.

Introductory Reflection

When we talk about our lives of faith, it's a broad discipleship category. We're referring to any and every part of our lives that Jesus' Lordship should be influencing (as in, all of it!). Beyond our struggle with sin, here are some other areas in our lives of faith where we might need His power: carrying-out His mission in the world, being equipped/enabled to serve (whether in the church community or beyond), doing good works, living in obedience, following Jesus' example, reflecting His character, living out our calling within our families (*i.e.*, allowing Jesus to impact our relational responsibilities in the home), standing firm/enduring, having a transformed mind, etc., etc. Belonging to Jesus means being committed to Him in every way.

When it comes to such broader faith categories, identify 2-3 (either from the list above or other areas) where you find yourself "weak" - as in, struggling to do it well. Be specific.

Within your group, share some specific ways you would like to experience His power so you can grow in living out your life of faith.

Why is it hard (yet vital!) for us to admit/acknowledge such weaknesses in our lives of faith?

This Theme in God's Word

We are building off of the basic theme we established last week: **His RESURRECTION POWER is available for us in Christ through the ongoing presence of the Holy Spirit.** There are all kinds of

specific texts we could look at within this conversation. For example, Ephesians 6:10-18 addresses the way His power helps us stand firm. Likewise, Colossians 1:28-29 captures this sense of being energized to carry-out our calling, as Acts frequently demonstrates His power at work in the external mission of the church. As valuable as such specifics might be, let's identify the broader foundation of this theme, then consider how it applies more broadly in living out our faith in Christ.

As with last week, READ Ephesians 1:19-22 (coupled with 3:14-21) ... reflect on this truth: the same mighty power - we get "dynamite" from the Greek word here - that raised Christ from the dead is available "for us: who believe in Him through the Holy Spirit's power! *It's a difference-making POWER that is accessible.*

Two texts that aren't necessarily connected to the resurrection, but emphasize the advantage of having His POWER present in our lives:

(1) READ 2 Corinthians 12:8-10 ... it's a general reflection on our "weakness" and God's "strength" (connected to His power).

(2) READ 2 Peter 1:3, especially the first part of the verse ... notice the broad application of what His power makes available to us.

One more text: READ 1 Corinthians 15:58, part of this resurrection chapter - the very practical conclusion of it all (see also v. 32 for Paul's reflection on how pointless living out our faith in Christ is without the promise of resurrection). The reality of Jesus' resurrection and the promise of ours should very practically motivate the life of faith we live out!

No NT text is going to put the onus on us - as if our own power and strength can make us capable to live out our faith well. Just as our salvation is the by-product of His powerful grace and love (see Romans 1:16-17), so our ongoing lives of discipleship are enabled by what He provides through His Spirit - the same resurrection power that raised Christ and is available to us. As we saw last week, that's what empowers us to live in victory over sin. That's what energizes our participation in His mission and strengthens our service. That's what makes us capable of doing good works, living in obedience and imitating Jesus. That's what makes it possible for us to live out our calling within our families. That's what helps us stand firm. We clearly have a responsibility in all of this (as Paul highlights in Philippians 2:12-13, notice the interplay there). Yet, ultimately, it's about allowing His power to strengthen us so we can follow Jesus faithfully!

Questions for Reflection

Reflect on the texts above, specifically the way that God's POWER is provided "for us" (Eph. 1) and so that we have "everything we need" (2 Peter 1:3). What does that suggest about both (1) what is available and (2) why it's available to us as a "resource?"

We brought this question forward from last week: what are some ways we can "tap-in" better to this resurrection power that is "for us who believe" (maybe "plug-in" is a better phrase to capture the power metaphor)?

Filter this general reality (i.e., His resurrection power being available in our weakness) back through what you identified on page 1. What does it look like for Him to enable you in this area?

How does our MOTIVATION shift when we reflect on all of this through the lens of both what God has already done for us in Jesus and still promises to do (consider 1 Corinthians 15:58)?