

“Do not be afraid”

Matthew 28:1-10

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Matthew 28:1

After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

“Do not be afraid”

“Because of their courageous presence at the cross and the empty tomb, women were designated as the first to testify to the reality of Jesus’ resurrection.”

**Zondervan Illustrated Bible
Background Commentary**

“Do not be afraid”

Matthew 28:2-4

2 There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. **3** His appearance was like lightning, and his clothes were white as snow. **4** The guards were so afraid of him that they shook and became like dead men.

“Do not be afraid”

“The appearance of a fiery angel often terrified people. When the guards see the angel, they are so afraid that they shake and become “like dead men.”

Michael J. Wilkins

“Do not be afraid”

Matthew 28:5-7

5 The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. **6** He is not here; he has risen, just as he said. Come and see the place where he lay. **7** Then go quickly and tell his disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see him.’ Now I have told you.”

“Do not be afraid”

The angel in vs. 5-7 gave four messages:

- Do not be afraid**
- He is not here**
- Come and see**
- Go quickly and tell**

“Do not be afraid”

Matthew 28:8-9

8 So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. **9** Suddenly Jesus met them. “Greetings,” he said. They came to him, clasped his feet and worshiped him.

“Do not be afraid”

“By allowing this act of worship [in v.9] here and in 28:17, something that neither angels or apostles allow, Jesus accepts the acknowledgement of His deity. Only God is to be worshiped.”

**Zondervan Illustrated Bible
Background Commentary**

“Do not be afraid”

Matthew 28:10

10 Then Jesus said to them,
“Do not be afraid. Go and tell
my brothers to go to Galilee;
there they will see me.”

“Do not be afraid”

“They [the disciples] are now brothers and sisters of one family of faith. Galilee was the location of His boyhood, but even more important the central location of Jesus’ earthly ministry. Now Galilee continues as a central place of His earthly [post-Resurrection] ministry, which will last forty days until His ascension.”

“Do not be afraid”

“Jesus’ resurrection is the key to the Christian faith. Why?”

- Just as He promised, Jesus rose from the dead. We can be confident, therefore, that He will accomplish all He has promised**
- Jesus’ bodily resurrection shows that the living Christ is ruler of God’s eternal Kingdom, not a false prophet or imposter**

- **We can be certain of our resurrection because He was resurrected. Death is not the end-there is future life.**
- **The power that brought Jesus back to life is available to us to bring our spiritually dead selves back to life.**
- **The resurrection is the basis for the church's witness to the world. Jesus is more than just a human being; He is the Son of God.**

“Do not be afraid”

Ephesians 2:1-10

1 As for you, you were dead in your transgressions and sins, **2** in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.

3 All of us also lived among them at one time, gratifying the cravings of our flesh [sinful nature] and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

4 But because of his great love for us, God, who is rich in mercy, **5** made us alive with Christ even when we were dead in transgressions — it is by grace you have been saved.

6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, **7** in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. **8** For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—

9 not by works, so that no one can
boast. **10** For we are God's
handiwork, created in Christ Jesus
to do good works, which God
prepared in advance for us to do.

Teaching Points

- **All 4 Gospels testify to the Resurrection of Jesus**
- **To believe in Jesus you must believe in His Resurrection**
- **With His Resurrection we have hope!**

Final Thoughts

1 Corinthians 15:3-8

3 For what I received I passed on to you as of first importance : that Christ died for our sins according to the Scriptures, **4** that he was buried, that he was raised on the third day according to the Scriptures, **5** and that he appeared to Cephas, and then to the Twelve.

6 After that, he appeared to more than five hundred of the brothers at the same time, most of whom are still living, though some have fallen asleep. **7** Then he appeared to James, then to all the apostles, **8** and last of all he appeared to me also, as to one abnormally born.

Final Thoughts

1 Corinthians 15:16-19

16 For if the dead are not raised, then Christ has not been raised either. **17** And if Christ has not been raised, your faith is futile; you are still in your sins. **18** Then those also who have fallen asleep in Christ are lost. **19** If only for this life we have hope in Christ, we are to be pitied more than all men.

Final Thoughts

1 Corinthians 15:20-22, 54-57

20 But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep. **21** For since death came through a man, the resurrection of the dead comes also through a man. **22** For as in Adam all die, so in Christ all will be made alive.

54 When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: “Death has been swallowed up in victory.” **55** “Where, O death, is your victory? Where, O death, is your sting?” **56** The sting of death is sin, and the power of sin is the law. **57** But thanks be to God! He gives us the victory through our Lord Jesus Christ.