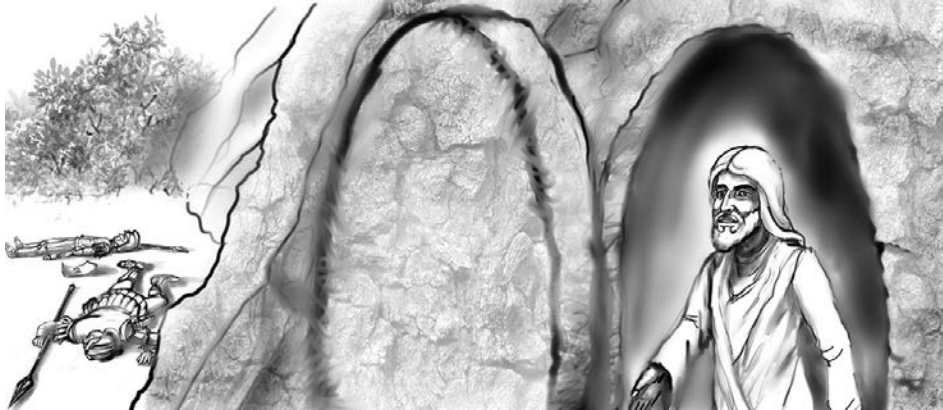


# He Is Alive!



## SABBATH—SEPTEMBER 21

**READ FOR THIS WEEK'S LESSON:** Mark 15:42–16:6; Mark 16:1–8; 1 Corinthians 15:1–8; Mark 16:9–20; Mark 16:14–20.

**MEMORY VERSE:** “But the man said, ‘Don’t be afraid. You are looking for Jesus from Nazareth, the one who was killed on a cross. He has risen [woke up] from death! He is not here. Look, here is the place they put him when he was dead’ ” (Mark 16:6, ERV).

**JESUS’ DEATH ON THE CROSS** caused His followers to lose hope and faith. During this dark time, the followers of Jesus feared for their own lives, too (John 20:19).

Mark 16 is the final chapter in the book of Mark. In this chapter, we will study what happened after Jesus died.

First, we will look at the time that Jesus woke up from the dead. Also, we will learn why the women came to His grave that Sunday morning. Many Christians use the Resurrection morning to support keeping Sunday holy. So, Seventh-day Adventists often avoid talking too much about Resurrection morning. The Resurrection was the time when Jesus woke up from the dead. But we will see why we should be happy about the Sunday Resurrection, even if many Christians use it to teach false ideas about the Sabbath.

Second, we will study on Monday and Tuesday the ideas in the first verses of Mark 16.

Third, on Wednesday and Thursday, we will look at the rest of Mark 16. Our study ends with an invitation to the reader to share the Good News about Jesus everywhere.



**We will see why we should be happy about the Sunday resurrection, even if many Christians use it to teach false ideas about the Sabbath.**

**FEELING HAPPY THAT JESUS IS ALIVE  
(Mark 15:42–16:6)**

**What happens in Mark 15:42–16:6? Why is this story so important to Jesus’ resurrection? Remember, the Resurrection is the time when Jesus woke up from the dead.**

Matthew, Mark, Luke, and John all agree that Jesus died on Friday. Another name for Friday is Preparation Day (Matthew 27:62; Mark 15:42; Luke 23:54; John 19:14, 31, 42). On this day, from sunset Thursday until sunset Friday, people got ready for the Sabbath. Jesus died late on Friday afternoon and was buried very fast before sundown.

During the Sabbath, the Lord rested in the grave. Jesus’ followers rested, too. “On the Sabbath day they rested, as the law of Moses commanded” (Luke 23:56, ICB). Their resting on Sabbath would be a strange thing to do if Jesus told them the Sabbath was no longer important, right?

On Saturday night, the women bought spices to put on Jesus’ body. On Sunday morning, they took the spices and went to Jesus’ grave. Of course, Jesus wasn’t there!

As early as a 100 years after Jesus woke up from the dead, Christians understood that His resurrection on Sunday morning was important. This Bible truth became the reason for their keeping Sunday holy. But does the New Testament teach this idea?

**What does Colossians 2:10–12 say is the New Testament sign that helps us remember Jesus’ resurrection?**

You will not find one verse in the Bible that says that the Resurrection is the reason we should keep Sunday holy. The sign that helps us remember Jesus’ resurrection is baptism. When we are baptized and come out of the water, we remember that Jesus woke up from the dead and came out of the grave. Paul writes this idea in these words: “So when we were baptized, we were buried with Christ and shared his death. We were buried with him so that we could live a new life, just as Christ was raised from death by the wonderful power of the Father” (Romans 6:4, ICB).

As Adventists, we must rejoice in the Bible truth that Jesus woke up from the dead on Sunday morning. Jesus’ death and resurrection are proof that He won the fight against sin and death. His resurrection is a promise. He will wake up His people from the dead and give them everlasting life.



**The sign that helps us remember Jesus’ resurrection is baptism.**

## THE STONE IS ROLLED AWAY (Mark 16:1–8)

**Compare Mark 16:1–8 with 1 Corinthians 15:1–8. How are these verses the same?**

Matthew, Mark, Luke, and John all write about the Resurrection. As we saw, the Resurrection is the time when Jesus woke up from the dead. All four Bible writers tell the Resurrection story in a different way. Each story has the same ideas that we see in 1 Corinthians 15:1–8.

In all four stories about the resurrection of Jesus, we see the four same ideas: (1) Jesus died. (2) He was buried. (3) He rose. (4) People saw Him. In the book of Mark, chapter 15, Jesus died and was buried. In chapter 16, Jesus wakes up from the dead, and people see Him. Mark 16:7 talks about a meeting in Galilee where people go and talk with Jesus (read John 21 for more of this story.)

Some people think that Christians are crazy for believing that Jesus woke up from the dead. But the Bible gives us enough reasons and proof to believe.

First, when you believe that God made us (read Genesis 1 and 2), then it is easy to believe in the Resurrection. The God who made everything in the earth and skies, can wake Jesus up from the dead if He chooses.

Next, Jesus' grave was empty. If Jesus' body were in the grave, then His body would show that He didn't wake up from the dead. Also, the Jews said that the reason the grave was empty was because Jesus' followers stole the body. This explanation doesn't work. The followers couldn't sneak past the soldiers who guarded Jesus' grave. Let's imagine in our minds for a moment that the followers somehow got past the soldiers and stole Jesus' body. Why weren't the followers arrested for stealing it? The answer is because the Jewish spiritual leaders knew that the followers didn't steal Jesus' body.

Also, many people said they saw Jesus after His resurrection. Many people, including the followers, didn't believe this story at first.

Finally, the people who started the Christian church said they saw Jesus after the Resurrection. Why would these people be willing to die for their faith if they knew the Resurrection was a lie? Their stories about Jesus, after His death (Acts 3:15) and years later (1 Peter 1:3), are powerful proof that Jesus woke up from the dead.



**The God who made everything in the earth and skies, can wake Jesus up from the dead if He chooses.**

## THE WOMEN AT THE GRAVE (Mark 16:1–8)

“The women who stood at Jesus’ cross waited and watched for the Sabbath to end. On Sunday, the women went very early to Jesus’ grave. The women took expensive perfume to pour on the Savior’s body. The women didn’t think about Jesus’ waking up from the dead. Their hearts were very sad. The women remembered Jesus’ mercy and His loving words. But they didn’t remember His words, ‘I will see you again.’ John 16:22 [ERV].”—Ellen G. White, *The Desire of Ages*, page 788, adapted.

**Read Mark 16:1–8. What happened in these verses? What did the women do at first?**

From the beginning of the book of Mark, the reader knows that Jesus is the Savior. But in the book itself, the first person who announces that Jesus is the Savior is Peter (Mark 8:29). (Of course, before Peter, there were demons inside of people who announced that Jesus was the Savior.) Peter’s announcement doesn’t happen until the middle of the book!

All through the book of Mark, Jesus tells people not to tell anyone who He is or to talk about how He healed them. In Mark 1:44, Jesus tells a leper, a man with a terrible skin disease, to tell no one that He healed him. In Mark 5:43, Jesus tells Jairus and his wife to tell no one that He woke their daughter up from the dead. In Mark 7:36, Jesus tells a group not to tell people about His healing a deaf man who has trouble speaking. Then Jesus commands His followers not to tell people that He is the Savior (Mark 8:30; also read Mark 9:9). For sure, Jesus asked them not to say anything so that He could finish His work for God on time when Daniel said He would (read Daniel 9:24–27).

The women run away from the grave after they hear the news that Jesus is alive. At first, they don’t say anything about what happened. But they are not silent for long.

At the end of the book of Mark, we read, “The followers went from there and preached everywhere. The Lord worked with them. The Lord showed that the Word of God [the Bible] was true by the special works they had power to do” (Mark 16:20, NLV). So, the big secret about who Jesus is is no longer a secret anymore. The book of Mark ends with the followers preaching everywhere.



**At the end of the Book of Mark, we read, “The followers went from there and preached everywhere.”**

## JESUS SHOWS HIMSELF TO MARY AND OTHER PEOPLE (Mark 16:9–20)

**Read Mark 16:9–20. What do these verses tell us about the Resurrection story? Remember, the Resurrection is the time when Jesus woke up from the dead.**

In Mark 16:9–20, Mary Magdalene sees Jesus at the grave. Two men also see Jesus in the countryside. Then Jesus gives His 11 followers their work to do for His kingdom. Matthew, Luke, and John also write about the same things that happen in Mark 16:9–20. In Matthew 28:1, 9, and 10, Mary Magdalene sees Jesus at the grave (also read John 20:11–18; compare with Luke 8:2). In Luke 24:13–35, two men see Jesus in the countryside. In Matthew 28:16–20, Jesus gives His 11 followers their work to do for His kingdom (also read Luke 24:36–49; John 20:19–23).

The first person to see Jesus alive was Mary Magdalene (John 20:11–18). Other women also see Jesus (Matthew 28:8–10). Do you see that the first people to see Jesus alive are women? This information is very important. In Bible times, men didn't respect women as witnesses. So, if someone made up the story about Jesus' resurrection, then they would have said that men were the first witnesses to see Jesus, right? But that's not what happened. Mary Magdalene, a woman, was the first witness. Not a man or one of Jesus' 11 followers. Mary goes to tell the good news about Jesus to the followers. But the followers don't believe Mary. Maybe they think the story isn't real. Or worse, they may not believe her because she is a woman.

Bible thinkers who believe in the Resurrection story say that we can learn a lot from the women in this story. As we saw already, these women were the first people that saw Jesus. Anyone trying to make up the story would have said that Jesus showed Himself first to men. That's what everyone would expect in those times. But Jesus surprises everyone when He shows Himself first to women. So, this information is powerful proof the story is not a lie.

### How does Mark write about the followers in Mark 16:14?

Mark tells us things about the followers that make them look bad. Mark wouldn't do that if he was making the Resurrection story up. Later on, the followers announce the good news that Jesus is alive. Their brave announcement is powerful proof that they are telling the truth.



**Jesus surprises everyone when He shows Himself first to women.**

**GO, TELL EVERYONE ON EARTH (Mark 16:14–20)**

**Read Mark 16:14–20. What did Jesus say to His followers when He appeared to them? What do His words mean to us today?**

Jesus scolds His followers for their hard hearts and for not believing His witnesses. We have the same problem today, don't we? As we saw, the followers were with Jesus in person. Again and again, they saw the miracles that Jesus did. But the followers were slow to believe the things that He told them (Matthew 28:17; John 20:24–29).

Jesus convinces His followers that He is alive. He gives them strong proof that He woke up from the dead. Then Jesus tells His followers to share the Good News about Him. The followers must go everywhere on the whole earth and announce the Good News to all people. Jesus then explains what will happen when they do this work: people who believe will be saved. People who refuse to believe the Good News will be lost.

Jesus also talks about special signs His followers will do when they announce the Good News. They will cast out demons. His followers will speak new languages. They will heal the sick. In Mark 16:18, Jesus also promises to protect His followers from evil. Some people think this promise gives Christians special permission to pick up snakes that can kill them. But Jesus is not giving anyone permission to pick up deadly snakes. What Jesus promises is protection from evil when His followers do His work. Read the story in Acts 28:3–6 about how God protects Paul when a deadly snake bites him. Do you see that Paul is helping other people when the snake bites him? Paul does not pick up the snake as proof of his faith.

Of course, the Bible doesn't teach that Christians always will be protected from hurt. Sometimes Christians will suffer for their faith. Then Christians must be patient. Their patient suffering is proof of their faith.

After Jesus talked with His followers, He went to heaven (Mark 16:19). He sat on the right side of God. This place shows that Jesus has full control over everything in heaven and on earth. God gave Jesus this control because Jesus won the fight against evil. Notice the last verse, Mark 16:20. The followers went everywhere. But they didn't go alone. The Lord was with them. Jesus promises to be with us now as we continue the work they started.



**Jesus promises to be with us now as we continue the work His followers started.**

**ADDITIONAL THOUGHT:** Read Ellen G. White, “ ‘The Lord Is Risen,’ ” and “ ‘Go Teach All Nations,’ ” in *The Desire of Ages*, pages 779–787 and pages 818–828.

“Jesus is our hope of resurrection and everlasting life. [Remember, the Resurrection is the time that Jesus woke up from the dead.] Jesus can make anyone alive who is dead. Jesus also has the strength to give us everlasting life. ‘I have come so that people may live and that they may enjoy life to the full.’ [John 10:10, WE]. ‘Whoever drinks the water I give will never be thirsty again. The water I give will become a spring [place where water comes out of the earth] of water flowing inside him. It [the water] will give him eternal [everlasting] life.’ [John 4:14, ICB]. ‘Those [people] who eat my body and drink my blood have eternal [everlasting] life. I will raise [wake] them up [from the dead] on the last day.’ [John 6:54, ERV].

“Death is not something that Christians should fear or worry about. Jesus says, ‘Whoever obeys my word will never die’ [read John 8:51, 52, NIV]. For Christians, death is the same as a dark, silent sleep that lasts only a second. When you die, you are hidden with Jesus in God. Then when Jesus “comes again, you will share in his glory [the praise and honor that Jesus will get].’ [Colossians 3:4, ERV].”—Ellen G. White, *The Desire of Ages*, pages 786, 787, adapted.

Many history writers don’t believe in God or the Resurrection. But they accept that many people saw Jesus alive after His death. Some people try to say that Jesus’ followers really didn’t see Jesus alive. They saw only His twin brother. Or the followers just imagined in their minds that they saw Jesus. Some people say that Jesus only fainted on the cross and didn’t really die. Another person says that aliens from outer space came down and stole Jesus’ body. (Read Clifford Goldstein’s *Risen: Finding Hope in the Empty Tomb* [Nampa, ID: Pacific Press, 2021].



**Jesus is our hope of resurrection and everlasting life.**

### DISCUSSION QUESTIONS:

- 1 Why do people say that Jesus’ followers lied about His waking up from the dead?
- 2 What proof of Jesus’ resurrection convinces you the most that He is alive? Share your reasons in class.
- 3 How important is the Resurrection to Paul? Read 1 Corinthians 15 for the answer.

## A CHURCH BUILT ON TRASH

Purna had a difficult task. He volunteered to start a church in an important city in South Asia. The city had no churches. Purna was excited, but he didn't know where to start. How could he share his love for Jesus with his non-Christian neighbors? He prayed, "God, please help."

Purna prayed for a week. But he still didn't know where to start. He did know one thing. He couldn't stand the smell on the road outside his house. Piles of trash sat in dirty puddles of rain-water on the road. The trash blocked the flow of water into the gutters along the street. The dirty water flowed over the gutters and flooded the road. Purna decided to do something about it. He took a long pole made from bamboo wood. Purna used the bamboo pole to pick up the trash from the gutters and drains.

As Purna worked, the neighbors watched him.

A neighbor asked Purna, "Did the city government send you to clean the road?"

Purna said that the government did not hire him to clean the road. He was cleaning the road because he lived on it. The neighbors were amazed. Nobody cleaned the road before. A neighbor told Purna, "You're a good man. We need you here."

Another neighbor agreed. "Yes. We need you. Don't leave."

As he cleaned the road, Purna became famous in the town. Everyone knew him and talked about him. People invited him into their homes.

As he met the neighbors, he learned that one man was paralyzed on his left side. So, he couldn't move his arm or leg on that side of his body. Purna offered to help. He was trained in massage. Massage is the action of rubbing and pressing a person's body with your hands to heal pain in the muscles and other parts of the body. Purna started to rub the left side of the man's body. Every time they met, Purna prayed and gave the man a massage. Soon, the man was fully healed.

Neighbors were amazed to see the man in good health.

They asked him, "Who healed you?"

The man said, "Oh, it was the good man who cleans our road!"

Then the neighbors really wanted to get to know Purna. Soon, they started to ask Purna for prayers and massages, too.

Purna has done what no one thought was possible. He started a church. 11 people got baptized. 20 other people are studying the Bible. Purna said, "Please pray for God to help us serve Him more and more. Today, I continue to clean the road."

Purna lives in a country that we can't name so that we may protect his work from people who often hate Christians. Learn more about Adventist Mission volunteers at [bit.ly/GMPioneers](http://bit.ly/GMPioneers).

INSIDE  
*Story*

by ANDREW MCCHESENEY



**Purna used the bamboo pole to pick up the trash from the gutters and drains.**