

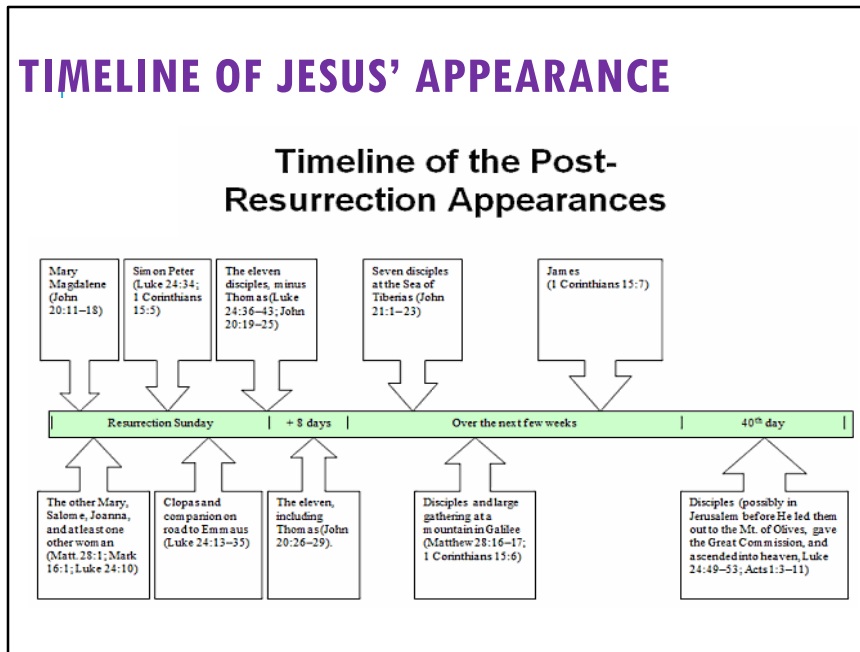


FEAR NOT !



TIMELINE OF JESUS' APPEARANCE

Timeline of the Post-Resurrection Appearances



Easter isn't complete just because we are through Jesus death and resurrection. He was not going to be leaving in a hurry leaving all his near and dear ones in sorrow and fear. It will be 40 more days before He leaves the earth.

1. TO MARY MAGDALENE AT THE TOMB – JOHN.20:11-17
2. TO THE OTHER WOMEN RETURNING TO THE TOMB – MT.28:9-10
3. TO PETER – LUKE 24:34; 1 COR. 15:5
4. TO THE DISCIPLES ON THE EMMAEUS ROAD – LU.24:13-31
5. TO THE TEN DISCIPLES – MK.16:14
6. TO THE ELEVEN DISCIPLES A WEEK AFTER THE RESS. – JN.20:26-29
7. TO SEVEN DISCIPLES BY GALILEE – JN.21:1-23
8. APPEARANCE TO 500 – 1 COR. 15:6
9. TO JAMES THE LORD'S BROTHER – 1 COR. 15:7
10. TO THE ELEVEN DISCIPLES ON THE MT. IN GALILEE – MT.28:16-20
11. AT THE ASCENSION – ACTS 1:3-9
12. TO STEPHEN AT HIS STONING – ACTS 7:55 – 56
13. TO PAUL ON THE DAMASCUS ROAD – ACTS 9:3-6
14. TO PAUL IN ARABIA – GAL. 1:12-17
15. TO PAUL IN THE TEMPLE – ACTS 9:26-27
16. TO PAUL IN PRISON IN CAESAREA – ACTS 23:11
17. TO THE APOSTLE JOHN – REV. 1:12 - 20

LONELY

DESERTED

DISCOURAGED

ABANDONED

FEARFUL

HOPELESS

ANXIOUS

DISHEARTENED

DISMAYED

THE UPPER ROOM – “THE CENACLE”



The "room upstairs" or "upper room" appears a couple times in Acts of the Apostles:

- The disciples hang out there after Jesus ascends into Heaven. (1:13)
- They elect Matthias to be the twelfth apostle there. (1:26)
- The tongues of fire visit during Pentecost while everyone is in the upper room. (2:1)
- Tabitha is brought back from the dead in her upper room. (9:39)

Do the followers of Jesus have something against ground level? Are they just really into stairs?
What's going on?

WHAT DO WE LEARN ?

1. **TRUST** IN THE EVIDENCE OF THE RESURRECTION
(Luke 24:36 – 43)

2. **WAIT** ...” TO GO INTO THE WORLD” UNTIL “ **YOU
HAVE THE POWER FROM HIGH !**”

TRUST



THE EVIDENCE OF RESURRECTION

HIS COVENANTS

HIS PROMISES TO YOU !!

[Luke 24:36](#) - While the Emmaus disciples are giving their report to the Eleven (or the Ten) and exchanging their wonderful experiences, Jesus suddenly appears before them all even though the doors are locked for fear of the Jews ([John 20:19](#)). Despite these wonderful encounters, they are paralyzed with fear. It seems they were taken off guard. Jesus greets them, “Peace be upon you”: The standard Jewish greeting, but just imagine the power it had coming from the Lord at this moment ([John 24:27](#)).

b. [Luke 24:39-42](#) – Look at my hands and feet: The disciples touch Him to see that this is a real body and that He is the same person ([1 John 1:1](#)), and He eats fish in front of them, a powerful proof of resurrection (cf. [Acts 10:41](#)). Jesus provides them with evidence that He is the same man who was crucified a few days ago, whom they watched die. Jesus’ resurrection was neither a simple resuscitation of his body nor the appearance of a disembodied spirit. He has a new and glorified body ([1 Cor. 15:20-23](#); [35-49](#)). This is resurrection. Luke strongly emphasizes the bodily resurrection of Jesus.

In [1 John 3:2](#) we read that when Jesus returns we will be “like Him.” Luke the physician tells us a good deal about the resurrection body. It is real, made of flesh and bones ([Luke 24:39](#)). It resembles the ordinary body, as Jesus’ form still bore the scars

of the cross. The resurrection body is capable of eating ([Luke 24:41](#)). It is not limited by space: Jesus suddenly appeared among them in what another Gospel says was a closed and locked room ([Luke 24:36](#)). Wonders await those of us who know Jesus one day.

We can trust in the reality of Jesus' bodily Resurrection. Nothing is more central to Christianity. It is the assurance of life after death. Jesus' own followers did not expect Him to rise from the dead. And they were fearful and shocked when He did. The resurrection was supposed to take place only at the end of time. It is because of the Resurrection that we have hope. Paul wrote, "If Christ has not been raised, your faith is worthless; you are still in your sins ([1 Cor. 15:17](#)). Paul made this bold statement when there were people still living who were eyewitnesses of Jesus' earthly ministry. In [1 Cor. 15:1-8](#), Paul listed Jesus' resurrection appearances in order over forty days. The resurrection was significant because:

i. It establishes Christianity as a faith that is based in the reality of history. The Resurrection did not happen in the disciples' minds. It happened in time and space with physical and historical evidence to support it.

ii. It inaugurates the power phase of Christ's kingship. Resurrection granted Him "all authority" and His dominion now extends to all peoples for all time ([Matt. 28:18-20](#)). Paul says He was declared the Son of God with power by the Resurrection from the dead ([Rom. 1:4](#)). He now sits enthroned at God's right hand ([Heb. 1:3-4](#); [7:25](#); [12:2](#)) where He makes intercession for believers and the church ([Rom 8:29](#)), pouring out blessing on His people ([Eph 1:20-21](#)), enabling the church to complete His kingdom goals of disciples from every nation ([Matt. 28:19](#); [Rev. 7:9](#)).

iii. It inaugurates a new creation and a new order. Jesus died in an age dominated by sin, death, and the grave, but the Resurrection opened a new era where He lives to God ([Rom. 6:9-10](#)).

iv. It is the ultimate vindication of the Son by the Father. The sinless Messiah has now been raised "according to the Spirit of holiness" ([Rom. 1:4](#)), establishing Jesus as the righteous judge of all men, a Day God has fixed "in which He will judge the world in righteousness through a Man whom He has appointed, having furnished proof to all men by raising Him from the dead ([Acts 17:31](#)).

v. It assures the resurrections of all persons – some to salvation and others to perdition ([1 Cor. 15:12-28](#)).

And are we trusting the personal covenants and promises we have had from God – that He will never leave us nor forsake us? He will see us through journey's end? We find ourselves often times being at the same place that the disciples were with the same feelings of dismay, hopelessness, worry with so much around the world that's going wrong be it the Syrian children being murdered, terrorism and violence in Congo, the plight of the Rahinja's or even our own personal situation – perhaps a loved one who is very ill, our own situation in life/ something we are waiting on. Take a moment to reflect on Gods promises to you. Jesus had walked with the disciples

for three and a half years ! Surely they could recollect some of what He had said !!

4 STEPS TO TRUST

1. You have to **make a decision** not to worry
2. You need to constantly **monitor your thoughts and feelings**
3. **Saturate your heart and mind** with the word of God
4. **Replace the negative thoughts and feelings** with the promises of God

1. We have to make a decision not to worry

The first step is simply making an intentional decision to trust God. This is so much easier said than done. But the only way to truly trust God is that you have to decide to trust God. And you can't trust God if you're worrying about the things you're trusting Him with. **The thing is, worry and trust are mutually exclusive.** Friend, until you actively decide to begin trusting in God, you will not be ready to complete the next 2 steps.

But beware! Chances are once you make this decision, you'll soon find yourself having to practice it regularly. The devil will begin to hit you with situations and stressors that cause you to worry and be anxious and you're going to have to remind yourself of the decision you've made.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
([Philippians 4:6-7](#))

2. We need to constantly monitor your thoughts and feelings

The war against the evil one begins in our minds and like we said earlier, chances are you'll start waging that war even more once you make a decision to trust God

completely. Those feelings of dejection, rejection, fear, anxiety, worry and every other negative thought that crosses your mind daily are how the devil tries to separate us from Heavenly Father. **You have to begin training yourself to notice when you're falling into those negative thought patterns, take them captive and bring them to obey Christ.**

This can be even harder if you're struggling with mental illness because not only are you battling with emotions, but you're also struggling the physical manifestations of your illness and feelings of helplessness in your situation. Where can you go – physically or mentally – and what are some things you can do to give yourself the space you need to ask the Holy Spirit to help you fight those thoughts? Because the fact of the matter is, you can't do it by yourself and Heavenly Father is just waiting for you to lay your burdens at His feet

“For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.” ([2 Corinthians 10:4-6](#))
Now how do you take those thoughts captive? That's the next step of this process.

3. Saturate your heart and mind with the word of God

In order to take those worrisome thoughts captive, you need something to replace it with. Reading the Word of God is such an important part of our walk with Christ and this third step is different/interesting because it's a proactive step. You have to be reading the word of God on a regular basis, as opposed to waiting until the moments you need it to look it up.

“Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and **the sword of the Spirit, which is the word of God**, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance...” ([Ephesians 6:13-18](#)).

Every other part of the armor of God that's described by Paul is a defensive weapon. Weapons that protect us from the attacks of the evil one. **The only thing we have to attack the devil with is the word of God.** Each time you spend time in the word of God, studying and memorizing it, you are strengthening your sword for fighting against the devil. Having the word of God in your heart will help you overcome the sly whisperings of the devil. Which leads us to the last step.

4. Replace the negative thoughts and feelings with the promises of God

Once you take those thoughts captive, the next step is to replace them with the promises and plan God has laid out for you. This is why memorizing scripture is also critical for your journey in Christ. You want to have the word of God stored in your

heart, readily accessible as ammunition against the devil. You may be thinking “How do I remember the verse I need when I need it?” That’s the job of the Holy Spirit. Jesus says:

“But the helper, the Holy Spirit whom the father will send in my name, He will teach you all things and bring you to your remembrance all that I have said to you (John 14:26)

WAIT ! AND BE FUELLED



BE FUELLED BY THE HOLY SPIRIT TO FACE YOUR JOURNEY ON THIS EARTH !

COMFORTER

INTERCESSOR

STRENGTHENER

GUIDE

Luke 24:49 – I am going to send you what my Father has promised: God promised in the OT ([Joel 2:28](#); [3:1-5](#); [Isaiah 32:15](#); [44:3](#); [Ezek. 39:29](#)) the outpouring of His Spirit on his people in the end-times. He came on Pentecost ([Acts 1:8](#); [2:1-4](#), [16-21](#)). The Holy Spirit gives the power needed to be witnesses. The Holy Spirit is the Third Person of the Godhead. He is a person, not an it. He told them to tarry until the promise came, until they were endued with power from on high.

The promise. It is the promise that includes every other one, because everything that the Christian needs is summed up in the Holy Spirit. Do we want cleansing and purity? He is the Spirit of holiness. Do we want joy and peace? All real joy is in the Holy Spirit. Do we need His love? “God has poured out his love into our hearts by the Holy Spirit, whom he has given us” ([Rom. 5:5](#)). Is it power for serving? “You will receive power when the Holy Spirit comes upon you” ([Acts 1:8](#)). Do you need strength? “The Spirit helps us in our weakness” ([Rom 8:26](#)). Do we need to pray until the answer comes? “The Spirit himself intercedes for us with groans that words cannot express ([Rom. 8:26](#)). Have you claimed the promise of the Father? Jesus said we would be endued, or clothed with the Spirit. The Spirit doesn’t come from being cultured. He doesn’t come from education. When the Spirit comes, He comes directly. He is our Source. We depend on Him in simple faith. They had to wait on the

Holy Spirit to come. Now we receive the Holy Spirit at salvation, but at times in our walk with the Lord there is a sense that we wait on the Lord, to listen to Him. The tarrying prepares our hearts to receive Him, His direction, His power. Tarrying shows us our great need, enables us to put aside the things that hinder, and helps us make room for God's deeper and fuller work in our lives. Have you claimed the promise of the Holy Spirit? Yes, you received His presence if you were saved, but have you claimed His promise to transform and work in you?

QUESTIONS TO TAKE HOME

1. Are we trusting Gods hand in our life today, with our friends and families, the world at large? Do we see **HIS BIG PICTURE?**
2. Do His promises/covenants from the past ring true to us?
3. How do you feel The Holy Spirits leading and guiding you?