



LIFE GROUP DISCUSSION GUIDE



APRIL 5, 2026

Dive In (10 Minutes)

Go around and let everyone share...

What is a piece of news, a fact, or a "believe it or not" story that sounded like total nonsense when you first heard it, but turned out to be 100% true? Why is our first instinct often to doubt good news that seems "too big" to be true?

Dig Deep (40 Minutes)

Read Luke 24:1-12 aloud.

- The women arrived at the tomb with burial spices, fully expecting to find a body (v. 1). What does their level of preparation tell us about their state of mind following the events of Friday?
- The angels ask a piercing question in verse 5: "*Why do you look for the living among the dead?*" In what ways do we sometimes "look for life" in places or habits that are spiritually dead?
- The angels don't give the women new information; they tell them to remember what Jesus already said (v. 6-7).
 - Why is "active remembrance" of God's Word so difficult when we are in the middle of a crisis?
 - How did remembering change the women's behavior (v. 8-9)?
- In verse 11, the disciples dismissed the report as "nonsense." What social or emotional factors—grief, status, or fear—might have caused them to reject the news?
- Why do you think Peter "marveled" at what had happened? What did it say about his faith?



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Do Big (10 Minutes)

- Where are you currently focusing your energy? Are you mourning a "dead" situation, or are you looking for where Jesus is "living" and active right now?
- Identify one specific promise from Scripture that you have "forgotten" in the stress of daily life. How would remembering that promise change your outlook for the coming week?
- This week, identify one person in your circle who is discouraged. Share a "remembrance" with them—a way you've seen God move in the past that gives you hope for their current situation.