

WARM-UP

WORD

"Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life." **JOHN 5:24**

Some people believe that death is the complete end of life. However, the Bible, and consequently the Apostles' Creed, teaches us that we can gain eternal life. This belief is hinged on Jesus' promise that those who truly believe in Him will receive the forgiveness of sins and have eternal life. Jesus' resurrection assures us that we can hope in the resurrection of the dead (1 Corinthians 15:12). In this lesson, we will look at three benefits of His sacrifice and resurrection.

1 In Christ, our sins are forgiven.

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. **1 JOHN 1:7**

Our sins are forgiven not because we do good works, but because Jesus took the punishment for us. This one-time sacrifice was sufficient and is available for all who repent and believe in the gospel. What does Jesus' blood do to our sin?

2 Like Christ, our bodies will be resurrected.

²⁵Jesus said to her, *"I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, ²⁶and everyone who lives and believes in me shall never die. Do you believe this?"* **JOHN 11:25,26**

Resurrection doesn't just mean that our spirits will live after death; it also means that even our physical bodies will be resurrected or transformed into glorious bodies (Philippians 3:21). Jesus told Martha that whoever believes in Him will be resurrected. What is your response to Jesus' question in John 11:26? Why?

3 Through Christ, we have eternal life.

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." **JOHN 3:16**

God sent Jesus to earth as a man, so He could bear the sins of the world and pay the penalty for our sin. Eternal life does not start when we die; it is the life of abundant joy and blessing as we walk with God, even during our earthly existence. According to John 3:16, how can we have eternal life?
