

Life Group Notes 4/20/2025

Pastor Mark Warren—Jesus is alive: Are you?

No doctrine is a given unless it has been found in the Word given by the Holy Spirit and received by you. If you have observations or questions, feel free to send me an email with your comment or observations at tbeachhead@comcast.net. Thank you for taking the time.

– *Pete Mehegan, the Scribe.*

Remember: Be good to one another. Be sensitive and kind. Let God heal our heart and guide our discussions.

Please pre-read these notes and choose the direction that is appropriate for your group.

Be cognizant of your group's time and be sensitive. *Some groups would like to dwell on a single idea. Let the Spirit be your guide. Never feel obligated to complete this study.*

Note: I have highlighted suggested discussion questions that Pastor Mark has raised this week on the Resurrection, 4/20. Let's allow the Holy Spirit to guide all our discussions, using the highlights as trail blazes. **The purpose is to minister to one another.** I include each of the passages mentioned in full, to facilitate the enjoyment of these notes. I have also included an introduction to the Shroud of Turin, perhaps the most controversial archaeological artifact of all time, the most poorly refuted, and indomitable force in proving the resurrection of Jesus Christ on the earth today. The latest research bears examination.

Important: At [the very end of these notes](#), I've included passages that were mentioned in this week's message for deeper study using SOAP journaling to help further your study during the week.

As he often does, Pastor opened with a video, this time of a race to the tomb.

1. What was your reaction?
2. What is the most compelling proof you know of for Jesus' resurrection from the dead?

Pastor Mark began the message asking us, "What makes you feel alive?" and then he listed several possibilities:

- ⑥ Money with its comfort, freedom and status.
 - ⑥ The thrill of doing risky/rebellious things.
 - ⑥ The hunt for the next adventure.
 - ⑥ Pouring yourself into the next promotion, the trophy, the 4.0 GPA
 - ⑥ The cute heartthrob.
1. Do you have any more? An observation?
 2. What do these pursuits offer?
 3. What do these pursuits not offer?

Pastor related his encounter with young “Charlie,” who led Pastor to believe that the young man had got everything he was pursuing in life, and yet, he could not shake a pervasive feeling of emptiness. Charlie said he was “...always chasing that *next* thing just to feel ok.”

1. Have you felt that emptiness?
2. How did you respond?
3. Pastor said, “Charlie wasn’t looking for just another thing, he was looking for a resurrection.”

Look up John 10:9 *I am the gate. If anyone enters through Me, he will be saved. He will come in and go out and find pasture.* **10**The thief comes only to steal and kill and destroy. I have come that they may have life, and have it in all its fullness. **11***I am the good shepherd. The good shepherd lays down His life for the sheep.*

1. Two people are referenced in these verses. Compare the two. What is the purpose of each?
2. How can you distinguish the thief from the shepherd?
3. What is the thief chasing? What is the shepherd watching? Which does the sheep prefer?
4. How is the thief satisfied? How is the shepherd satisfied?
5. What does success look like for the thief? ...for the shepherd? ...for the sheep?
6. What does abundant life in all its fullness include?
7. What does it not always include?
8. Look at John 8:**31***So He said to the Jews who had believed Him, “If you continue in My word, you are truly My disciples. **32**Then you will know the truth, and the truth will set you free...” ...**34**Jesus replied, “Truly, truly, I tell you, everyone who sins is a slave to sin. **35**A slave does not remain in the house forever, but a son remains forever. **36**So if the Son sets you free, you will be free indeed.”*
9. What was Charlie missing in his aching? How does one look for a resurrection?
10. When Pastor Mark admitted that “Charlie” was really Mark, and stated, “Success only lasted for a season. Accolades were transient and unsatisfying,” what did you think of?
11. Who can make you feel fully alive? Explain.
12. Whom do you know that can bring dead things back to life?
13. When and how do we access the abundant life Jesus speaks of in John 10?
14. What does the freedom that Jesus speaks of in John 8 look like? What are you free from?

Mark moves on next to examine, beyond the Resurrection from the dead, the nature of the enemy that He defeated that day.

1. Make a list of what Christ overcame on Good Friday which victory was manifested in the resurrection.
2. How many of the enemy’s strategies were neutralized?
3. Mark made a list. He defeated:
 - ⑥ Satan and all the power of darkness.
 - ⑥ Sin and its grip over our lives.
 - ⑥ False pursuits that defeat his purposes.
 - ⑥ Death forever.

4. Correlate victory and authority. Who calls the shots when the total victory is secured? Explain. What does that imply for us? For you?
5. Compare the victor's rights to the defeated enemy's rights...and apply that to the victory Jesus secured.
6. Pastor Mark says, "Jesus gives us freedom, forgiveness, purpose and hope." Discuss this list.
7. Regarding this list, which of these gifts can we obtain without Jesus?

Looking deeper into his own story, Mark says, "My life didn't change radically overnight. I still had wrong desires, I still had passions misaligned. But I did find that the emptiness started to fade, as I pursued Jesus. What once enticed me no longer had that pull in my life. The pressure to perform also lost its grip. I found joy in the simple things."

1. Compare this to your own story.
2. How is the Word that we hear, that ministers faith, so much like a seed that begins to take root and grow?
3. Pastor Peter Bonanno once said, "If there is no growth, there is death." Why is our own growth so vital, hope-filled and encouraging?
4. How is growth evidence of life and hope?

Examine 1 Peter 1: **3***Blessed be the God and Father of our Lord Jesus Christ! By His great mercy He has given us new birth [Or, has caused us to be born again, or, has begotten us again] into a living hope through the resurrection of Jesus Christ from the dead, **4**and into an inheritance that is imperishable, undefiled, and unfading, reserved in heaven for you, **5**who through faith are shielded by God's power for the salvation that is ready to be revealed in the last time.*

1. Make a list of our benefits, found in the resurrection.
2. What is the impact of a new birth? What is it like to start all over?
3. What comes from hope? What comes from a living hope?
4. Describe the inheritance Peter speaks of?
5. What is the salvation that is yet to be revealed in the last days? Is there a salvation to come that has not yet been seen?
6. Explain...or theorize.
7. Knowing there is yet greater life yet to come, how ought we to be? List steps to help us prepare.
8. Knowing what's ahead, how soon can we start living in that anticipation of hope?
9. What should change shortly? What changes by tomorrow?

Pastor said, "This season, let's not just remember the resurrection...remember what Jesus did, but let's live in the power of that resurrection...this fully alive life that He has designed for us." Examine Paul's prayer again for the Ephesians in chapter 1: **15***For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints, **16**I have not stopped giving thanks for you, remembering you in my prayers, **17**that the God of our Lord Jesus Christ, the glorious Father, may give you a spirit of wisdom and revelation in your knowledge of Him. **18**I ask that the eyes of your heart may be enlightened, so that you may know the hope of His calling, the riches of His glorious inheritance in the saints, **19**and the surpassing greatness of His power to us who believe. These are in accordance with the working of His mighty strength, **20**which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the*

heavenly realms, 21far above all rule and authority, power and dominion, and every name that is named, not only in the present age but also in the one to come.

1. What do you see? List the aspects of Paul's prayer?
2. How many elements require specific answers?
3. Describe what a full answer to each element will entail?
4. What assurance do you have that God will answer Paul's prayer on your behalf?
5. What do you have to look forward to? Can this be the "Salvation laid up for us in the last days," that Peter spoke of as well? Explain.

Pastor suggested practical steps that will allow the Spirit to shape our life into becoming that "fully alive life" that He designed for us:

- ⑥ We begin by saying, "I'm tired of living for myself."
- ⑥ We let go of the chase and say, "Jesus I want to live a resurrected life, the life you've designed for me."
- ⑥ We surrender to Him.

Follow up application:

1. Use the [Soap study below](#) to pursue your own understanding.
2. Pray the Ephesians 1 prayer (above) over yourself and your family every day this week.

Take the time to pray.

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1. **On the Shroud of Turin, and the world's first selfie.** If you haven't realized it yet, there are two historic artifacts in the world today that represent possibly the most potent scientific proof of the resurrection of Jesus Christ that exist. One is called the Shroud, found in Turin, Italy, and the other is called the Sudarium, which is the head cloth used to wrap His head before His burial, which is found in Oviedo, Spain. Let's begin with the biblical account found in John's gospel.

Here are the various accounts from the gospels:

[Matthew 27:59-60](#)

So Joseph took the body, wrapped it in a clean linen cloth, and placed it in his own new tomb that he had cut into the rock. Then he rolled a great stone across the entrance to the tomb and went away.

[Mark 15:45](#)When Pilate had confirmed it with the centurion, he granted the body to Joseph. [46](#)[So Joseph bought a linen cloth, took down the body of Jesus, wrapped it in the cloth, and placed it in a tomb that had been cut out of the rock. Then he rolled a stone against the entrance to the tomb](#)

[Luke 23:53](#)

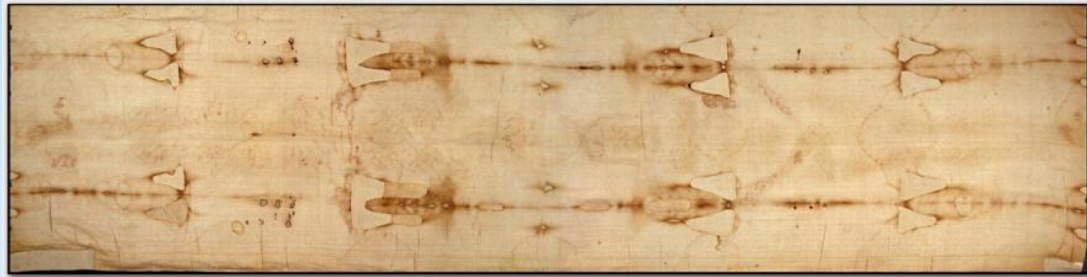
Then he [Joseph] took it down, wrapped it in a linen cloth, and placed it in a tomb cut into the rock, where no one had yet been laid.

[John 19:40-42](#)

So they took the body of Jesus and wrapped it in linen cloths with the spices, according to the Jewish burial custom. Now there was a garden in the place where Jesus was crucified, and in the garden a new tomb in which no one had yet been laid. And because it was the Jewish day of Preparation and the tomb was nearby, they placed Jesus there.

There are important details to notice here, not the least of which is the existence of the shroud in all four gospels, and its provenance, namely, Joseph, a rich man, member of the Sanhedrin. John mentions "cloths" which is characteristic of the Jewish method of burial: A single sheet of fabric that is laid out lengthwise on which

the body is placed, feet first. The sheet is then wrapped over the head of the body and then back to the feet. Then the now-covered body is wrapped with long linen bands tied around the body to prevent the stiffening cadaver to move, and a Sudarium, or head cloth is placed over the head. Here is a photograph of the shroud, and the way it is employed:



This note could not possibly represent all the research that the above photograph has elicited, but the claim is that the shroud pictured above, found in Turin, is the actual burial cloth that Joseph of Arimathea is said to have purchased for his own burial, which he used in wrapping Jesus. I will list pertinent details not for your satisfaction, but to encourage you to do the research to learn to what degree the proof of Jesus' sacrifice on our behalf has been extended to us to deliver us from doubt. Here is a small presentation of proven facts:

- ⑥ The greatest scientists in the world have sought to debunk the claims to no avail, because...
- ⑥ Though a scandalously fraudulent C14 dating was made in the late seventies, every claim from that event has subsequently been thoroughly debunked and fraud has even been loudly charged. The fragments of fabric used to do the dating were taken from patches placed on the shroud after it was burned in a fourteenth century fire. The data was withheld from the world for ten years after the process, and every sample is shown to have been contaminated, as if by deliberate and willful sabotage.
- ⑥ Modern technology has dated the shroud to the first century.

- ⑥ The weave of the fabric is of the highest quality found in the first century.
- ⑥ The image on the cloth is a perfect photographic negative that is anatomically correct and flawless. AI has been able to reproduce a 3D image from the information on the cloth.
- ⑥ The image, found only on the topmost fibrils of the linen, cannot be seen from up close, and must be viewed from at least eight feet away to be visible. When the shroud is back lit, the image disappears.
- ⑥ The image depicts a crucified Jewish man, who has been brutalized with two Roman flagella on his back side, suggesting that he was tied to a post at the time of his scourging. Forensic scientists have thoroughly examined each wound, counted them described the damage in detail.
- ⑥ The ponytail of the victim, clearly seen on the dorsal image, suggest the contemporary hairstyle of a Nazarene.
- ⑥ The head shows that he was not crowned with a tiara of thorns, but with an actual cap made from thorns that covered his entire head.
- ⑥ Wounds on the face depict severe beating, and the nose...cartilage not bone...was broken.
- ⑥ The blood is human blood, and evidences a profusion of bilirubin, which is exuded when the victim is suffering from severe stress, torture and shock. This is an unforgeable aspect that saturated the fabric of the shroud.
- ⑥ The blood from the nail holes are in the wrist, not the hands, a fact of history that forgers of the Middle Ages would have forgotten.
- ⑥ The blood saturated the fabric before the image was made.
- ⑥ The blood stain made from the punctured rib shows that that stab wound was made postmortem...the victim had died before the side was stabbed.
- ⑥ The fabric measures exactly four Hebrew/Aramaic cubits by two Aramaic cubits, another fun fact that suggests the origin of the cloth.
- ⑥ The victim was between 5'10" and 5'11", weighing roughly 180 pounds.
- ⑥ The bloodstains on the head of the shroud, match in extent, form and blood type those on the Sudarium of Oviedo, despite the fact that neither artifact has met in recorded history, although the Sudarium is easier to trace to Jerusalem than the Shroud.
- ⑥ The Sudarium with the shroud produced John and Peter's first faith when they both saw how the cloths were laid: John 20:6*Simon Peter arrived just after him. He entered the tomb and saw the linen cloths lying there.*7*The cloth [Sudarium] that had been around Jesus' head was rolled up, lying separate from the linen cloths.*8*Then the other disciple, who had reached the tomb first, also went in. And he saw and believed.*
- ⑥ Pollen found on the shroud matches flora indigenous to Jerusalem at the time of Christ.
- ⑥ Dirt on the shroud at the feet and the knees match specific dirt found on the streets of Jerusalem.
- ⑥ The image itself can only have been made by a light so bright that 21st century technology cannot yet reproduce it, aging only the topmost fibrils of the fabric to produce a negative image. The image is fading as the shroud itself ages.
- ⑥ The intense light flickered, leaving not a photograph, but a stroboscopic image of motion on the cloth, as a photo on an iPhone can give you a live, moving

image. The image captures the moment of the resurrection and the first movements as Jesus arose.

- ⑥ Computers have been used to print a 3D model of the Man on the Shroud, and exhibits can be seen online.
- ⑥ Various attempts have been made to depict His face. Here's my favorite:
<https://youtube.com/shorts/u-YnZlkoptQ?si=EmyWnkXLTggsZCFU>

A final note of caution. There are Christians who oppose the shroud as a “Catholic invention,” which claim is patently absurd for the reasons addressed above. Others object due to the “graven image” commandment, but that argument fails...when the artifact only produces wonder and more inquiry, not worship. God is not averse to providing us evidence of our faith...the Old Testament is full of saints questioning the authenticity of a demand, where God willingly provides proof. But Paul makes it more soberingly clear in Romans 1: **18***The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness. 19**For what may be known about God is plain to them, because God has made it plain to them. 20**For since the creation of the world God's invisible qualities, His eternal power and divine nature, have been clearly seen, being understood from His workmanship, so that men are without excuse. 21**For although they knew God, they neither glorified Him as God nor gave thanks to Him, but they became futile in their thinking and darkened in their foolish hearts. 22**Although they claimed to be wise, they became fools, 23**and exchanged the glory of the immortal God for images of mortal man and birds and animals and reptiles.* The Shroud, then, as God has made it plain, becomes a brutal indictment against the pride and foolishness of man...the same indictment as that of Sodom, who perished in their pride, fullness of bread, abundance of idleness...and due to the fact that they stopped caring for the poor and the needy. It's as if the Rich Man were telling Abraham, “But if you just sent them photographic proof of your resurrection they would believe.” To which Abraham responds, if they do not believe the Word that I sent them, they will not believe in the resurrection, even if they have photographic evidence.

For further study:

Take a moment each day this week to apply the **SOAP method** (Scripture—Copy the scripture. / Observation—Write what you see. / Application—Write what God is saying. / Prayer—Write what your response is.) to some of the scripture we looked at this week:

Monday: Romans 10:8-10
Tuesday: Mark 16:5-11
Wednesday: John 20:1-9
Thursday: John 10:9-11
Friday: John 8:31-32, 34-36
Saturday: 1 Peter 1:3-5
Sunday: Ephesians 1:15-21

Once again, some passages suggested here have more than the usual number of verses. This is not to increase the burden but to provide clarity of context. Pick the verses that speak to you most clearly, and run these through the SOAP steps.