



SERMON BASED STUDY GUIDE

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The Four Great Benefits Of The Resurrection

OPENING & PRAYER:

Coming off a powerful Easter weekend, it's important to pause and anchor ourselves in the foundational benefits that belong to every believer in Christ. Whether you're new to faith or have walked with Jesus for years, these truths are meant to be the bedrock of your spiritual life. Too often, we forget the benefits God has given us, just as Psalm 103 warns: "Forget not all His benefits." These are not just theological ideas, but living realities that shape our identity, our confidence, and our daily walk.

"Lord, I pray that we will anchor our hearts in these principles. Father, we love you. We thank you for getting each and every person moving in their faith. We honor you. Thank you for your Word. In Jesus' name, Amen."

SCRIPTURE:

Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Psalms 103:1-3

Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's. Psalms 103:4-5

For as in Adam all die, even so in Christ all shall be made alive. 1 Corinthians 15:22

He who believes in the Son has everlasting life (ZOE); and he who does not believe the Son shall not see life (ZOE), but the wrath of God abides on him." John 3:36

But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses (Noun), made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, Ephesians 2:5

In Him we have redemption through His blood, the forgiveness of sins (Noun), according to the riches of His grace Ephesians 1:7

Jesus answered and said, "This voice did not come because of Me, but for your sake. Now is the judgment of this world; now the ruler of this world will be cast out. And I, if I am lifted up from the earth, will draw all peoples to Myself." This He said, signifying by what death He would die. John 12:30-33

And every priest stands ministering daily and offering repeatedly the same sacrifices, which can never take away sins. But this Man, after He had offered one sacrifice for sins forever, sat down at the right hand of God, from that time waiting till His enemies are made His footstool. Hebrews 10:11-13

For by one offering He has perfected forever those who are being sanctified. But the Holy Spirit also witnesses to us; for after He had said before, "This is the covenant that I will make with them after those days, says the Lord: I will put My laws into their hearts, and in their minds I will write them," Hebrews 10:14-16

"Their sins and their lawless deeds I will remember no more." Now where there is remission of these, there is no longer an offering for sin. Hebrews 10:17-18

And you, being dead in your trespasses and the uncircumcision of your flesh, He has made alive together with Him, having forgiven you all trespasses, having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it. (The Cross) Colossians 2:13-15

I have written to you, fathers, Because you have known Him who is from the beginning. I have written to you, young men, Because you are strong, and the word of God abides in you, And you have overcome the wicked one. 1 John 2:14

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:1-2

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. Ephesians 6:10-11

For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 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. Ephesians 6:12-13

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; Ephesians 6:14-15

above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— Ephesians 6:16-18

And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death. Revelation 12:11

Do you not know that you are the temple of God and that the Spirit of God dwells in you? 1 Corinthians 3:16

GO DEEPER:

Coming off a powerful Easter weekend, it's important to pause and anchor ourselves in the foundational benefits that belong to every believer in Christ. Whether you're new to faith or have walked with Jesus for years, these truths are meant to be the bedrock of your spiritual life. Too often, we forget the benefits God has given us, just as Psalm 103 warns: "Forget not all His benefits." These are not just theological ideas, but living realities that shape our identity, our confidence, and our daily walk.

First, in Christ, you have been made alive. Your old identity in Adam—marked by sin and separation from God—has been replaced by a new identity in Christ. This isn't just a future hope; it's a present reality. The life you now live is the "Zoe" life, the God-kind of life, filled with peace, joy, and the assurance that death is not the end but a promotion to eternal life with Him.

Second, you are completely forgiven. Many of us grew up with the idea that forgiveness was something we had to earn or maintain through rituals, confessions, or good works. But the truth is, Jesus dealt with the root of sin—the noun, the entity of sin inherited from Adam—once and for all. Your forgiveness is not based on your ability to confess every misstep, but on the finished work of Christ. You live in a continual state of being cleansed, not because of what you do, but because of what Jesus has done.

Third, you have overcome the enemy. Jesus' victory over Satan is complete, but living in that victory requires us to renew our minds and yield to the Holy Spirit. The armor of God is not a set of external rituals, but mindsets and heart conditions rooted in truth, righteousness, faith, and salvation. As you let God's Word shape your thinking and the Spirit guide your actions, you walk in the authority and freedom Christ purchased for you.

Finally, you have the indwelling of the Holy Spirit. God Himself lives in you—not just as a distant hope, but as a present reality. This is the unique privilege of the believer: to be the very temple of God, empowered and led from within.

When you anchor your heart in these four benefits—being alive in Christ, forgiven, victorious over the enemy, and indwelt by the Holy Spirit—you are positioned to live the abundant life God intends. Let these truths settle deep in your soul, and watch as God does great things in and through you.

KEY TAKEAWAYS:

Your Identity Is Now in Christ, Not in Adam

The moment you believe, your old identity rooted in Adam's fallen nature is replaced by a new identity in Christ. This means you are spiritually alive, sharing in the very life of God—Zoe life. Death no longer has the final word, and your hope is anchored in the reality that your last breath here is your first in eternity. Let this truth shape your confidence and your daily perspective. [06:53]

Forgiveness Is a Finished Work, Not a Daily Transaction

Many believers live under the weight of trying to earn or maintain forgiveness, but Jesus' sacrifice dealt with the root of sin once and for all. The Bible speaks of sin primarily as a noun—the entity inherited from Adam—rather than just the actions we commit. Because Jesus destroyed the power of sin at its root, you are continually cleansed, not by your confessions, but by His blood. This frees you from a cycle of guilt and striving, allowing you to rest in God's grace. [16:48]

Confession Restores Your Conscience, Not Your Standing

Confessing your sins is not about regaining right standing with God, but about clearing your conscience and realigning your heart. Your standing in Christ is secure; it does not fluctuate with your daily successes or failures. Just as a marriage's legal standing doesn't change with every argument, your position in Christ remains firm even when your state (your feelings or actions) varies. This distinction brings freedom and assurance in your relationship with God. [32:46]

Victory Over the Enemy Comes Through Renewed Mindsets

Jesus has already defeated the enemy, but experiencing that victory in your life requires you to renew your mind and yield to the Holy Spirit. The armor of God is not a ritual, but a set of mindsets—truth, righteousness, faith, salvation—that protect and empower you. As you let God's Word transform your thinking and the Spirit lead you, you walk in the authority and freedom that is already yours in Christ. [41:28]

The Holy Spirit's Indwelling Is Your Daily Source of Power

God is not distant; He lives within you by His Spirit. This indwelling presence is unique to the believer and is the source of your strength, guidance, and comfort. You are the temple of God, and His Spirit empowers you to live out the abundant life Jesus promised. Embrace this reality, and let it fuel your faith and boldness every day. [44:03]

LEARNING AND GROWING:

1. The sermon mentions that “the armor of God” is not just a ritual but a set of mindsets. What are some of these mindsets mentioned in Ephesians 6? [41:28]
2. The sermon explains the difference between our “state” and our “standing” before God. How does understanding this difference affect the way a believer relates to God after they sin? [32:46]
3. The armor of God is described as mindsets like truth, righteousness, faith, and salvation. Which of these do you struggle to “put on” the most, and what is one step you can take to grow in that area? [41:28]
4. The sermon teaches that victory over the enemy comes through renewing your mind and yielding to the Holy Spirit. What is one practical way you can renew your mind with God’s Word this week? Is there a specific mindset you need to put on? [37:54]
5. The sermon encourages us to anchor our hearts in these four benefits. Which of the four—alive in Christ, forgiven, victorious, indwelt by the Spirit—do you find hardest to believe or live out? What is one thing you can do this week to let that truth settle deeper in your soul? [45:10]

CLOSING PRAYER:

“Father, I thank you for your people, and I ask that you bless them, touch them, minister life to them. Thank you for giving us the guidance and wisdom through your Word. I pray thank you for the authority you have provided for us and the victory that comes along with it. In Jesus’ name I pray, Amen.”