

1 Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. **2** So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, “They have taken the Lord out of the tomb, and we don’t know where they have put him!”

3 So Peter and the other disciple started for the tomb. **4** Both were running, but the other disciple outran Peter and reached the tomb first. **5** He bent over and looked in at the strips of linen lying there but did not go in. **6** Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, **7** as well as the cloth that had been wrapped around Jesus’ head. The cloth was still lying in its place, separate from the linen. **8** Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed. **9** (They still did not understand from Scripture that Jesus had to rise from the dead.) **10** Then the disciples went back to where they were staying.

11 Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb **12** and saw two angels in white, seated where Jesus’ body had been, one at the head and the other at the foot.

13 They asked her, “Woman, why are you crying?”

“They have taken my Lord away,” she said, “and I don’t know where they have put him.”

14 At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

15 He asked her, “Woman, why are you crying? Who is it you are looking for?”

Thinking he was the gardener, she said, “Sir, if you have carried him away, tell me where you have put him, and I will get him.”

16 Jesus said to her, “Mary.”

She turned toward him and cried out in Aramaic, “Rabboni!” (which means “Teacher”).

17 Jesus said, “Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, ‘I am ascending to my Father and your Father, to my God and your God.’”

18 Mary Magdalene went to the disciples with the news: “I have seen the Lord!” And she told them that he had said these things to her.

19 On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” **20** After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

21 Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” **22** And with that he breathed on them and said, “Receive the Holy Spirit. **23** If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.”

24 Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. **25** So the other disciples told him, “We have seen the Lord!”

But he said to them, “Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.”

26 A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!” **27** Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.”

28 Thomas said to him, “My Lord and my God!”

29 Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”

30 Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. **31** But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

Study Notes BlueLetterBible.org Commentary

Now on the first day of the week Mary Magdalene went to the tomb early: Jesus was crucified on Friday (or on Thursday by some accounts). After His entombment, the tomb was sealed and guarded by Roman soldiers (Matthew 27:62-66). The tomb stayed sealed and guarded until discovered **on the first day of the week... early, while it was still dark.**

Mary Magdalene... she ran and came to Simon Peter: Other gospels explain she was not the only woman to come to the tomb that morning (at least three other women accompanied her). Mary was the one who ran back and told the disciples

about the empty tomb, so John mentions her. Jesus had cast seven demons out of this Mary (Luke 8:2, Mark 16:9). Her troubled past didn't disqualify her from being the first witness of the resurrected Jesus and His first commissioned messenger of His resurrection.

They have taken away the Lord out of the tomb:

When she saw the empty tomb, Mary's first reaction was to think the body of Jesus was stolen. She wasn't wishing for or anticipating the resurrection of Jesus, and she certainly did not imagine it out of hope.

We do not know where: "The plural may naturally be accepted as confirming Mark's account that she was not alone." (Dods)

Peter therefore went out, and the other disciple:

Peter and John heard the news from Mary and immediately started for the tomb. In keeping with the author's humility, John did not refer to himself directly, but only as **the other disciple**.

They both ran together, and the other disciple

outran Peter and came to the tomb first: John was humble enough to avoid the mention of his own name, but competitive enough to tell us that he outran Peter to the tomb. By tradition, Peter was older than John. We might picture a man in his late forties or early fifties like Peter running to the tomb with great labor, and a man and his mid-twenties easily outrunning him. This shows that they both ran hard. Peter and John had just heard life-changing news: that the tomb was empty. They couldn't be indifferent or detached to this news; they had to see for themselves.

Yet he did not go in: Something kept John from actually going into the tomb. "Having seen that the graveclothes were still within, the other disciple probably concluded that the body was also there and so refrained from entering. Either he felt that he should not enter the tomb out of respect for the dead, or else he feared the ceremonial defilement of touching a corpse." (Tenny)

Then Simon Peter came, following him, and went into the tomb: Whatever ever kept John from going in didn't stop Peter. When he finally arrived he immediately went into the tomb. This action-oriented impulsiveness was characteristic of Peter. John wanted to stop and think about it but Peter went right in.

THE RESURRECTION MEANS THAT
CHRISTIANITY AND ITS GOD ARE
UNIQUE AND COMPLETELY DIFFERENT
AMONG WORLD RELIGIONS.

The phrasing of **linen cloths lying there** and **folded together in a place by itself** indicates the orderly arrangement of the burial wrappings. Prepared for burial, those strips of **linen cloths** were smeared with ointments and aloes and spices, and the **linen cloths** were applied in several layers. The burial of Jesus on the day of His death was hurried, and the women came early Sunday morning to apply more layers.

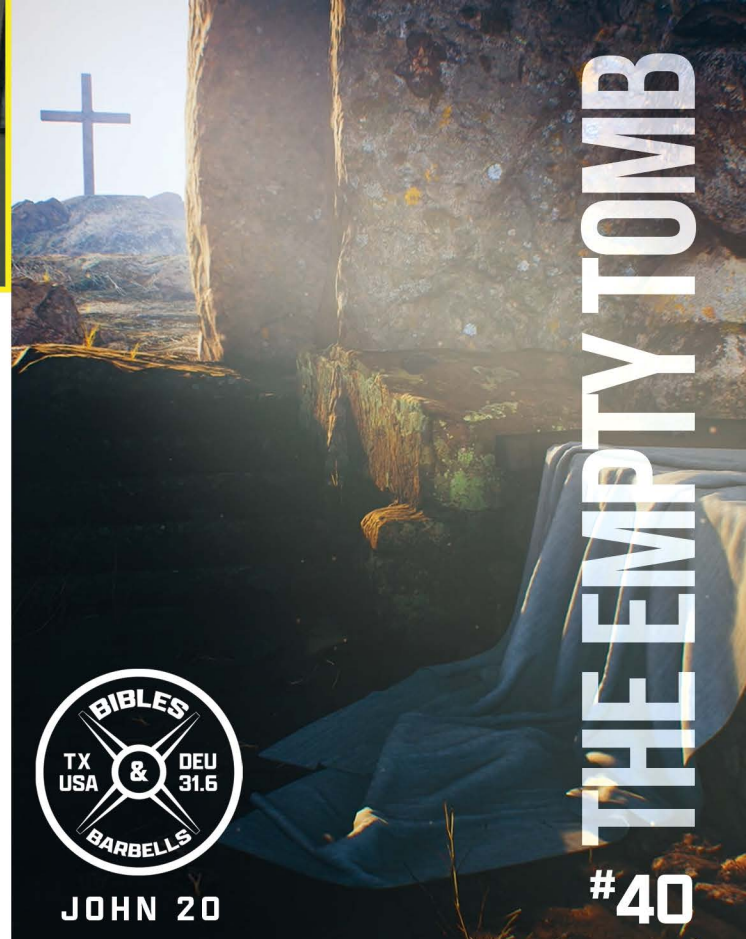
The other disciple... he saw and believed: After Peter went into the tomb John also went in. He then saw (the ancient Greek word *eiden* meaning, "to understand, to perceive the significance of") and then John believed. The distinctive arrangement of the burial wrappings convinced him.

Knowing the fact of the resurrection is an important start, but not enough. We need to let the Bible tell us the meaning and the importance of Jesus' resurrection.

- The resurrection means that Jesus was declared to be the Son of God with power, according to the Spirit of holiness, by the resurrection from the dead (Romans 1:4).
- The resurrection means that we have assurance of our own resurrection: For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus (1 Thessalonians 4:14).
- The resurrection means that Jesus has a continuing ministry: He is also able to save to the uttermost those who come to God through Him, since He ever lives to make intercession for them (Hebrews 7:25).
- The resurrection means that Christianity and its God are unique and completely different among world religions.
- The resurrection proves that though it looked like Jesus died on the cross as a common criminal He actually died as a sinless man, out of love and self-sacrifice to bear the guilt of our sin. The death of Jesus on the cross was the payment, but the resurrection was the receipt, showing that the payment was perfect in the sight of God the Father.

Bibles & Barbells is a weekly men's group that meets for weightlifting and Bible study. Find or start a group at BiblesAndBarbells.com.

BE STRONG & COURAGEOUS.
BIBLESANDBARBELLS.COM



WHY ARE
YOU CRYING?

JOHN 20:15