

*Questions for Reflection and Discussion*

**John 20:1-20**  
***Before You Run, Stop and Trust in Jesus***

***Read John 20:1-2***



**1. Before you run, stop! (vv. 1-10)**

- a. How did Mary react to the state of Jesus' empty tomb?
- b. Why is it important that the strips of linen cloth were folded?
- c. What was the response of the two disciples?

**2. Before you run, wait! (vv. 11-20)**

- a. What was Mary's mental state when Jesus appeared to her?
- b. What is the significance of Jesus appearing to Mary first?
- c. What was the mental state of the disciples in this time?
- d. What are the two different responses to Jesus' resurrection?

***Getting Personal***

- What does the apostle John's account show us about Jesus?
- Are you comforted by Jesus' personal appearances to Mary and the disciples?
- How can you apply these truths about who Jesus is to your daily life?