**I AM THE RESURRECTION AND THE LIFE**

**John** 11: 25-26 Jesus said to her, “I am the resurrection and the life. He who believes in Me, though he may die, he shall live. **26**And whoever lives and believes in Me shall never die. Do you believe this?”

**Context of the Statement**

Jesus asked Martha a very crucial question; “Do you believe this?” Jesus asked the question because we as his followers must know and believe that the is the resurrection and the life. This is because our faith is based on the fact that God raised Jesus from the Dead.

1 Peter 1:3 All praise to God, the Father of our Lord Jesus Christ. It is by his great mercy that we have been born again, because God raised Jesus Christ from the dead. Now we live with great expectation.

The resurrection of Jesus was part of God’s Mysteries to establish the new creation, and this was done before the foundation of the world.

Rev 13:8 And all the people who belong to this world worshiped the beast. They are the ones whose names were not written in the Book of Life that belongs to the Lamb who was slaughtered before the world was made.[[b](https://www.biblegateway.com/passage/?search=Revelation%2013&version=NLT#fen-NLT-30879b)]

DEATH:

We cannot discuss resurrection and life without talking about death; Death is a spirit. Gained access to humanity through Adam. It is our enemy, and we do not have control over it. But death is not the end.

Ecclesiastes 8:8 None of us can hold back our spirit from departing. None of us has the power to prevent the day of our death. There is no escaping that obligation, that dark battle. And in the face of death, wickedness will certainly not rescue the wicked.

**What does this tell us about Jesus?**

Having established this fact that humankind is held by the power of the fear of death, we need to explore the person of Jesus and his claim of being the resurrection and the Life.

John 5:25-29 and Heb 2 14-15 gives a good explanation.

John 5:25-29 **25**“And I assure you that the time is coming, indeed it’s here now, when the dead will hear my voice—the voice of the Son of God. And those who listen will live. **26**The Father has life in himself, and he has granted that same life-giving power to his Son. **27**And he has given him authority to judge everyone because he is the Son of Man.[[d](https://www.biblegateway.com/passage/?search=John%205&version=NLT#fen-NLT-26203d)] **28**Don’t be so surprised! Indeed, the time is coming when all the dead in their graves will hear the voice of God’s Son, **29**and they will rise again. Those who have done good will rise to experience eternal life, and those who have continued in evil will rise to experience judgment.

Heb 2 14-15 Because God’s children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had[[g](https://www.biblegateway.com/passage/?search=Hebrews%202&version=NLT#fen-NLT-29952g)] the power of death. **15**Only in this way could he set free all who have lived their lives as slaves to the fear of dying.

We can get more insight into this from Paul’s teaching to the Corinthian church on this subject in 1 Corinth 15. I will encourage everyone to study this chapter so we can discuss it extensively during our community group. There Paul discusses the origin of death and how death will be destroyed ultimately. He shares that Death is not the end. Paul talks about the process and about our undying bodies and how sin powers death.

**Where else are Resurrection and Life used in the old and the new Testaments**?

There are so many references, but the following can be considered: 1Kgs.17:17-24, 2Kgs.13:20-21, 2Kgs.4:18-37, Mat.27:52-53, Mat.28:1-6, Mk.5:40-41, Lk.7:14, Acts 9:36-42, Acts 14:19-20, Acts 20:7-12.  
Rev.1:5-6 Acts 26:23. 1 Peter 1:3 NLT but I will recommend we delve into 1 Corinth 15 for a good understanding of the subject

**What does it tell us about us, and our relationship with Jesus?**

From the text and the question Jesus asked, you will notice that it was especially important to Jesus that we understand and believe that he is the resurrection and the life so we will not fear death because he has dealt with it.

Jesus wants us to look at the emphasis and how deliberate he was in dealing with this matter and then realize what he is telling us about the subject.

Three times in the bible Jesus choose to interact with people that was dead and in these three examples he increasingly dealt with more complex cases which climaxed with Lazarus just before the end of his ministry.

1. Jarius Daughter

Mark 5:35-42 While he was still speaking to her, messengers arrived from the home of Jairus, the leader of the synagogue. They told him, “Your daughter is dead. There’s no use troubling the Teacher now.”

**36**But Jesus overheard[[d](https://www.biblegateway.com/passage/?search=Mark%205&version=NLT#fen-NLT-24374d)] them and said to Jairus, “Don’t be afraid. Just have faith.”

**37**Then Jesus stopped the crowd and wouldn’t let anyone go with him except Peter, James, and John (the brother of James). **38**When they came to the home of the synagogue leader, Jesus saw much commotion and weeping and wailing. **39**He went inside and asked, “Why all this commotion and weeping? The child isn’t dead; she’s only asleep.”

**40**The crowd laughed at him. But he made them all leave, and he took the girl’s father and mother and his three disciples into the room where the girl was lying. **41**Holding her hand, he said to her, *“Talitha koum,”* which means “Little girl, get up!” **42**And the girl, who was twelve years old, immediately stood up and walked around! They were overwhelmed and totally amazed.

1. The Widow’s Son

Luke 7:11-15 Soon afterward Jesus went with his disciples to the village of Nain, and a large crowd followed him. **12**A funeral procession was coming out as he approached the village gate. The young man who had died was a widow’s only son, and a large crowd from the village was with her. **13**When the Lord saw her, his heart overflowed with compassion. “Don’t cry!” he said. **14**Then he walked over to the coffin and touched it, and the bearers stopped. “Young man,” he said, “I tell you, get up.” **15**Then the dead boy sat up and began to talk! And Jesus gave him back to his mother.

1. Lazarus

John 11: But when Jesus heard about it he said, “Lazarus’s sickness will not end in death. No, it happened for the glory of God so that the Son of God will receive glory from this.” **5**So although Jesus loved Martha, Mary, and Lazarus, **6**he stayed where he was for the next two days. **7**Finally, he said to his disciples, “Let’s go back to Judea.”

**8**But his disciples objected. “Rabbi,” they said, “only a few days ago the people[[b](https://www.biblegateway.com/passage/?search=John%2011&version=NLT#fen-NLT-26497b)] in Judea were trying to stone you. Are you going there again?”

**9**Jesus replied, “There are twelve hours of daylight every day. During the day people can walk safely. They can see because they have the light of this world. **10**But at night there is danger of stumbling because they have no light.” **11**Then he said, “Our friend Lazarus has fallen asleep, but now I will go and wake him up.”

**12**The disciples said, “Lord, if he is sleeping, he will soon get better!” **13**They thought Jesus meant Lazarus was simply sleeping, but Jesus meant Lazarus had died.

**14**So he told them plainly, “Lazarus is dead. **15**And for your sakes, I’m glad I wasn’t there, for now you will really believe. Come, let’s go see him.”

**16**Thomas, nicknamed the Twin,[[c](https://www.biblegateway.com/passage/?search=John%2011&version=NLT#fen-NLT-26505c)] said to his fellow disciples, “Let’s go, too—and die with Jesus.”

**17**When Jesus arrived at Bethany, he was told that Lazarus had already been in his grave for four days.

Research into what happens to a human body after death shows that the body is already decomposing by 72hrs.

1. The heart stops beating
2. The body cells are deprived of oxygen and they begin to die
3. Blood drains from the circulatory system and pools in the low places due to gravity
4. Muscles begins to stiffen commonly known as Rigor Mortis
5. By 24 hours the body has lost all it’s heat
6. By 36 hours the body loses it’s Rigor Mortis
7. By 72 hours the body is no longer stiff but is now soft again, let us investigate what is happening within the tissues as the cells begin to die bacteria within the body begins to breakdown the cells this is decomposition. – The decomposing tissues take a horrific look and smell and discharges greenish liquid. The tissues release hydrogen sulfide and methane as well as other gases. A horrible smell is emitted, insects and animals are attracted to the body, and they will consume the body. This is Lazarus, Jesus waited for 96 hours so Lazarus will be in this state when he comes to bring him back.

He did this to clear any doubt that he is the resurrection and the Life. He did it so we can be bold to tell people about him.

**How do we communicate this to the world?**

We should boldly declare to the world that Jesus is the Resurrection and Life, and that He has the Power to make good, every situation no matter how bad it looks. There is nothing worse than being dead, but Jesus can bring back to life any dead situation. If only they will embrace Him as their Lord and Saviour, He will give them life in this life and the life to come. Amen

Let us pray.