

EMPTY

REWIND

Emptiness can be a daunting reality. Whether you have an empty heart, empty tank, empty account, empty relationships, empty nest or just a feeling of being empty, you can be filled. The question is not whether or not we desire to live a satisfied and fulfilled life, the question is what you are choosing to fill your emptiness? May I suggest that an empty tomb is proof that your emptiness can be filled with Jesus. He conquered our sin, our emptiness, our shame, our guilt, and our insecurities. In fact, Jesus said He came to give us life and life more abundantly. Let's discover together what it means to live a life of fullness rather than a life of emptiness!

RETHINK

1. What areas of your life feel empty?
2. What have you been doing to try to fill these empty voids?
3. Do you think everyone experiences emptiness? Why do you think Christ-followers still experience emptiness?
4. Mary M. ran and told the disciples that Jesus was alive and that tomb was empty. What does an empty tomb have to do with filling our emptiness?
5. Do you believe that Jesus loves You? Do you believe that you are His creation, His breath and His prized possession?
6. How does believing that Jesus rose from the dead for you help you conquer emptiness?
7. It is finished! How does the blood of Jesus complete His work in us? If it is finished, why do you think we have a hard time believing that He has already done the work?
8. He is worthy! This means that we are worthy. In what ways are you worthy?

RESPOND

Take a moment as a group and be transparent. Get out a piece of paper and a pen and write down some areas of your life where you feel empty. Be ready to share these with your group as you feel comfortable. Once everyone has shared, answer these two questions: How does the finished work of Jesus fill our emptiness? How can your group help one another believe that each and every person is worthy to experience joy, fulfillment and satisfaction in this life?

As a group, did you learn anything else from this experience?

RELATE

Read John 20 as a group and discuss. Which person in the story do you relate to the most?