

## **LIVING A BLESSED AND GLORIOUS LIFE**

12 APRIL 2026

### **SUMMARY**

This message explores the transformative power of living in the reality of Christ's resurrection now, not just as a future promise. Rosemary Downes' emphasizes that believers are called to live from their identity as children of God rather than striving through human effort. Drawing from the Road to Emmaus encounter, the message highlights how Jesus reveals himself and reignites passion in believers' hearts. The message challenges Christians to recognize that the same resurrection power that raised Jesus from the dead is available to them today, enabling them to live with hope, joy, and purpose even amid suffering and uncertainty. It's a call to accept God's freely given gift of resurrected life and stay connected to Christ through prayer, community, and daily surrender.

### **KEY POINTS**

- We are called to live the resurrected life now, not wait for a future upgrade
- Our identity comes from being sons and daughters of God, heirs of the kingdom
- We live from identity, not effort - we are already accepted by God
- The same power that raised Jesus from the dead is at work in believers today
- Transformation happens through staying close to Jesus in prayer and daily life
- God uses ordinary people to perform extraordinary acts when they believe
- All things work together for good for those who love God
- Joy can coexist with pain and uncertainty when rooted in Christ
- We must accept and open the gift of resurrection life that God freely offers
- Living the blessed life attracts others who desire what we have in Christ

**SCRIPTURE REFERENCES:**

- Luke 24:13-35 (The Road to Emmaus)
- Galatians 2:20 ("It is no longer I who live, but Christ who lives in me")
- Mark 16:15-18 (The Great Commission with signs following believers)
- Ephesians 1:18-20 (The same power that raised Christ is at work in us)
- Romans 8:28 (All things work together for good)
- John 14:19 ("Because I live, you also will live")

**STORIES:**

- The two disciples on the Road to Emmaus who had hearts burning within them when Jesus revealed himself
- Peter healing the paralyzed beggar at the temple gate, saying "Silver and gold I have none, but what I have I give you"
- Peter's shadow healing people as he walked past them
- The Eucharistic miracle where bread transformed into cardiac heart tissue when a doubting priest questioned transubstantiation
- Carlo Acutis, the 15-year-old who documented Eucharistic miracles and whose body showed miraculous preservation after death
- Brother Andrew smuggling Bibles into communist countries, praying for God to "close the officers' eyes"
- Austin, the young boy who failed a swimming test but swam four kilometers to save his sister through supernatural strength
- The thief on the cross who turned to Jesus and was promised paradise
- Personal testimony of God providing money in the mailbox and food deliveries during times of financial need
- The Vietnamese family the pastor helped who regularly brought bread in gratitude
- Jesus raising Lazarus from the dead after four days in the tomb

## LIVING A BLESSED AND GLORIOUS LIFE

### SMALL GROUP GUIDE

This guide is designed to help your small group dive deeper into the message.

### OPENING PRAYER

Invite the Holy Spirit to guide your discussion and open hearts to God's transforming work during this Easter season. Pray the IMPACTERS Community Prayer .

### ICEBREAKER

Share a time when you felt your "heart burning within you" during a spiritual experience—perhaps during worship, reading Scripture, or in prayer

### DISCUSSION QUESTIONS

#### **Understanding the Resurrection Life**

1. **The Road to Emmaus:** The disciples' "hearts were burning" when Jesus revealed himself. When was the last time you felt that kind of spiritual passion or conviction? What reignites that fire in you?
2. **Present vs. Future:** How does thinking of the blessed life as "present participation" rather than a "future upgrade" change your perspective on your current circumstances?
3. **Living from Identity:** What's the difference between living from our identity in Christ versus striving for acceptance? How does this play out practically in your daily life?

#### **Power and Miracles**

4. **Peter's Shadow:** The sermon mentioned Peter's shadow healing people and asked, "When did you walk past someone last and your shadow healed them?" How does this challenge your faith? Do you believe God can still work miracles through ordinary believers today?
5. **Brother Andrew's Prayer:** "Lord, can you close the officer's eyes?" What "impossible" situation in your life needs a miracle? What stops you from praying bold prayers like this?
6. **The Signs Jesus Promised:** Jesus said believers would cast out demons, speak in tongues, and heal the sick (Mark 16:17-18). Why do you think many Christians don't see these signs today? What role does our belief play?

#### **Overcoming Obstacles**

7. **Forgiving Ourselves:** The sermon mentioned that "the hardest thing of someone becoming a Christian is forgiving themselves." What past mistakes

or shame do you struggle to release to God? How can we help each other accept God's complete forgiveness?

8. **Fear and Panic:** Rosemary shared about speaking to herself when panic rises: "No, you might feel it this way, but this is not the way you're going to be." What practical strategies help you choose faith over fear?
9. **Joy in Suffering:** How is it possible to be "joy-filled amongst the worst environment ever"? Have you witnessed this kind of supernatural joy? Share examples.

### **Practical Living**

10. **Staying Connected:** The sermon listed many ways to stay connected to Jesus (Mass, Bible reading, prayer, Rosary, Bible study, etc.). What practices keep YOU connected to Christ? Are there new practices you'd like to explore?
11. **Unbinding Others:** Jesus told the crowd to "unbind" Lazarus. Who in your life needs to be unbound from fear, despair, or hopelessness? How might God be asking you to help?
12. **Opening the Gift:** God has given us the gift of the risen Christ, but we must "accept it, open it, and use it." In what areas of your life have you left God's gift unopened?

### **THIS WEEK'S CHALLENGE**

Choose ONE of the following to practice this week.

**Stay Connected to Jesus** - Identify one specific way you'll deepen your connection to Christ daily (prayer, Scripture reading, worship, Mass, etc.)

**Expect God to Work** - Bring one "impossible" situation to God in prayer, expecting Him to move (even if not in the way you plan)

**Live from Identity** - Write down 3-5 truths about your identity in Christ and read them daily

**Be Used by God** - Ask God to show you one person who needs to be "unbound" and how you can help

**Practice Gratitude** - Keep a daily log of how God provides or shows up in ordinary moments

**Forgive Yourself** - Release one area of shame or past failure to God, accepting His complete forgiveness

**Share Your Story** - Tell someone why you have hope, joy, or peace despite circumstances

## **PRAYER PROMPTS**

Close your group time by praying for:

1. **Hearts burning with passion** for Jesus like the Emmaus disciples
2. **Faith to believe** God for the impossible
3. **Freedom from shame, fear, and unforgiveness**
4. **Eyes to see** where God is already working in ordinary moments
5. **Boldness to share** the hope we have with others

## **CLOSING THOUGHT**

*"The resurrection rewrites the impossible. Nothing can stand against the living God. This glorious life is not something you manufacture—it is something you receive freely. Accept the gift. Open it. Use it."*