

Where

He descended to hell.

9 (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? 10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.) – Ephesians 4:8-10

18 For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit, 19 in which he went and proclaimed to the spirits in prison – 1 Peter 3:18-19.

Your pomp is brought down to Scheol, the sound of your harps; maggots are laid as a bed beneath you, and worms are your covers – Isaiah 14:11

“My soul is very sorrowful, even to death”

– *Matthew 26:38*

“Began to be greatly distressed and troubled”

– *Mark 14:33*

“Being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.”

– *Luke 22:44*

For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.

– *Psalms 40:12*

For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

– 2 Corinthians 5:21

My God, My God, why have you forsaken me?

– *Matthew 27:46*

Why

- Entered state of dead men
- Fulfill Old Testament Prophecies (Isaiah 53)
- He did this, so we don't have to

So What?

- Shake us out of apathy
- Produce gratitude and joy within us
- Move us to praise and worship

The third day he rose again from the dead.

Where

[...] 6 He is not here, for he has risen, as he said. Come, see the place where he lay. 7 Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. See, I have told you.”

– Matthew 28:1-7

Why

Prophecy and Foreshadowing

On the third day Abraham lifted up his eyes and saw the place from afar

– Genesis 22:4

The Lord said to Moses, “Go to the people and consecrate them today and tomorrow, and let them wash their garments, and be ready for the third day. For on the third day the Lord will come down on Mount Sinai in the sight of all the people. – Exodus 19:10-11

Newness of life

We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. – Romans 6:4

Proof/Necessity

And if Christ has not been raised, your faith is futile and you are still in your sins. 18 Then those also who have fallen asleep in Christ have perished. 19 If in Christ we have hope in this life only, we are of all people most to be pitied. – 1 Corinthians 15:17-19

So What?

Justification

It will be counted to us who believe in him who raised from the dead Jesus our Lord, 25 who was delivered up for our trespasses and raised for our justification. – Romans 4:24-25

Sanctification

We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. – Romans 6:4

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. – Colossians 3:1-2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. – Romans 12:2

Glorification

And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified. – Romans 8:30

if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. – *Romans 8:17*