



## Talk summary:

### **How can an empty tomb be love ? [Matthew 28]**

1. Entangled - held back [Matthew 28:1-4]
  - a. The women and guards were afraid, first of the storm and then when an angel appeared. Easter was all about helping us not to be trapped.
  - b. Difficult and perhaps unexpected things happen in life. What in life is holding you back from living a full life in Christ ?
2. Released - walking free [Matthew 28:5-7]
  - a. An angel appeared and reminded the women that these events were foretold and that Christ is risen. Mel used the illustration of a tangled web being snipped away so we are no longer trapped. How can we reconnect with God so our weaknesses can be transformed into strength, for example to transform hurt to love, have our shame washed away, and our sadness turned to joy ?
3. We can be filled with God's love, joy, peace, hope ... [Matthew 28:8-10]
  - a. The women still experienced a mixture of fear and joy despite hearing the angel's message. They needed to physically encounter Jesus and act in response to his voice. Think of the things that may be holding you back. In your heart, ask God to snip away these constraining threads. How can you hand over things in your life that are tangled to God?

## Questions:

### **Conversation Starter**

1. *What is our reaction when we think about the empty tomb ? How does love come into it ?*
2. *How do you feel / react when life gets messy or things go wrong ?*
3. *Are there tangled areas in your life that you need to snip away with God's help ?*

### **What might God be saying to me about this theme/situation?**

### **What have I learnt that I want to hold on to?**

### **How am I going to put it into practice?**