

IT'S SUNDAY!

I. Psalm 16:1-11

A. Psalm 16 was written by David. It's both personal and prophetic. Written 1,000 years before Christ, it points forward to Jesus and specifically to His resurrection. This also means it points to our resurrection and our sure and certain hope therein...

- 1) V1-2 "Preserve me, O God, for in You I take refuge. I say to the Lord, "You are my Lord; I have no good apart from You." (David prays with honesty and humility.)
- 2) V4-6 "The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips. The Lord is my chosen portion and my cup; You hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance." (The Psalmist actually loves his church family! He's grateful to the Lord for his spiritual heritage. And we should be as well!)
- 3) V7 "I bless the Lord Who gives me counsel; in the night also my heart instructs me." (David blesses the Lord; he reflects and ruminates and God faithfully guides.)
- 4) V8-11 Our Psalm turns prophetic: "I have set the Lord always before me; because He is at my right hand, I shall not be shaken. Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. For You will not abandon my soul to Sheol, or let Your Holy One see corruption. You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore." (David's pointing us forward to his descendant, our Messiah and Lord, Jesus Christ.)

B. So how's this about Jesus' resurrection? Peter and Paul both apply these words to Jesus. How can they do that? By what authority? Under Whose inspiration?

- 1) Acts 2:22-32 Peter's sermon on Pentecost quotes Psalm 16:8-11 and Peter applies these words to Jesus and specifically to His resurrection. The people's hearts that amazing day are *cut to the quick* and 3,000 are saved...
- 2) Acts 13:26-39 Paul preaches in the synagogue at Antioch in Pisidia and he too quotes Psalm 16:8-11 and likewise applies these words to Jesus' resurrection...

C. Stuck on Friday? Some of you would say: *Jesus was a good man, a great moral teacher, but like other great religious leaders, His tomb is with us and his bones are rotting away. We can try our best to emulate Jesus' virtues, relish some of His stories, try and figure out how He tricked people with some alleged miracles, and wonder what might have been if He had been given a few more years.* For those that think this way, you're stuck on Friday and yours' isn't a Good Friday. Perhaps it's time to reset your spiritual clocks and calendars?

- 1) Sermon by S.M. Lockridge, "It's Friday But Sunday's Comin!"
- 2) I'm here to tell you, it's Sunday! Sunday's here and He is risen! It's been Sunday for the past 2,000 years! Friday is Good because Sunday made it Good! Because Jesus died for your sins, you can die with a *sure and certain hope of resurrection unto eternal life in Christ Jesus!* Let it be said of those who die with Hope in Christ, *'Dem bones gonna rise again!* It's Sunday and He is risen!

II. Communion

A. As we take the Bread & Cup this morning, I pray your Jesus is Risen, Ruling, and Reigning, NOT rotting. That His sacrifice of atonement for you has not been in vain. That His resurrection isn't a foolish myth but a reality now birthed in your heart... Ephesians 5:14 is my prayer for us as we Commune with our Lord: *"Awake, O sleeper, and arise from the dead, and Christ will shine on you."*

B. Pray and Serve Communion...

* Benediction Verse: 1 Corinthians 15:1-4...

Scriptures, Videos, & Bonus Stuff

Psalm 16:1-11 (ESV)

A Miktam of David 1 Preserve me, O God, for in You I take refuge. 2 I say to the Lord, "You are my Lord; I have no good apart from You." 3 As for the saints in the land, they are the excellent ones, in whom is all my delight. 4 The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips. 5 The Lord is my chosen portion and my cup; You hold my lot. 6 The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance. 7 I bless the Lord Who gives me counsel; in the night also my heart instructs me. 8 I have set the Lord always before me; because He is at my right hand, I shall not be shaken. 9 Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. 10 For You will not abandon my soul to Sheol, or let Your Holy One see corruption. 11 You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore.

Acts 2:22-32 (ESV)

22 Men of Israel, hear these words: Jesus of Nazareth, a man attested to you by God with mighty works and wonders and signs that God did through Him in your midst, as you yourselves know— **23** this Jesus, delivered up according to the definite plan and foreknowledge of God, you crucified and killed by the hands of lawless men. **24** God raised Him up, loosing the pangs of death, because it was not possible for Him to be held by it. **25** For David says concerning Him, *"I saw the Lord always before me, for He is at my right hand that I may not be shaken; 26 therefore my heart was glad, and my tongue rejoiced; my flesh also will dwell in hope. 27 For You will not abandon My soul to Hades, or let Your Holy One see corruption. 28 You have made known to Me the paths of life; You will make Me full of gladness with Your presence."* **29** "Brothers, I may say to you with confidence about the patriarch David that he both died and was buried, and his tomb is with us to this day. **30** Being therefore a prophet, and knowing that God had sworn with an oath to him that he would set one of his descendants on his throne, **31** he foresaw and spoke about the resurrection of the Christ, that He was not abandoned to Hades, nor did His flesh see corruption. **32** This Jesus God raised up, and of that we all are witnesses.

Acts 13:26-39 (ESV)

26 Brothers, sons of the family of Abraham, and those among you who fear God, to us has been sent the message of this salvation. **27** For those who live in Jerusalem and their rulers, because they did not recognize Him nor understand the utterances of the prophets, which are read every Sabbath, fulfilled them by condemning Him. **28** And though they found in Him no guilt worthy of death, they asked Pilate to have Him executed. **29** And when they had carried out all that was written of Him, they took Him down from the tree and laid Him in a tomb. **30** But God raised Him from the dead, **31** and for many days He appeared to those who had come up with Him from Galilee to Jerusalem, who are now His witnesses to the people. **32** And we bring you the good news that what God promised to the fathers, **33** this He has fulfilled to us their children by raising Jesus, as also it is written in the second Psalm, *(Psalm 13:33) "You are My Son, today I have begotten You."* **34** And as for the fact that He raised Him from the dead, no more to return to corruption, He has spoken in this way, *(Isaiah 55:3) "I will give you the holy and sure blessings of David."* **35** Therefore He says also in another psalm, *(Psalm 16:10) "You will not let your Holy One see corruption."* **36** For David, after he had served the purpose of God in his own generation, fell asleep and was laid with his fathers and saw corruption, **37** but He Whom God raised up did not see corruption. **38** Let it be known to you therefore, brothers, that through this Man forgiveness of sins is proclaimed to you, **39** and by Him everyone who believes is freed from everything from which you could not be freed by the law of Moses.

1 Corinthians 15:1-4 (NIV)

1 Now, brothers and sisters, I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand. **2** By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain. **3** For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, **4** that He was buried, that He was raised on the third day according to the Scriptures...

It's Friday But Sunday's Coming

By S.M. Lockridge (1913 - 2000)

It's Friday. Jesus is praying. Peter's a sleeping. Judas is betraying. But Sunday's comin'.

It's Friday. Pilate's struggling. The council is conspiring. The crowd is vilifying. They don't even know that Sunday's comin'.

It's Friday. The disciples are running like sheep without a shepherd. Mary's crying. Peter is denying. But they don't know that Sunday's a comin'.

It's Friday. The Romans beat my Jesus. They robe Him in scarlet. They crown Him with thorns. But they don't know that Sunday's comin'.

It's Friday. See Jesus walking to Calvary. His blood dripping. His body stumbling. And His spirit's burdened. But you see, it's only Friday. Sunday's comin'.

It's Friday. The world's winning. People are sinning. And evil's grinning.

It's Friday. The soldiers nail my Savior's hands to the cross. They nail my Savior's feet to the cross. And then they raise Him up next to criminals.

It's Friday. But let me tell you something: Sunday's comin'.

It's Friday. The disciples are questioning: What has happened to their King? And the Pharisees are celebrating that their scheming has been achieved. But they don't know it's only Friday. Sunday's comin'.

It's Friday. He's hanging on the cross. Feeling forsaken by His Father. Left alone and dying. Can nobody save Him? Oh, it's Friday. But Sunday's comin'.

It's Friday. The earth trembles. The sky grows dark. My King yields His spirit.

It's Friday. Hope is lost. Death has won. Sin has conquered. And Satan's just a laughin'.

It's Friday. Jesus is buried. A soldier stands guard. And a rock is rolled into place.

But it's Friday. It is only Friday. Sunday is a comin'!

- Attributed to Pastor S.M. Lockridge (1913 - 2000), longtime Pastor of Calvary Baptist Church, San Diego, California. To read more, go to: [http://en.wikipedia.org/wiki/S. M. Lockridge](http://en.wikipedia.org/wiki/S._M._Lockridge)

Film Clips & Other Links

It's Friday, But Sunday's Comin' by S.M. Lockridge (1913 - 2000)
<https://www.youtube.com/watch?v=YByT6wfdhJs>

"Mercy Tree" by Lacey Sturm
<https://www.youtube.com/watch?v=hrgl9z3grKU>

"Christ the Lord is Risen Today" - Wonderful version by the NCC Worship Team
<https://www.youtube.com/watch?v=rJNBpBeM1gE>

"Christ is Risen, He is Risen Indeed" - Keith & Kristyn Getty
<https://www.youtube.com/watch?v=uRnG2xzzEaU>

"Christ is Risen (Come Awake Come Awake) by Matt Maher
<https://www.youtube.com/watch?v=IExdrZGQVel>

Bonus Stuff

Theological Note on Psalm 16:9-11

ESV Study Bible

As in Psalm 49:15 and Psalm 73:24-26, here there is a clear affirmation that the human yearning to be near to God and to know the pleasure of His welcome forever, beyond the death of the body, finds its answer in the covenant. Peter cites Psalm 16:8-11 in his pentecost speech (Acts 2:25-28), applying the verses to the resurrection of Jesus; Paul used Psalm 16:10 in his similar speech (Acts 13:35). If the apostles meant that David's words were a straight prediction of the death and resurrection of Jesus, it is difficult to know what function the psalm could have played in ancient Israel: the congregation would have scratched their heads in puzzlement every time they sang it. This puzzlement goes away if the psalm is seen as cultivating the hope of everlasting glory for the faithful, with the resurrection of Jesus (the Holy One par excellence) as the first step in bringing this hope to fruition (cf. Romans 8:23; 1 Corinthians 15:23).

- Theological Note on Acts 16:9-11 - *Hope of Everlasting Joy*, ESV Study Bible, Crossway, p. 956.

Quote by John Calvin

"The cross of Christ only triumphs in the breast of believers over the devil and the flesh, sin and sinners, when their eyes are directed to the power of His Resurrection."

- John Calvin, *Institutes of the Christian Religion*.

Quote by John Piper

"The Bible says he was raised not just after the blood-shedding, but by it. This means that what the death of Christ accomplished was so full and so perfect that the resurrection was the reward and vindication of Christ's achievement in death."

- John Piper, *The Passion of Jesus Christ*.

Quote by Tim Keller

“If Jesus rose from the dead, then you have to accept all that He said; if He didn’t rise from the dead, then why worry about any of what He said? The issue on which everything hangs is not whether or not you like His teaching but whether or not He rose from the dead.”

- Tim Keller, *The Reason for God: Belief in an Age of Skepticism*.

Quote by N.T. Wright

“Jesus’s resurrection is the beginning of God’s new project not to snatch people away from earth to heaven but to colonize earth with the life of heaven. That, after all, is what the Lord’s Prayer is about.”

- N.T. Wright, *Surprised by Hope: Rethinking Heaven, the Resurrection, and the Mission of the Church*.

Quote by C.S. Lewis

“If the truth is that after there comes a negatively spiritual life, an eternity of mystical experience, what more misleading way of communicating it could possibly be found than the appearance of a human form which eats boiled fish? Again, on such a view, the body would really be a hallucination. And any theory of hallucination breaks down on the fact (and if it is invention, it is the oldest invention that ever entered the mind of man) that on three separate occasions this hallucination was not immediately recognized as Jesus.”

- C.S. Lewis, *Miracles*.

Quote by Peter Marshall

“No tabloid will ever print the startling news that the mummified body of Jesus of Nazareth has been discovered in old Jerusalem. Christians have no carefully embalmed body enclosed in a glass case to worship. Thank God, we have an empty tomb. The glorious fact that the empty tomb proclaims to us is that life for us does not stop when death comes. Death is not a wall, but a door.”

Quote by Charles Colson

“I know the resurrection is a fact, and Watergate proved it to me. How? Because 12 men testified they had seen Jesus raised from the dead, then they proclaimed that truth for 40 years, never once denying it. Every one was beaten, tortured, stoned and put in prison. They would not have endured that if it weren’t true. Watergate embroiled 12 of the most powerful men in the world--and they couldn’t keep a lie for three weeks. You’re telling me 12 apostles could keep a lie for 40 years? Absolutely impossible.”

- Charles Colson was Special Counsel to President Nixon during the Watergate Scandal. He served time in federal prison for obstruction of justice. He became a Christian in 1973, founded *Prison Fellowship*, *BreakPoint*, and the author of 30 books. In 1993 he was awarded the *Templeton Prize for Progress in Religion*. He died in 2012.

6 Ways Jesus Experienced Hell When He Was on the Cross

By Colin Smith

Artists and poets have speculated over the centuries about hell (consider Dante’s “Inferno”), but the clearest revelation of hell is given at the cross. The Apostle’s Creed affirms that Christ descended into hell. While this has often been taken to refer to a journey Christ made after His death, the Reformers understood it to refer to what Christ experienced in the hours of darkness when He bore our sins and became our sacrifice.

Hell has six dimensions and Christ experienced all of them on the cross.

1. He was in conscious suffering. Jesus experienced great physical suffering—the scourging, the nailing and the mocking—all at the hands of men. He felt in His body all the pain of torture and crucifixion. Hell is a place of “weeping and gnashing of teeth” ([Luke 13:28](#); [Matthew 13:50](#)), and Jesus entered into all of its pains and torments when He was suffering on the cross.

2. He was in blackest darkness. “From the sixth hour [midday] until the ninth hour [3 in the afternoon], darkness came over all the land” ([Matthew 27:45](#)). The sudden darkness tells us that something entirely new was happening. Up to this point it had all been about physical suffering. Now Jesus was entering into the heart of His atoning work as our sin-bearer, drinking the cup of God’s wrath.

3. He was surrounded by demonic powers. Scripture speaks of these dark forces when it tells us that “having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross,” ([Colossians 2:15](#)). A full picture of this conflict has not been given to us, but we can be sure that the demonic powers were present at Calvary, adding their taunts and venom to the human hatred that was poured out on Christ.

4. He was bearing sin. [1 Peter 2:24](#) says, “He Himself bore our sins in His body on the tree.” God made Him who had no sin to be sin for us ([2 Corinthians 5:21](#)). In the darkness, the Lord laid on Jesus the iniquity of us all ([Isaiah 53:6](#)).

To be our sin-bearer, Christ received in Himself the hell that our sins deserve. Klass Schilder says God was "[directly sending the torments of hell against the Christ](#)." This is the deepest mystery in the darkness of the cross.

5. He was under judgment. Jesus endured hell on the cross because hell is the punishment for sin. All that hell is, He experienced right there during these hours of darkness in which He bore our sin and endured our punishment. The wrath of God was poured out on Him, and he became the propitiation for our sins ([Romans 3:25](#), [1 John 2:2](#)).

6. He was separated from the knowledge of God's love of God. This abandoning of Christ meant that the love the Son had enjoyed with His Father for all eternity was now beyond His reach. It also meant that the terrors of the Father's judgment were poured out on the Savior. [2 Thessalonians 1:9](#) says that "those who do not obey the gospel of our Lord Jesus...will suffer the punishment of eternal destruction, away from the presence of the Lord and from the glory of his might." That is hell.

Hell is conscious suffering in blackest darkness, surrounded by demonic powers. It is bearing the guilt of your sin and coming under the righteous judgment of God. But the hell of hell for the sinner will be to know that there is a God of love and that he or she could have known this love, but that now it is beyond their reach.

When people talk about hell, the discussion is often about whether or not it is real. Hell is as real as the cross. Jesus entered all of hell's dimensions on the cross, and He endured them so that you would never know what hell is like.

If someone should say, "There is no hell," I ask, "Then what was the cross about? Why did Christ have to suffer? Why the darkness? Why the forsakenness? These things happened because there is Divine wrath, there is judgment and there is hell. All of this was poured out on Jesus, and He absorbed it in Himself to save us from it. But as Richard Sibbes says, "Whatsoever was done to Christ...shall be done to all that are outside of Him."

That is as plain a statement as you can get, and it is faithful to the Scriptures. It is why every person must come to Jesus Christ and be in Him, because we cannot be saved without Him.

- Colin Smith is senior pastor of The Orchard in the Chicago area, and he teaches on the nationally broadcast daily radio program, "Unlocking the Bible." His most recent book, [Heaven, How I Got Here: The Story of the Thief on the Cross](#) (Christian Focus Publications) points to the gift of eternal life through [faith](#) in Jesus Christ.- Publication date: March 27, 2015

Christ the Lord is Risen Today

By Charles Wesley, Circa 1739. Music by Lyra Davidson.

Christ the Lord is risen today, Alleluia!
Earth and heaven in chorus say, Alleluia!
Raise your joys and triumphs high, Alleluia!
Sing, ye heavens, and earth reply, Alleluia!

Love's redeeming work is done, Alleluia!
Fought the fight, the battle won, Alleluia!
Death in vain forbids Him rise, Alleluia!
Christ has opened paradise, Alleluia!

Lives again our glorious King, Alleluia!
Where, O death, is now thy sting? Alleluia!
Once He died our souls to save, Alleluia!
Where's thy victory, boasting grave? Alleluia!

Soar we now where Christ has led, Alleluia!
Following our exalted Head, Alleluia!
Made like Him, like Him we rise, Alleluia!
Ours the cross, the grave, the skies, Alleluia!

Hail the Lord of earth and heaven, Alleluia!
Praise to Thee by both be given, Alleluia!
Thee we greet triumphant now, Alleluia!
Hail the Resurrection, thou, Alleluia!

King of glory, soul of bliss, Alleluia!
Everlasting life is this, Alleluia!
Thee to know, thy power to prove, Alleluia!
Thus to sing, and thus to love, Alleluia!

- Charles Wesley, the son of Samuel Wesley, was born at Epworth, Dec. 18, 1707. He was educated at Westminster School and afterwards at Christ Church, Oxford, where he graduated M.A. in 1735. For many years he engaged with his brother, John Wesley, in preaching the Gospel. He died March 29, 1788. To Charles Wesley has been justly assigned the appellation of the "*Bard of Methodism*." His prominence in hymn writing may be judged from the fact that in the "*Wesleyan Hymn Book*," 623 of the 770 hymns were written by him. To read more, go to:
http://www.hymnary.org/text/christ_the_lord_is_risen_today_wesley