

RUNNING  
ON  
EMPTY

JOHN 20:1-31



## John 20:1-9

<sup>1</sup> Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. <sup>2</sup> So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, “They have taken the Lord out of the tomb, and we don’t know where they have put him!”



## John 20:1-9

<sup>3</sup> So Peter and the other disciple started for the tomb.

<sup>4</sup> Both were running, but the other disciple outran Peter and reached the tomb first. <sup>5</sup> He bent over and looked in at the strips of linen lying there but did not go in. <sup>6</sup> Then Simon Peter, who was behind him, arrived and went into the tomb. He saw the strips of linen lying there, <sup>7</sup> as well as the burial cloth that





## John 20:1-9

had been around Jesus' head. The cloth was folded up by itself, separate from the linen. <sup>8</sup> Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed. <sup>9</sup> (They still did not understand from Scripture that Jesus had to rise from the dead.)





# RUNNING ON EMPTY

**Running through the Cemetery**

JOHN 20:1-31



# RUNNING ON EMPTY

## Running through the Cemetery

The empty tomb sends people running on that first Easter Sunday.

JOHN 20:1-31



# RUNNING ON EMPTY

## Running through the Cemetery

The empty tomb sends people running on that first Easter Sunday.

They are running to find answers to their questions and help with their confusion.

JOHN 20:1-31



# RUNNING ON EMPTY

## Running through the Cemetery

Every time Jesus meets people after the resurrection, he helps them to believe in him.

JOHN 20:1-31



# RUNNING ON EMPTY

## Running through the Cemetery

Every time Jesus meets people after the resurrection, he helps them to believe in him.

The risen Christ deals with each person uniquely —according to his or her needs and personality.

JOHN 20:1-31



# RUNNING ON EMPTY

## Running through the Cemetery

- ▶ Jesus gives people time and space to wrestle with—and then plenty of reasons to rest in—his resurrection from the dead.

JOHN 20:1-31



# RUNNING ON EMPTY

**John: Portrait of an EASY-COMING faith**

JOHN 20:1-31















# RUNNING ON EMPTY

**John: Portrait of an EASY-COMING faith**

**John's personal struggle:**

**"I need significance in my life."**

JOHN 20:1-31



# RUNNING ON EMPTY

**John: Portrait of an EASY-COMING faith**

**John's personal struggle:**

**"I need significance in my life."**

**The risen Christ gives his people a new identity  
and purpose.**

JOHN 20:1-31



# RUNNING ON EMPTY

**Peter: Portrait of a GUILT-RIDDEN faith**

JOHN 20:1-31



# RUNNING ON EMPTY

**Peter: Portrait of a GUILT-RIDDEN faith**

**Peter's personal struggle:  
"I need forgiveness for my sin."**

JOHN 20:1-31



# RUNNING ON EMPTY

## **Peter: Portrait of a GUILT-RIDDEN faith**

**Peter's personal struggle:**

**"I need forgiveness for my sin."**

**The risen Christ gives his people a new freedom  
and power.**

JOHN 20:1-31



# RUNNING ON EMPTY

**Mary: Portrait of a GRIEF-STRICKEN faith**

JOHN 20:1-31



# RUNNING ON EMPTY

**Mary: Portrait of a GRIEF-STRICKEN faith**

**Mary's personal struggle:**

**"I need comfort for my despair."**

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# RUNNING ON EMPTY

## Mary: Portrait of a GRIEF-STRICKEN faith

Mary's personal struggle:

"I need comfort for my despair."

The risen Christ gives his people a new intimacy and hope.

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# RUNNING ON EMPTY

**Thomas: Portrait of a SHOW-ME faith**

JOHN 20:1-31



# RUNNING ON EMPTY

**Thomas: Portrait of a SHOW-ME faith**

**Thomas' personal struggle:**

**"I need irrefutable evidence to believe."**

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# RUNNING ON EMPTY

## Thomas: Portrait of a SHOW-ME faith

Thomas' personal struggle:

"I need irrefutable evidence to believe."

The risen Christ gives his people a new assurance and confidence.

JOHN 20:1-31



# RUNNING ON EMPTY

**Running through Life**

JOHN 20:1-31



# RUNNING ON EMPTY

## Running through Life

Because of his humility, Jesus does not coerce faith, but because of his authority, he deserves it.

JOHN 20:1-31



# RUNNING ON EMPTY

## Running through Life

Because of his humility, Jesus does not coerce faith, but because of his authority, he deserves it.

The risen Christ gives open-minded and tender-hearted people what they need to believe in him.

JOHN 20:1-31



# RUNNING ON EMPTY

## Running through Life

For believers, “running on empty” means resting in the risen Christ and being energized by him.

JOHN 20:1-31



# RUNNING ON EMPTY


## Running through Life

For believers, “running on empty” means resting in the risen Christ and being energized by him.

- ▶ Jesus gives people time and space to wrestle with—and then plenty of reasons to rest in—his resurrection from the dead.

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