

SERMON NOTES - 40 Days of Adjustment

These notes are designed to be read along with the associated audio / video message

INTRODUCTION & CONTEXT

When Jesus rose from the dead there was a period of 40 days when He appeared to His followers. This is a very interesting period of time and we will look at it today. We are calling it the "40 Days of Adjustment"

There were only 11 times that Jesus appeared in this 40 day period and we will look at them all today.

The first day when Jesus rose there were 5 of these 11 appearances. The narrative of the first day can be read at Jn 20:1-18; Mk 16:1-13; Lk 24:1-49.

Before Jesus died He had warned them in advance that He would meet them at a mountain in Galilee, and this was then reiterated to the followers by the Angels at the tomb, and by Jesus after He had risen:

Mat 26:32 NKJV - "32 "But after I have been raised, I will go before you to Galilee.""

Mat 28:7, 10 NKJV - "7 "And go quickly and tell His disciples that He is risen from the dead, and indeed He is going before you into Galilee; there you will see Him. Behold, I have told you." ... 10 Then Jesus said to them, "Do not be afraid. Go and tell My brethren to go to Galilee, and there they will see Me.""

Mat 28:16 NKJV - "16 Then the eleven disciples went away into Galilee, to the mountain which Jesus had appointed for them."

Peter's struggles and the process leading up to his meeting with Jesus next to the lake in Galilee:

Mat 26:32-35 NKJV - "32 "But after I have been raised, I will go before you to Galilee." 33 Peter answered and said to Him, "Even if all are made to stumble because of You, I will never be made to stumble." 34 Jesus said to him, "Assuredly, I say to you that this night, before the rooster crows, you will deny Me three times." 35 Peter said to Him, "Even if I have to die with You, I will not deny You!" And so said all the disciples."

Jhn 21:3 NKJV - "3 Simon Peter said to them, "I am going fishing." They said to him, "We are going with you also." They went out and immediately got into the boat, and that night they caught nothing."

Jhn 21:15-17 NKJV - "15 So when they had eaten breakfast, Jesus said to Simon Peter, "Simon, son of Jonah, do you love Me more than these?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Feed My lambs." 16 He said to him again a second time, "Simon, son of Jonah, do you love Me?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Tend My sheep." 17 He said to him the third time, "Simon, son of Jonah, do you love Me?" Peter was grieved because He said to him the third time, "Do you love Me?" And he said to Him, "Lord, You know all things; You know that I love You." Jesus said to him, "Feed My sheep."

Jesus' last meeting as He ascended into heaven - another pre-arranged meeting on a mountainside;

Act 1:4-12 NKJV - "4 And being assembled together with them, He commanded them not to depart from Jerusalem, but to wait for the Promise of the Father, "which," He said, "you have heard from Me; 5 "for John truly baptised with water, but you shall be baptised with the Holy Spirit not many days from now." 6 Therefore, when they had come together, they asked Him, saying, "Lord, will You at this time restore the kingdom to Israel?" 7 And He said to them, "It is not for you to know times or seasons which the Father has put in His own authority. 8 "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." 9 Now when He had spoken these things, while they watched, He was taken up, and a cloud received Him out of their sight. 10 And while they looked steadfastly toward heaven as He went up, behold, two men stood by them in white apparel, 11 who also said, "Men of Galilee, why do you stand gazing up into heaven? This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven." 12 Then they

returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a Sabbath day's journey."

AN OVERVIEW OF THE 11 APPEARANCES

DAY 1

1. Mary Magdalene on her own

John 20:14 Now when she had said this, she turned around and saw Jesus standing *there*, and did not know that it was Jesus. **15** Jesus said to her, "**Woman, why are you weeping? Whom are you seeking?**" She, supposing Him to be the gardener, said to Him, "Sir, if You have carried Him away, tell me where You have laid Him, and I will take Him away."

16 Jesus said to her, "**Mary!**"

She turned and said to Him, "Rabboni!" (which is to say, Teacher).

17 Jesus said to her, "**Do not cling to Me, for I have not yet ascended to My Father; but go to My brethren and say to them, 'I am ascending to My Father and your Father, and to My God and your God.'**"

18 Mary Magdalene came and told the disciples that she had seen the Lord, and *that* He had spoken these things to her.

2. The Ladies in the garden

Mat 28:9 And as they went to tell His disciples, behold, Jesus met them, saying, "**Rejoice!**" So they came and held Him by the feet and worshipped Him. **10** Then Jesus said to them, "**Do not be afraid. Go and tell My brethren to go to Galilee, and there they will see Me.**"

3. Peter on his own

1 Corinthians 15:5; Lk 24:34

4. The 2 on the road to Emmaus

Luke 24:13 Now behold, two of them were travelling that same day to a village called Emmaus, which was seven miles from Jerusalem. **14** And they talked together of all these things which had happened. **15** So it was, while they conversed and reasoned, that Jesus Himself drew near and went with them. **16** But their eyes were restrained, so that they did not know Him.

17 And He said to them, "**What kind of conversation is this that you have with one another as you walk and are sad?**"

18 Then the one whose name was Cleopas answered and said to Him, "Are You the only stranger in Jerusalem, and have You not known the things which happened there in these days?"

19 And He said to them, "**What things?**"

So they said to Him, "The things concerning Jesus of Nazareth, who was a Prophet mighty in deed and word before God and all the people,

Luke 24:24 And certain of those *who were* with us went to the tomb and found *it* just as the women had said; but Him they did not see."

25 Then He said to them, "**O foolish ones, and slow of heart to believe in all that the prophets have spoken!**"

26 **Ought not the Christ to have suffered these things and to enter into His glory?** **27** And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself.

5. The 11 without Thomas but with many others (Lk 24:33)

Luke 24:33 So they rose up that very hour and returned to Jerusalem, and found the eleven **and those who were with them gathered together**, **34** saying, "The Lord is risen indeed, and has appeared to Simon!" **35** And they told about the things *that had happened* on the road, and how He was known to them in the breaking of bread.

36 Now as they said these things, Jesus Himself stood in the midst of them, and said to them, "**Peace to you.**" **37** But they were terrified and frightened, and supposed they had seen a spirit. **38** And He said to them, "**Why are you troubled? And why do doubts arise in your hearts?** **39** Behold My hands and My feet, that it is I Myself. Handle Me and see, for a spirit does not have flesh and bones as you see I have."

40 When He had said this, He showed them His hands and His feet. **41** But while they still did not believe for joy, and marvelled, He said to them, “**Have you any food here?**” **42** So they gave Him a piece of a broiled fish and some honeycomb. **43** And He took *it* and ate in their presence.

44 Then He said to them, “**These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me.**”

45 And He opened their understanding, that they might comprehend the Scriptures.

46 Then He said to them, “**Thus it is written, and thus it was necessary for the Christ to suffer and to rise from the dead the third day, 47 and that repentance and remission of sins should be preached in His name to all nations, beginning at Jerusalem. 48 And you are witnesses of these things. 49 Behold, I send the Promise of My Father upon you; but tarry in the city of Jerusalem until you are endued with power from on high.**” **THE GREAT COMMISSION**

John 20:19 Then, the same day at evening, being the first *day* of the week, when the doors were shut where the disciples were assembled, for fear of the Jews, Jesus came and stood in the midst, and said to them, “**Peace be with you.**” **20** When He had said this, He showed them *His* hands and His side. Then the disciples were glad when they saw the Lord.

21 So Jesus said to them again, “**Peace to you! As the Father has sent Me, I also send you.**” **22** And when He had said this, He breathed on *them*, and said to them, “**Receive the Holy Spirit. 23 If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.**” **THE GREAT COMMISSION**

DAY 8

6. The 11 with Thomas 8 days later

John 20:24 Now Thomas, called the Twin, one of the twelve, was not with them when Jesus came. **25** The other disciples therefore said to him, “We have seen the Lord.”

So he said to them, “Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and put my hand into His side, I will not believe.”

26 And after eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said, “**Peace to you!**” **27** Then He said to Thomas, “**Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing.**”

28 And Thomas answered and said to Him, “My Lord and my God!”

29 Jesus said to him, “**Thomas, because you have seen Me, you have believed. Blessed are those who have not seen and yet have believed.**”

Mark 16:14 Later He appeared to the eleven as they sat at the table; and He rebuked their unbelief and hardness of heart, because they did not believe those who had seen Him after He had risen. **15** And He said to them, “**Go into all the world and preach the gospel to every creature. 16 He who believes and is baptized will be saved; but he who does not believe will be condemned. 17 And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; 18 they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.**” **THE GREAT COMMISSION**

SEVERAL DAYS LATER

7. The 7 disciples fishing in Galilee (3rd time disciples had seen Him)

John 21:4 But when the morning had now come, Jesus stood on the shore; yet the disciples did not know that it was Jesus. **5** Then Jesus said to them, “**Children, have you any food?**” They answered Him, “No.”

6 And He said to them, “**Cast the net on the right side of the boat, and you will find some.**” So they cast, and now they were not able to draw it in because of the multitude of fish.

7 Therefore that disciple whom Jesus loved said to Peter, “It is the Lord!” Now when Simon Peter heard that it was the Lord, he put on *his* outer garment (for he had removed it), and plunged into the sea. **8** But the other disciples came in the little boat (for they were not far from land, but about two hundred cubits), dragging the net with fish. **9** Then, as soon as they had come to land, they saw a fire of coals there, and fish laid on it, and bread. **10** Jesus said to them, “**Bring some of the fish which you have just caught.**”

11 Simon Peter went up and dragged the net to land, full of large fish, one hundred and fifty-three; and although there were so many, the net was not broken. **12** Jesus said to them, “Come and eat breakfast.” Yet none of the disciples dared ask Him, “Who are You?”—knowing that it was the Lord. **13** Jesus then came and took the bread and gave it to them, and likewise the fish.

14 This is now **the third time Jesus showed Himself** to His disciples after He was raised from the dead.

15 So when they had eaten breakfast, Jesus said to Simon Peter, “Simon, son of Jonah, do you love Me more than these?”

He said to Him, “Yes, Lord; You know that I love You.”

He said to him, “Feed My lambs.”

16 He said to him again a second time, “Simon, son of Jonah, do you love Me?”

He said to Him, “Yes, Lord; You know that I love You.”

He said to him, “Tend My sheep.”

17 He said to him the third time, “Simon, son of Jonah, do you love Me?” Peter was grieved because He said to him the third time, “Do you love Me?”

And he said to Him, “Lord, You know all things; You know that I love You.”

Jesus said to him, “Feed My sheep. **18** Most assuredly, I say to you, when you were younger, you girded yourself and walked where you wished; but when you are old, you will stretch out your hands, and another will gird you and carry you where you do not wish.” **19** This He spoke, signifying by what death he would glorify God. And when He had spoken this, He said to him, “Follow Me.”

20 Then Peter, turning around, saw the disciple whom Jesus loved following, who also had leaned on His breast at the supper, and said, “Lord, who is the one who betrays You?” **21** Peter, seeing him, said to Jesus, “But Lord, what about this man?”

22 Jesus said to him, “If I will that he remain till I come, what is that to you? You follow Me.”

23 Then this saying went out among the brethren that this disciple would not die. Yet Jesus did not say to him that he would not die, but, “If I will that he remain till I come, what is that to you?”

SEVERAL DAYS LATER

8. The crowd on the mountain in Galilee

Matthew 28:16 “Then the eleven disciples went away into Galilee, to the mountain which Jesus had appointed for them. **17** When they saw Him, they worshiped Him; but some doubted.

18 And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth.

19 Go therefore and make disciples of all the nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen. **THE GREAT COMMISSION**

SEVERAL DAYS LATER?

9. James His brother

1 Corinthians 15:7

SEVERAL DAYS LATER?

10. All the apostles

1 Corinthians 15:7

DAY 40

11. The followers as He was ascending on Mt Olives

Acts 1:4 And being assembled together with *them*, He commanded them not to depart from Jerusalem, but to wait for the Promise of the Father, “which,” He said, “you have heard from Me; **5** for John truly baptized with water, but you shall be baptized with the Holy Spirit not many days from now.” **6** Therefore, when they had come together, they asked Him, saying, “Lord, will You at this time restore the kingdom to Israel?” **7**

And He said to them, “It is not for you to know times or seasons which the Father has put in His own authority. **8** But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.” **THE GREAT COMMISSION**

POINT 1

There were very few appearances of Jesus in these 40 days; 5 appearances on day 1, and then another 6 appearances in the remaining 39 days. This is noteworthy and we should try to understand the lesson we are being taught.

We are not in Heaven yet. We live in a period of faith, not full sight:

1Co 13:9-10, 12 NKJV - "9 For we know in part and we prophesy in part. 10 But when that which is perfect has come, then that which is in part will be done away. ... 12 For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known."

Psa 32:8 NKJV - "8 I will instruct you and teach you in the way you should go; I will guide you with My eye."

Isa 30:21 NKJV - "21 Your ears shall hear a word behind you, saying, "This is the way, walk in it," Whenever you turn to the right hand Or whenever you turn to the left."

POINT 2

The Great Commission was given every time He met with groups of people in this 40 day period. See verses labelled "**THE GREAT COMMISSION**" above.

POINT 3

There were many types of meetings that Jesus had with people and we should be ready for these types of meetings too:

- pre arranged meetings - the Galilee mountain, the Mount of Olives
- He arrived unexpectedly sometimes too -
 - Mary and Ladies and Peter - seeking Jesus
 - Emmaus - talking about Jesus
 - Upper room - praying and fellowship
 - Galilee lake - fishing

The **meetings** consisted of:

- Teaching meetings - Emmaus, the upper rooms, Mt Galilee, Mt Olives - Kingdom of God and GC
- Fellowship / "Counselling" / personal relational ministry meetings / Fun & Food - Peter (with John), Mary, James, Thomas, ladies, 7 guys by lake, upper room meals -
 - He spent quality time with some individuals & smaller groups - Mary, Peter and John, those in the upper room, the **2 at Emmaus**, Thomas
- Food was an important part of many of the meetings
- There was Worship

Matthew 28:9 NKJV — And as they went to tell His disciples, behold, Jesus met them, saying, "**Rejoice!**" So they came and held Him by the feet and worshiped Him.

Matthew 28:17 NKJV — When they saw Him, they worshiped Him; but some doubted.

John 20:28 NKJV — And Thomas answered and said to Him, "My Lord and my God!"

Luke 24:52 NKJV — And they worshiped Him, and returned to Jerusalem with great joy,

POINT 4

The role of "little people" -the women and unnamed people

OTHER VERSES, POINTS AND REFERENCES

2 Corinthians 5:16-17 NKJV — Therefore, from now on, we regard no one according to the flesh. Even though we have known Christ according to the flesh, yet now we know Him thus no longer. Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Acts 1:3 NKJV — to whom He also presented Himself alive after His suffering by many infallible proofs, being seen by them during forty days and speaking of the things pertaining to the kingdom of God.

1 Corinthians 15:3-8 NKJV — For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, 4 and that He was buried, and that He rose again the third day according to the Scriptures, 5 and that He was seen by **Cephas**, then by **the twelve**. 6 After that He was seen by **over five hundred brethren** at once, of whom the greater part remain to the present, but some have fallen asleep. 7 After that He was seen by **James**, then by **all the apostles**. 8 Then last of all He was seen **by me also**, as by one born out of due time.

Heb 8:5 NKJV - "5 who serve the copy and shadow of the heavenly things, as Moses was divinely instructed when he was about to make the tabernacle. For He said, "See that you make all things according to the pattern shown you on the mountain.""

Heb 9:23-24 NKJV - "23 Therefore it was necessary that the copies of the things in the heavens should be purified with these, but the heavenly things themselves with better sacrifices than these. 24 For Christ has not entered the holy places made with hands, which are copies of the true, but into heaven itself, now to appear in the presence of God for us;"

Small group discussion guidelines

Remember that the aim of the small group is to foster discussion and community, rather than for the leader or one individual to preach to everyone.

1 - Often an **Icebreaker question** is a great way to start discussion. You could ask a question like:

- What were the highs or lows of your week?
- What is your earliest memory?
- If you had to describe yourself as one animal, what would it be and why?
- What is your favourite type of holiday destination?

2 - Next, **read the passage**. You can ask various people in the group to help by each reading a portion of the passage.

3 - These are the **main questions** to ask to understand the passage:

- What is the main message of this talk / passage?
Allow discussion and even diverging from the main topic if it is helpful.
- What did you find particularly helpful or challenging?
- What did you not fully understand?
- What can we do PRACTICALLY in response to this teaching?

4 - Close by offering **prayer** for each person.

- Ask, "how can we pray for you / each other now?"
- Ask each person to pray or you, as leader, pray for each person's need

The blessing and opportunity in Small Groups is the possibility for...

- Each person to contribute and/or ask questions,
- People to pray for each other and to ask for prayer,
- People to learn to use and grow in their gifts,
- Community, friendship and intimacy in relationships.

God Bless you in this very important ministry.