

# LIFE GROUP notes

01 June



## Break the ice

Write down what God is saying to you in today's message:

TOPIC: Ascension Day 2025



## Let's hear your story

1. Have you ever had to explain to a friend or family member why Jesus had to ascend and return back to heaven?
2. How did Jesus ascend according to Acts 1:9? (**As they were looking on, Jesus was lifted up, and a cloud took Him out of their sight.**)
3. How many days between Jesus' resurrection and ascension? (**40**).
4. True or false, when Jesus ascended into heaven, He was seated at the right hand of God the Father? (**True, see Psalm 110:1 and Matthew 26:64**).



## Let's go deeper

5. According to Matthew 11:27; what is under the rulership on Jesus Christ? (**All things**).
6. According to John 3:35; what is in the hands of Jesus? (**Everything; nations, kingdoms, times, places, etc.**).
7. According to Ephesians 1:22; what did God the Father put under the feet of Jesus Christ? (**Jesus is over everything, and He rules all things**).
8. Where is Jesus today? (**In heaven, see John 16:28**).



## Let's apply this

9. What are the practical implications of Jesus ascending into heaven?
  - Jesus remains alive as our Mediator. (see 1 Timothy 2:5).
  - We are seated with Christ in heavenly realms. (see Ephesians 2:6).
  - Jesus went to heaven to prepare a place for us. (see John 14:2 – 3).
1. We pray to a living Jesus. (We know that Jesus hears our prayers).
2. Jesus gave us authority. (We don't live in fear).
3. Jesus is preparing a place for us. (We look forward to being with Jesus forever).

## SUMMARY:

**Ascension Day 2025**

**Read:** Mark 16:19; Luke 24:50 – 53 and Acts 1:9 – 11

Ascension Day is the celebration of Christ ascending into heaven after His death, burial and resurrection. Ascension Day occurs on the Thursday 40 days after resurrection Sunday.

### 1. Jesus ascended back into heaven in a resurrected physical body

He was seen by His disciples, He talked with them before He ascended, and we read in John 21:10 – 14 that He had breakfast with His disciples before He ascended.

### 2. When Jesus ascended, He took believers with Him

**Luke 16:25;** But Abraham said, son, remember that in your lifetime you received your good things, and Lazarus likewise bad things, but now he is comforted here in paradise...(Amplified). Jesus said on the cross to the thief in **Luke 23:43**, "Today, you will be with me in paradise." Jesus said, "I'm going to Paradise." Paradise is that place where the people who love Jesus and were waiting for His resurrection and ascension to open heaven. That's where they were waiting for Jesus. Jesus went to that place and three days later He rose. 40 days after that, He ascended into heaven and **Ephesians 4:8**, says, "When He ascended, on high, He led a host of captives."

### 3. Jesus was seated at the right hand of God the Father

**Psalm 110:1**, prophesied, that Jesus would be seated at the right hand of God the Father. Jesus says, "That He in fact was ascending into heaven to fulfil that prophecy in **Matthew 26:64**, "Yes, it is as you say Jesus replied. But I say to all of you, in the future you will see the Son of Man speaking of Himself, with the title from **Daniel 7**, sitting at the right hand of the Mighty One and coming on the clouds of heaven."

### 4. Jesus is seated on His throne

**Read: Matthew 11:27;** What is under the rulership of Jesus? All things!

**Read: John 3:35;** What is in the hands of Jesus? Everything!

**Read: Ephesians 1:22**, God placed all things under his feet. Jesus is over everything.

**Read: Acts 10:36**, Jesus Christ is Lord overall. All nations, cultures, religions, times.

**Read: Colossians 1:15**, Jesus is over all creation, everyone and everything.

### - What are the practical implications of Jesus ascending into heaven?

1. Jesus remains alive as our Mediator. (see 1 Timothy 2:5).
2. We are seated with Christ in heavenly realms. (see Ephesians 2:6).
3. Jesus went to heaven to prepare a place for us. (see John 14:2 – 3).

- **Where is Jesus today?** In heaven (see John 16:28).