



**Can Anything Hold You Down When...?
Easter Resurrection Sunday Sermon
Sunday April 05, 2026 – Sermon Outline**

WHEN JESUS AROSE...

Mark 16:1-6

1 Now when the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him.

2 Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen.

3 And they said among themselves, "Who will roll away the stone from the door of the tomb for us?"

4 But when they looked up, they saw that the stone had been rolled away—for **it was very large.**

5 And entering the tomb, they saw a young man clothed in a long white robe sitting on the right side; and they were alarmed.

6 But he said to them, "**Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He is risen! He is not here. See the place where they laid Him.**"

In the natural there was a “very large” stone. Estimates based on archeology, pin the size of this large circular stone, about 2 meters (6.5 feet) in diameter, about 5 inches thick, made of limestone, and weighing about 1.5 to 2 tons (2000 kg pr 4,400 pounds). Typically, the way these tombs were made, they would roll the stone downhill, to seal the tomb, but to open the tomb they had to push the stone uphill, requiring several strong men and tools like levers. There was also a groove carved out at the entrance of the tomb sloping inward, so that the stone fell into the groove and locked itself onto the tomb. So, for the crucified Jesus whose body had been place inside the tomb, He definitely could not move it from inside and for the three women, moving this stone was an impossibility.

In addition, there were the Roman guards and the Roman seal (Matthe 27:66).

The Roman guards would have been a unit of 4-16 men, trained and heavily armed Roman soldiers, who took turns to keep watch in front of the tomb. There were guards on active duty.

The Roman seal was a legal security device backed by imperial authority. This was a cord or rope that stretched across the stone and entrance, fastened at both ends of the tomb



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and covered with clay or wax, with the impression (stamp) of the official seal (signet stamp). Breaking the seal was equivalent to breaking Roman law. Example: Daniel's lions' den was sealed with the king's signet (Daniel 6:17).

So, in the natural there was the very large tomb stone, the Roman guards and the Roman seal – holding back the resurrection.

We can imagine, in the spiritual, all the powers of hell, death and the grave were focused on one thing – to keep Jesus in the grave.

Hence Jesus' words in **Revelation 1:18** are a powerful declaration of triumph: **"I am He who lives, and was dead, and behold, I am alive forevermore. Amen. And I have the keys of Hades and of Death."**

Today, we want to focus on the POWER of His resurrection and how this affects us as believers.

The Bible presents a profound truth that we were identified with Christ in His resurrection. When Christ was raised up, we were raised up. Of course, we were not even born about 2000 years ago when Christ was resurrected. But in the mind of God, and in the spiritual realm, God placed a truth, a spiritual reality – that when we become believers, what took place about 2000 years ago becomes real for us and in us – spiritually. The power of Christ's resurrection affects us today – just as the power of His Cross, the price He paid, the work He finished on the Cross is a present tense reality for us today.

WHEN CHRIST WAS RAISED UP...WE WERE RAISED UP

Romans 6:4

Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.

A spiritual mystery that is a spiritual reality!

We will consider five truths (spiritual realities) presented to us in Scripture on **THE POWER OF HIS RESURRECTION IN US:**

1, THROUGH THE POWER OF HIS RESURRECTION IN US GOD CAUSES US TO LIVE A NEW LIFE



Romans 6:4

4 Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.

5 For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection,

In the entire section of Scripture **Romans 6:4-10**, we observe these effects of the resurrection in and for us today:

Vs 4: we walk in newness of life

We have a new life - we live a new life - this is the 'zoe' life of God.

The 'zoe' life of God is living life in the resurrection power of Christ.

The past life, the patterns, the sins, the bondages of the past life have no power over us, because we are walking in newness of life - a brand new life.

Vs 5: we are united together in the likeness of His resurrection

united together = planted together = closely united = made one with

resurrection Gr. anastasis literally meaning "a standing up again", being raised to life again.

His resurrection power makes us stand up again!

Nothing, no one, no power of hell can keep us down! We will stand up again. We will rise up, above and over every power that attempts to pin us down.

Since we are one with Him in His resurrection, we can state with confidence that His resurrection affects us today in many ways.

Vs 8: we shall also live with Him

The life we live today, is a life lived "with Him" or in union with Him, in union with His power at work in us.

Vs 9: Death no longer has dominion over Him

Death has no dominion over us. This is the confidence we have. That the Resurrected One will also resurrect us and raise us up to be with Him eternally.

Vs 10: the life that He lives, He lives to God

We live unto God - for Him, yielded to Him, in obedience to Him.



2, THROUGH THE POWER OF HIS RESURRECTION IN US GOD WORKS BEYOND WHAT WE CAN ASK OR IMAGINE

Ephesians 1:15-21

15 Therefore I also, after I heard of your faith in the Lord Jesus and your love for all the saints,

16 do not cease to give thanks for you, making mention of you in my prayers:

17 that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him,

18 the eyes of your understanding being enlightened; **that you may know** what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

19 and **what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power**

20 **which He worked in Christ when He raised Him from the dead** and seated Him at His right hand in the heavenly places,

21 far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come.

In this passage, the apostle Paul outlines some of the things he prayed for the believers at Ephesus. Among these He prays that believers will know how great God's power is which He has made available to us as believers. This is the same power that He used to raise Jesus from the dead – the resurrection power.

Ephesians 3:20-21

20 Now to Him who is **able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,**

21 to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

Later in the third chapter, Paul expands this truth to teach us that by His resurrection power at work in us, God carries out His purposes, doing beyond what we ask or think!

There is the death defying, hell overpowering, unrestrainable, unstoppable, uncontainable resurrection power of God at work in us causing things beyond what we can ask or think to be worked in and through us!

3, THROUGH THE POWER OF HIS RESURRECTION IN US GOD GIVES LIFE TO OUR BODIES

Romans 8:11



But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

The same Holy Spirit live is us now!

He is not going to living in dead bodies in the grave – but the Spirit lives in our bodies now while we are alive on the earth. And He gives life to these mortal, decaying bodies of ours.

4, THROUGH THE POWER OF HIS RESURRECTION IN US WE ENDURE

Philippians 3:7-11

7 But what things were gain to me, these I have counted loss for Christ.

8 Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ

9 and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith;

10 that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death,

11 if, by any means, I may attain to the resurrection from the dead.

The apostle Paul desired to experience the power of His resurrection.

We need to understand this in the immediate context and also in the context of all that the apostle Paul wrote about the power of His resurrection – because we have observed that the apostle Paul, use this phrase “power of His resurrection” or references the “power of His resurrection” in several epistles (e.g. Romans, Ephesians).

We have already studied what the power of His resurrection meant in Romans and Ephesians.

Here, in Philippians 3, the apostle Paul places knowing the power of His resurrection along with knowing Him, and the fellowship of His sufferings, even to the point of sacrificial death.

So, we can extend our understanding of what the power of His resurrection work in and through us as believers. His resurrection power enables us to share in His sufferings – as we bear His name and do His work in this world, where there may be oppositions and persecutions.



5, THROUGH THE POWER OF HIS RESURRECTION IN US WE WILL RECEIVE GLORIFIED BODIES

Philippians 3:20-21

20 For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ,

21 who will transform our lowly body that it may be conformed to His glorious body, according to **the working by which He is able even to subdue all things to Himself.**

Continuing in that same chapter, Paul declares that we will receive glorified bodies, because of that same “working” (Gr. *energia* = working, efficiency, used of superhuman power) by which He subdues all things. It is that same resurrection power that will resurrect us and give us glorified bodies!

CAN ANYTHING HOLD YOU DOWN WHEN..... ...HIS RESURRECTION POWER IS AT WORK IN YOU?

Resurrection = Gr. *anastasis* = literally meaning to stand up again!

His *anastasis* power, His resurrection power, His power to make us stand up again, is at work in us!

Can anything hold you down, can anything pin you down – when His resurrection power is at work in you!

Believe you will stand up again! Rise up again!

We have been made one with His resurrection.

By His resurrection power in us God:

- causes us to walk in newness of life - in the zoe life of God, free from the past.
- causes us to live with Him and unto Him.
- work in us beyond what we can ask or imagine.
- gives life to our mortal bodies
- enables us to endure hardships and share in sufferings for Christ
- will give us glorified bodies

SUMMARY

GOSPEL AND SALVATION CALL



Can Anything Hold You Down When...
Easter Resurrection Sunday
Sermon Notes, Sermon Outline and Small Group Study Guide

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



**Can Anything Hold You Down When...
Easter Resurrection Sunday Sermon
Sunday April 05, 2026 – Sermon Outline**

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

Preparation

Life Group Leader: To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. Please do not make your life group read through the complete sermon notes during the life group. All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *Romans 6:4-10; Ephesians 1:15-21; Philippians 3:7-11*

INVESTIGATE God's Word Together

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of these together, giving time



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for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

1, Discuss the 5 truths presented in Romans 6:4-10 (vs 4,5,8,9,10) on how Christ's resurrection affects us today.

2, Why is it important for us believers to have a revelation (spiritual understanding) of Christ's resurrection power at work in us as expressed by Paul in his prayer in Ephesians 1:15-21?

3, The apostle Paul wanted to "know the power of His resurrection" as stated in Philippians 3:7-11. In the full context of all Paul wrote about "the power of His resurrection" as seen in Romans, Ephesians and Philippians, outline ALL aspects of what this would have meant - to experience the power of His resurrection in this life and in time to come.

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow, bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

1, families to be protected and strengthened

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.

Close by thanking God together.



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USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

BELIEVERS BIBLE COMMENTARY: <https://believersbiblecommentary.com>

SERMON OUTLINE

In this sermon we focus on the POWER of His resurrection and how this affects us as believers. The Bible presents a profound truth that we were identified with Christ in His resurrection. When Christ was raised up, we were raised up. Of course, we were not even born about 2000 years ago when Christ was resurrected. But in the mind of God, and in the spiritual realm, God placed a truth, a spiritual reality – that when we become believers, what took place about 2000 years ago becomes real for us and in us – spiritually. The power of Christ's resurrection affects us today – just as the power of His Cross, the price He paid, the work He finished on the Cross is a present tense reality for us today. Resurrection in Greek is 'anastasis; and literally means to stand up again! His 'anastasis' power, His resurrection power, His power to make us stand up again, is at work in us! Can anything hold you down, can anything pin you down – when His resurrection power is at work in you! Believe you will stand up again! Rise up again! We have been made one with His resurrection.

By His resurrection power in us God:

- causes us to walk in newness of life - in the zoe life of God, free from the past.

- causes us to live with Him and unto Him.



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- work in us beyond what we can ask or imagine.
- gives life to our mortal bodies
- enables us to endure hardships and share in sufferings for Christ
- will give us glorified bodies. This sermon includes free audio (mp3) and video of this powerful, motivational, expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.

KEYWORDS

Power of His resurrection, resurrection power, Easter Sunday, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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Biblical definitions, Hebrew and Greek words and their meanings are drawn from the following resources:

Thayer's Greek Definitions. Published in 1886, 1889; public domain.

Strong's Hebrew and Greek Dictionaries, Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D. Published in 1890; public domain.

Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)

Word Pictures in the New Testament. Archibald Thomas Robertson. Published in 1930-1933; public domain.

Word Studies in the New Testament. Marvin R. Vincent, D.D. (1886).

Free Bible software and AI tools are also used as Bible study aids, from time to time.