



5-Day Devotional: The Better Life Jesus Brings

Day 1 — Alive in Christ

Key Verse:

“Because I live, you also will live.” — John 14:19

Reflection

Easter is not only the story of Jesus rising from the dead—it is also the story of **what His resurrection means for you**. Jesus did not rise merely to prove a point. He rose to give you life.

The world around us can still feel chaotic. Headlines still disturb us. Schedules still overwhelm us. Personal struggles do not simply disappear overnight. But the resurrection means that even in the middle of a broken world, **you are not abandoned**. Christ has entered your darkness and overcome it.

Because Jesus lives, you can live differently. You can have peace in uncertainty, hope in sorrow, and confidence in the middle of fear. His resurrection means your sin has been paid for, death has been defeated, and your future is secure.

The risen Jesus does not just improve life on the surface—He changes the heart. He brings dead things back to life. He brings weary souls back to hope. He brings sinners back to the Father.

Today, remember this simple truth: **Jesus is alive, and that changes everything.**

Prayer

Lord Jesus, thank You for rising from the dead and giving me new life. When my heart feels weary or uncertain, remind me that You are alive and with me. Fill me with resurrection hope today. Amen.

Day 2 — There Is Something Better

Key Verse:

“I came that they may have life and have it abundantly.” — John 10:10

Reflection

So often we settle for less than what Jesus came to give.

We chase comfort, success, entertainment, approval, and busy schedules, hoping one of them will finally satisfy us. But no matter how much we pile into life, something still feels empty. A full life is not always a fulfilled life.

Jesus came to reveal a better way.

He offers more than temporary distractions. He offers peace that lasts, forgiveness that frees, and hope that reaches beyond this life. He does not simply help you survive your week—He invites you into a life rooted in His presence and promises.

Many people live exhausted, anxious, and spiritually dry because they are drinking from wells that cannot satisfy. But Jesus says there is more. There is better. There is life found in Him.

The resurrection reminds us that this “better life” is not wishful thinking. It is real. Christ died and rose so that you would not remain trapped in emptiness or despair.

You do not need to keep feeding your soul with what cannot sustain it. In Christ, there is something better—and it is for you.

Prayer

Father, forgive me for looking to lesser things to fill what only You can satisfy. Teach me to hunger for Christ above all else, and help me trust that His life is better than anything this world can offer. Amen.

Day 3 — Made for Meaning

Key Verse:

“He died for all, that those who live might no longer live for themselves but for him.” — 2 Corinthians 5:15

Reflection

One of the deepest aches in the human heart is the longing for meaning.

Why am I here? Does my life matter? Is there more to life than simply getting through the day?

The resurrection answers those questions with clarity and hope. You were not made by accident, and you were not made merely to chase pleasure, possessions, or personal success. **You were made by God and for God.**

That changes everything.

When life is centered only on self, it becomes exhausting. There is always more to prove, more to earn, more to achieve, and more to maintain. But when life is centered on Christ, it begins to make sense. He gives you identity, direction, and purpose.

In Jesus, your life is not meaningless. Your work matters. Your relationships matter. Your suffering is not wasted. Your service to others matters because it is done in the name of the One who died and rose for you.

You do not have to invent your purpose. In Christ, you receive it.

Today, ask not only, “What do I want from life?” but “Lord, how do You want to live through me?”

Prayer

Lord, thank You for making me and redeeming me. When I feel aimless or uncertain, remind me that my life has purpose in You. Help me live not for myself, but for Christ who died and rose for me. Amen.

Day 4 — Freed by Grace

Key Verse:

“In him we have redemption through his blood, the forgiveness of our trespasses.” —
Ephesians 1:7

Reflection

Grace means that God gives you what you need, not what you deserve.

That is good news, because if we are honest, we carry around plenty of guilt, regret, shame, and spiritual baggage. We replay old sins. We remember past failures. We feel trapped by habits, hurts, and fears. Even when we want to move forward, something in us keeps dragging us backward.

But Jesus did not go to the cross to leave you chained to your past.

He went there to **redeem** you—to buy you back. His blood was the price of your freedom. That means your sin is not the final word. Your shame is not your identity. Your worst moment does not define you.

In Baptism, God places His promise on you: your old life is buried with Christ, and a new life begins in Him. You are forgiven. You are claimed. You are His.

Grace does not ignore sin; it overcomes it through Jesus. It tells the truth about your brokenness, and then it speaks an even stronger truth: **Christ has forgiven you.**

You are not stuck where you were. In Jesus, you are free.

Prayer

Merciful Father, thank You for redeeming me through the blood of Jesus. When guilt and shame rise up against me, remind me that I am forgiven and set free. Help me walk today in the freedom of Your grace. Amen.

Day 5 — Strength for the Weary

Key Verse:

“Not by might, nor by power, but by my Spirit, says the Lord.” — Zechariah 4:6

Reflection

A lot of people are tired in ways sleep cannot fix.

Sometimes the exhaustion is physical. Sometimes it is emotional. Sometimes it is spiritual. You can feel stretched thin, running hard, carrying burdens, trying to hold everything together—and still wondering why you feel so empty.

God never intended for you to live on your own strength.

When we try to do life without depending on Him, we eventually run dry. We become impatient, anxious, and discouraged. We feel like the battery light is blinking, but we are not sure how to recharge.

The resurrection points us to the answer: **the same power that raised Jesus from the dead is at work for His people**. God does not merely tell you to “try harder.” He gives you His Spirit. He gives you His Word. He gives you His promises. He gives you Christ Himself.

That means you do not face your burdens alone. Jesus walks with you. He carries what you cannot. He renews what is depleted. He strengthens what is weak.

You may not have everything you need in yourself—but in Christ, you have what you need for today.

Prayer

Lord, I am often weary and worn down. Forgive me for trying to carry life in my own strength. Fill me with Your Spirit, renew my heart, and give me what I need for this day. In Jesus' name, Amen.

Small Group Discussion Handout

He Is Risen: The Better Life Jesus Gives

Opening Greeting:
He is risen! Alleluia!

Icebreaker

When life feels overwhelming, where do you usually look first for peace, strength, or meaning?

Key Theme

Because Jesus rose from the dead, **everything has changed**—not always our outward circumstances right away, but our standing before God, our hope for the future, and the way we live today.

Jesus does not simply offer a better version of a busy, stressed, empty life. He gives **forgiveness, freedom, purpose, and new life**.

“Because I live, you also will live.”
— John 14:19

1) Jesus Gives a Life of Meaning

Many people live with full calendars but empty hearts. A **full life** is not the same thing as a **fulfilled life**.

We often look for meaning in:

- achievements
- relationships
- possessions
- success
- busyness

But none of those things can finally answer the question:
“**Why am I here?**”

The resurrection reminds us that we were not made merely to survive, consume, or chase the next thing.

We were made **by God and for God**.

Because Jesus died and rose again, your life is not random.
You belong to Him, and in Him your life has purpose.

Supporting Bible Verses

- **2 Corinthians 5:15** – “He died for all, that those who live might no longer live for themselves...”
- **Ephesians 2:10** – “For we are his workmanship, created in Christ Jesus for good works...”
- **Colossians 3:1–4** – “Set your minds on things that are above...”

Discussion Questions

1. Where are people most tempted to look for meaning today?
 2. What is the difference between being **busy** and being **purposeful**?
 3. How does belonging to Christ change the way you think about your everyday life?
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2) Jesus Gives a Life Freed by Grace

One of the deepest burdens people carry is not just stress—but **guilt, shame**, and the weight of the past.

The good news of Easter is not “try harder and do better.”

The good news is this:

Jesus died for sinners and rose for their justification.

He took your sin, your guilt, your failure, and your shame to the cross.

That means grace is not God pretending sin doesn’t matter.

Grace is God dealing with sin completely in the death and resurrection of His Son.

Because of Jesus:

- your sins are forgiven
- your past does not define you

- you are not enslaved to guilt
- you are free to begin again

In Baptism, God gives this promise personally:
you are joined to Christ's death and resurrection.

Supporting Bible Verses

- **Romans 6:3–5** – Buried with Christ in Baptism, raised to walk in newness of life
- **Ephesians 1:7** – “In him we have redemption through his blood, the forgiveness of our trespasses”
- **Romans 8:1** – “There is therefore now no condemnation for those who are in Christ Jesus”

Discussion Questions

1. Why is it hard for people to believe they are truly forgiven?
 2. What's the difference between worldly “self-improvement” and God's grace?
 3. How does Christ's forgiveness bring freedom into daily life?
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3) Jesus Gives a Life Strengthened by His Power

Many people today are running on empty.

Exhaustion has become normal. Anxiety feels constant. Even small things can feel crushing when the soul is worn thin.

Easter means you do not have to live by your own strength.

The same Lord who conquered death now lives and reigns for you.

He is not distant. He is present.

He still gives what His people need:

- peace in chaos
- strength in weakness
- hope in suffering
- endurance for daily life

The Christian life is not powered by your willpower.

It is sustained by **Christ's living presence**, through His Word, His promises, and His mercy.

Supporting Bible Verses

- **Isaiah 40:29–31** – “He gives power to the faint...”
- **Zechariah 4:6** – “Not by might, nor by power, but by my Spirit, says the Lord...”
- **Philippians 4:13** – “I can do all things through him who strengthens me”

Discussion Questions

1. What tends to drain your spiritual and emotional energy most?
 2. What does it look like to rely on Christ’s strength instead of your own?
 3. Where do you most need His peace or endurance right now?
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Takeaway

Easter is not just about remembering that Jesus rose.
It is about what His resurrection means **for you**.

Because Jesus lives, you have:

- **meaning** for today
- **grace** for your sin
- **strength** for the road ahead
- **hope** for eternal life

He is risen—and because He lives, you also will live.

Closing Prayer

Risen Lord Jesus,

Thank You for conquering sin, death, and the grave for us.

When we look for meaning in the wrong places, draw us back to You.

When guilt and shame weigh us down, remind us that Your cross and resurrection are enough.

When we are tired, anxious, or overwhelmed, strengthen us by Your Spirit and fill us with Your peace.

Teach us to live each day in the joy, freedom, and hope of Your resurrection.

In Your holy name we pray. **Amen.**