



Small Group Notes - 'Easter People: The Postures of Resurrection
St Mary's and Sale West
April 2026

EASTER PEOPLE: POSTURES OF RESURRECTION LIFE

The resurrection of Jesus changed everything, the world would not be as it is today without this event. The response of Jesus' followers to his resurrection should not be down played, their changed lives is one of several key evidence we can point to that the resurrection took place. Jesus' disciples were changed, they acted and carried themselves differently, the resurrection changed the posture of His people.

When the risen Jesus stepped out of the tomb, He called His followers into a new way of living in the world. The way of Jesus followers is not passive, it reshapes our instincts, redirects our energy and reorients our bodies and hearts toward the Kingdom that has already begun to break in.

Throughout the New Testament, the earliest disciples respond to the risen Jesus not only with words, but with new attitudes, new postures, kneeling in awe, standing with courage, moving outward in mission. The 'postures' of the earliest followers of Jesus set the tone for all Jesus' followers to follow. As Easter People, we learn to inhabit resurrection life with our whole selves, allowing the risen Christ to shape how we worship, pray, resist, persevere, and go.

This series explores three postures of the early believers of kneeling, standing and moving and how we are to posture ourselves both physically and spiritually in response to the reality that Jesus is alive. Each week invites us to adopt a posture that forms us into a people who live with hope, courage, justice, and Spirit-filled movement in the world.

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Kneeling in Awe

INTRODUCTION

The first posture of resurrection life we will look at over the next two weeks is kneeling, this week specifically kneeling in awe. Before the disciples proclaim anything, organise anything, or understand anything, they fall at Jesus' feet in worship. Awe is the beginning of resurrection faith. In a world that often rushes past wonder, the disciples couldn't help but slow down, kneel, and let the reality of the risen Christ overwhelm them. Obviously news of the resurrection isn't new to most of us, and perhaps who Jesus is and what his resurrection means may have lost its sense of awe to some of us. This week calls us back to worship that is unhurried, unguarded, and full of holy fear and joy.

Share a moment (big or small) when you felt genuine awe or wonder recently.

READ

Read Matthew 28:1-10

DISCUSS

1. It is a familiar passage but what stands out from this passage today?
2. Why do you think the women's first response to seeing Jesus alive is to fall at His feet, what could other reactions in this situation have been?
3. We could probably look at any passage of a resurrection encounter and see similar responses, a sense of awe. (you might want to flick through the Gospels and look at some now) What gets in the way of experiencing and expressing awe in your spiritual life?
4. How might you cultivate a posture of awe in your worship? Where do you get this sense most often? Maybe as you pray and reflect on scripture on your own, when gathered to worship with others, when looking at creation....
5. Where do you sense God inviting you to slow down and notice His presence and intentionally putting yourself in a place where you can take time to be in awe of God?

6. Take a quiet moment to picture yourself at the feet of the risen Jesus. What emotion rises in you, what do you say? Turn this into a time of worship and wonder at who God is. You might want to put on a worship song, ones that spring to my mind as I type are Indescribable by Chris Tomlin, What a Beautiful Name by Hillsong, How Great Thou Art.

PRAY TOGETHER

Before praying for one for specific needs spend some time praying together for:

- Gratitude for the resurrection
- A renewed sense of wonder in worship
- Eyes to see God's presence in everyday life

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Kneeling in Prayer

INTRODUCTION

Before the followers of Jesus did anything, they prayed, they gathered, they waited, they prayed. The disciples gather in the upper room, united and expectant, kneeling in prayer as they wait for the Spirit. Resurrection life is sustained not by activity but by dependence. This week explores how prayer becomes the posture that binds us together as a community, aligns us with God and prepares us for mission. Here is the thing, if you have been in any small group for more than a few years you will have looked at topics of prayer several times and feel like you have covered it enough but get a group of mature Christians together and ask them what is one aspect of the Christian life they struggle with most, the most common response will be prayer. So if you struggle with prayer then don't let this be just another discussion but turn into something transformational. If you do not struggle with prayer, please don't disengage because you have wisdom and experience that others need to hear.

If you could ask God one question right now, what would it be?

READ

Read Acts 1:10-14

DISCUSS

1. Why do you think prayer is their first response after the resurrection and ascension?
2. Is prayer your first response to new situations or times of uncertainty?
3. What does "joining together constantly in prayer" look like in real life, for us today in 2026, with the world, church, work, families as they are?
4. The disciples were told to wait, they did not know how long for or really what they were waiting for. So what do you think they were praying about constantly? How do you personally respond to seasons of waiting? How do you pray in these seasons, if we have asked something once of God do you return to the same thing again, what passages of scripture can you point to help you to know how to pray?

5. What helps you stay united with others in prayer, and what makes it difficult?
6. What can you begin to do this week to develop a posture of prayer through your whole life?

PRAY TOGETHER

Before praying for one another's specific needs spend some time praying the following for one another:

- A deeper hunger for prayer
- Unity in our church family
- Patience and trust in seasons of waiting
- Sensitivity to the Spirit's leading

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Stand for the Gospel

INTRODUCTION

The second posture we are exploring is one of standing. The resurrection gives ordinary people extraordinary courage. Peter and John stand before powerful authorities, not with aggression but with clarity and conviction. To stand for the gospel is to speak truth with grace, to witness boldly, and to refuse to shrink back when the message of Jesus is challenged. This week invites us to consider where God is calling us to stand with courage in our own context.

If you had to describe courage using an everyday object (a mug, a torch, a key, a coat...) what would you choose and why?

READ

Read Acts 4:1-22

DISCUSS

1. What impresses you about Peter and John's courage?
2. Today, in this part of the world, in this time we are unlikely to be dragged in front of a court to defend our actions of faith (though some occasionally do) What does it look like to stand for the gospel with both clarity and grace in the world around us today?
3. Where do you feel pressure to stay silent about your faith? What fears or barriers hold you back?
4. What might standing for the gospel look like for you this week?
5. How can we support one another in being faithful witnesses?
6. Ask God to show you one person or place where He is calling you to stand with gentle courage.

PRAY TOGETHER

Before praying for one another's specific needs spend some time praying the following for one another (but only if you really mean it):

- Pray for an **opportunity** to speak of Jesus this week.
- Pray for the **eyes** to see the opportunity God gives you.
- Pray for **boldness** to act when you see the opportunity.

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Stand Firm

INTRODUCTION

Resurrection life is not naïve, it recognises that we live in a contested world. Paul calls the church to “stand firm” in the strength of the Lord, clothed in the armour of God. This posture is not about defensiveness but about rootedness, remaining grounded in Christ when pressures, temptations, and spiritual opposition come. This week helps us explore how to stand firm without becoming hard-hearted, and how to resist with humility and hope.

If you could have a superpower, what would it be and why?

READ

Read Ephesians 6:10-20

DISCUSS

1. This is imagery I suspect you are familiar with but what stands out about this passage today?
2. Why does Paul emphasis ‘standing’ so strongly?
3. If you could choose one item of the armour for your current season, what would it be and why do you feel you need that one the most now?
4. The imagery here is of a battle. Why do you think that is? Is that the reality for you in your life when it comes to your faith?
5. Which item of the armour do you feel you underuse the most?
6. Notice how in verse 18 even with all this spiritual armour attention is drawn back to the first posture we looked at, prayer (kneeling). What does this remind us about prayer? Thinking back a couple of weeks, how is developing your posture of prayer going?

PRAY TOGETHER

Before praying for one another’s specific needs spend some time in prayer reflecting on today’s passage.

Imagine God clothing you with strength for the week ahead. What do you sense Him giving you?

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Stand for Justice

INTRODUCTION

The early church doesn't just preach resurrection they embody it by confronting injustice within their own community. When vulnerable widows are overlooked, the apostles act decisively to ensure fairness, dignity, and inclusion. Standing for justice is a resurrection posture because it insists that the new life Jesus brings must shape how we treat one another. This week challenges us to see justice not as an optional extra but as a core expression of resurrection faith.

Can you share a time when you had speak up or act on something you deeply believed in?

READ

Read Acts 6:1-7

DISCUSS

1. What injustice is taking place behind the scenes of this passage?
2. How do the disciples respond and what does this teach us about justice and the church?
3. As followers of Jesus, why is/should justice be a natural part of our life and expression of faith?
4. Justice is something that lies under the surface of our church life but not often talked about. Where do you or Christians you know stand for justice today? What are some of the issues locally that need Jesus followers to stand up for them?
5. How can we embody justice better as individuals and as a church?
6. Ask God: "Who are You calling me to notice this week?"

PRAY TOGETHER

Before praying for one another's specific needs spend some time praying the following for one another:

- Compassion for the overlooked
- Wisdom to act justly and humbly
- Courage to confront unfairness
- A church that reflects God's heart for justice

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Move Out of the Upper Room

INTRODUCTION

Pentecost propels the church outward. The Spirit fills the disciples, not so they can stay safe and hidden, but so they can step into the world with power, joy, and proclamation. Resurrection people are Spirit-moved people. This week explores how the Spirit disrupts comfort, breaks open closed rooms, and sends us into public spaces with the good news of Jesus. We are not to stay put but to have a posture of moving outwards.

What's something you used to find intimidating but now feels normal or even life-giving?

READ

Read Acts 2:1-13

DISCUSS

1. We look at this passage at least once a year but what from the passage is the Spirit highlighting to you today?
2. What have the disciples been doing from Jesus' ascension until now?
3. Since Jesus' resurrection the disciples have had some wonderful experiences together in the upper room including this moment in the passage. Why do you think the Spirit pushes the disciples out into the public?
4. It is common and normal for us to want to stay in the places where we have had incredible encounters with God in the past, to make those places special, to try and recreate them in our worship, to stay in the upper room. What "upper rooms" do we tend to stay in, habits, fears, routines, comfort? Why is it important that those special places don't become a trap that holds us back?
5. Where might God be nudging you to move or speak that you are quietly resisting?
6. What helps you trust God when He leads you somewhere unfamiliar?
7. How can we encourage one another to be Spirit led rather than comfort led?

PRAY TOGETHER

Before praying for one another's specific needs spend some time praying the following for one another

- Fresh filling of the Holy Spirit
- Courage to step out of comfort zones
- Openness to new opportunities
- A church that moves outward with joy

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Move Towards the World

INTRODUCTION

The risen Jesus sends His followers to the ends of the earth, not as tourists but as witnesses. Resurrection life always moves outward. Jesus' ascension is not an ending but a commissioning, calling the church to step into God's global mission with confidence and compassion. This final week invites us to consider how we, as Easter People, move toward our neighbourhoods, workplaces, and world with the hope of the risen Christ.

If you could bring hope to one place, person or group of people, where would it be?

READ

Read Acts 1:1-11 (we are jumping around back in time from last week!)

DISCUSS

1. What does Jesus emphasise before His ascension?
2. What does it mean to be Jesus' 'witnesses'?
3. Where is Jerusalem, and in all Judea and Samaria, and to the ends of the earth, for us today?
4. Where are you obeying Jesus in your witness in these places?
5. What holds you back from stepping into God's mission?
6. How does the promise of the Spirit encourage you?
7. How can we, as a group, move outward together?

PRAY TOGETHER

Before praying for one another's specific needs spend some time praying the following for one another:

- A heart for our local community
- Confidence in the Spirit's power

- Eyes to see opportunities to witness
- A church that moves outward with compassion and purpose