

# The Stone Is Already Moved

5-DAY DEVOTIONAL BIBLE STUDY

Based on the Easter sermon from Matthew 28:1-10, this five-day devotional invites you to sit with the truth that God has already gone ahead of you into suffering, into death, and through it. Each day draws from the imagery and message of that sermon: beavers and dams, rewilding and restoration, earthquakes and angels, stones and living water. Come with your real stones. Come with your real fears. And let the risen Christ meet you there.



# Day 1: The Dams We Build and the Dams We Face

📅 DAY ONE

## Key Verse

"Make the tomb as secure as you know how." - Matthew 27:65

Also read:

Matthew 27:62-66

## Devotional

Beavers dam rivers by piling up debris until a rushing stream becomes still and stagnant. The water, the fish, the potential are all still there – but a barrier has changed everything. When the authorities crucified Jesus and sealed the tomb, they were doing the same thing: trying to stop a river.

We know this feeling. We carry our own dams – cold relationships, blocked dreams, unanswered prayers, grief that won't move. But the authorities had no idea the most powerful force in the universe was already at work on the other side of that stone. Today, name your dam. Hold it honestly before God. What looks like a sealed ending may be the very place God is about to act.

## Reflection Questions

1. What is the "dam" in your life right now, the barrier that feels heavy, immovable, or permanent?
2. In what ways have you tried to "secure" that situation yourself, the way Pilate tried to secure the tomb?
3. What would it look like to name that barrier honestly before God today, rather than managing it alone?

## Prayer

Lord, I come to you with the dams in my life, the things that feel blocked, stuck, and sealed. I confess that I sometimes try to manage them on my own, or I simply stop believing they can change. Today, I name them before you honestly. You are not surprised by them. You are not intimidated by them. You have already gone ahead of me into the hardest places. Help me to trust that what looks like a sealed ending is not the final word. Amen.

# Day 2: When God Shakes Things Up

⚡ DAY TWO

## Key Verse

"And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it." - Matthew 28:2

Also read:

Matthew 28:1-4

## Devotional

"The two Marys arrive at the tomb weary and grieving, doing what grieving people do: showing up anyway. And then the earth shakes.

God does not always work subtly. There is a great earthquake, a descent from heaven, and then this almost comic image: the angel sits on the stone. At ease. Like someone who just finished a very easy task. The guards – posted to keep things sealed – fall like dead men. The women who came in sorrow are the ones heaven speaks to. God's earthquake is targeted: it dismantles what blocks life and speaks peace to those who grieve.

Is there an earthquake God may be allowing in your life right now, not to destroy you, but to unseal something?"

## Reflection Questions

1. Can you recall a moment in your life when God moved in a way that was unexpected, disorienting, or even frightening, and yet turned out to be good?
2. The guards fell like dead men, while the women received comfort. What made the difference? What does that say about how we approach God?
3. Is there something in your life right now that feels like it is being shaken loose? Can you hold space for the possibility that this shaking is from God?

## Prayer

God of earthquakes and whispers, I confess that I often prefer the gentle nudge to the ground-shaking moment. But you are not limited to my preferences. You are the God who moves mountains, rolls away stones, and sits calmly on the things that terrified everyone else. Where you are shaking things loose in my life, help me to trust your hand rather than panic at the disruption. Give me the courage of those two women who showed up in their grief and were met by heaven. Amen.

# Day 3: The Stone Rolled Away - So You Can See

👁️ DAY THREE

## Key Verse

"He is not here; for he has been raised, as he said. Come, see the place where he lay." - Matthew 28:6

Also read:

Matthew 28:5-7

## Devotional

"The stone was not rolled away so Jesus could get out. Jesus was already gone. The resurrection had already happened. The stone was moved so the women – and we – could see. The angel's invitation is simple: Come, see the place where he lay.

The stone was never Jesus's problem. Death could not hold him. It is rolled away as a gift to human perception: look at the empty space where despair used to live.

Yet we so often live as if the stone is still in place, as if our grief, our shame, our anxiety still has the final word. The angel's invitation remains open – not just on Easter morning, but every ordinary day when life feels heavy. What would change if you truly believed the tomb was empty?"

## Reflection Questions

1. Where in your life are you living as if the stone is still in place, as if something sealed is permanent when resurrection says otherwise?
2. The stone was moved so the women could see. What might God be trying to help you *see* more clearly right now?
3. What does it mean practically to "come and see" the empty tomb in the rhythms of your everyday life, not just on Easter Sunday?

## Prayer

Lord Jesus, forgive me for the ways I keep living as though the stone is still there. Forgive me for treating as permanent the things you have already defeated. Open my eyes to the empty places where despair used to live. Help me to accept your invitation: come, see. Let the evidence of your resurrection reshape what I believe is possible, in my own life, in the lives of people I love, and in this broken and beautiful world. You are already gone ahead of me. Help me to follow. Amen.

# Day 4: Fear and Great Joy - Both at the Same Time

♡ DAY FOUR

## Key Verse

"So they left the tomb quickly with fear and great joy, and ran to tell his disciples." - Matthew 28:8

Also read:

Matthew 28:8-10

## Devotional

Matthew does not sanitize the women's response. They left the tomb with fear and great joy. Both. At the same time. Running. This is one of the most honest portraits in all of scripture – because it describes what genuine encounter with the resurrection actually feels like.

We want resurrection to feel simple and clean. But for most of us, new life and old grief exist side by side. Easter does not erase those things. It redefines them. It means they do not get the final word – but it does not mean they go away quietly.

The two Marys are our companions here: afraid and joyful, grieving and hoping, unsure and certain all at once. Real faith is not the absence of fear. It is running anyway, carrying both things at once. You do not have to choose. Jesus met them in the middle of their mixed emotions and said simply: Do not be afraid. He will meet you there too.

## Reflection Questions

1. Where are you currently holding both fear and joy at the same time? What does it feel like to have permission to hold both without resolving them?
2. How does the image of the women running, afraid and joyful simultaneously, give you permission to be more honest about your own emotional life before God?
3. What would it mean for your grief or struggle to be "redefined" by resurrection, rather than erased by it?

## Prayer

Jesus, I come to you carrying both things today, whatever grief is real, and whatever joy is stirring. I don't want to perform happiness I don't feel, and I don't want to be swallowed by the fear I carry. Help me to be like those women: honest enough to feel both, and brave enough to run anyway. Meet me in the middle of my mixed-up heart, as you met them on that road. And let your words be enough: do not be afraid. You have already gone ahead of me. Amen.

# Day 5: Go and Tell - You Are Part of the Story

## DAY FIVE

### Key Verse

"But go, tell his disciples and Peter that he is going before you to Galilee. There you will see him, just as he told you." - Mark 16:7

Also read:

Matthew 28:16, 20

### Devotional

The angel's message is not a philosophical statement. It is a commission. Go. Tell. These words are addressed to people still trembling, still processing, still not sure what they witnessed. The resurrection does not wait for us to have it figured out before it sends us.

Notice who is named in Mark's version: the disciples, and Peter. Peter, who denied Jesus three times. Peter, who ran away. The angel names him anyway. The risen Jesus includes him anyway. This is the whole gospel in miniature: the resurrection reaches back for the ones who think they have disqualified themselves.

The stone is already moved. What remains is simply to go – not from some future version of yourself, but from here. The women ran. The disciples doubted. Jesus commissioned them all. You can go too. Exactly as you are.

### Reflection Questions

1. Is there a "Peter moment" in your story where you assumed you were no longer included? What does it mean to hear your name called anyway?
2. What would it look like to "go and tell" this week – not when you feel ready, but now, from where you are?
3. What is the one thing the Holy Spirit has been saying to you this week? What is one concrete step you can take in response?

### Prayer

Lord Jesus, thank you for naming the Peters, commissioning the doubters, and sending the trembling ones. I am one of them. As I close these five days, I don't want to return to normal – I want to carry something of the empty tomb with me. Send me. Use me. Let what has already been moved in my life become good news for someone else. I go, not because I am ready, but because you have already gone ahead. Amen.