

*“As evening approached, Joseph, a rich man from Arimathea who had become a follower of Jesus, went to Pilate and asked for Jesus’ body. And Pilate issued an order to release it to him. Joseph took the body and wrapped it in a long sheet of clean linen cloth. He placed it in his own new tomb, which had been carved out of the rock. Then he rolled a great stone across the entrance and left. **Both Mary Magdalene and the other Mary were sitting across from the tomb and watching.**”*
Matthew 27:57–61 (NLT)

*“Early on Sunday morning, as **the new day was dawning**, Mary Magdalene and the other Mary went out to visit the tomb.”* **Matthew 28:1 (NLT)**

GETTING THROUGH A BAD DAY

1. STOP _____ AND START _____

*“When they came to a place called The Skull, they nailed him to the cross. And the criminals were also crucified—one on his right and one on his left. Jesus said, **“Father, forgive them, for they don’t know what they are doing.”** And the soldiers gambled for his clothes by throwing dice.”* **Luke 23:33–34 (NLT)**

2. _____ OF THE BAD DAY BEFORE YOU ARE _____

*“...Mary Magdalene and the other Mary **went** out to visit the tomb.”*
Matthew 28:1 (NLT)

*“On the way they were asking each other, **“Who will roll away the stone for us from the entrance to the tomb?”**”* **Mark 16:3 (NLT)**

“Suddenly there was a great earthquake! For an angel of the Lord came down from heaven, rolled aside the stone, and sat on it.” **Matthew 28:2 (NLT)**

3. FOCUS ON MAKING _____ THE _____ DAY OF THE _____ OF YOUR LIFE

*“Then the angel spoke to the women. **“Don’t be afraid!”** he said. **“I know you are looking for Jesus, who was crucified. He isn’t here! He is risen from the dead, just as he said would happen. Come, see where his body was lying.”**”*
Matthew 28:5–6 (NLT)

*“Praise be to the God and Father of our Lord Jesus Christ. In his great mercy he has given us new birth into a **living hope** through the resurrection of Jesus Christ from the dead,”* **1 Peter 1:3 (NIV)**

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” **Romans 15:13 (NIV)**