

Adult
Sabbath School
Bible Study Guide
July | Aug | Sept 2026

FIRST AND SECOND CORINTHIANS



THE POWER OF CHRIST'S RESURRECTION

Lesson 8 Study Notes[ABSG-3-2026]
August 15-21



SABBATH SCHOOL LESSON STUDY NOTES

Third Quarter 2026 | Lesson 8

The Power of Christ's Resurrection

August 15–21, 2026

Purpose

These notes are prepared to simplify and reinforce the weekly Sabbath School lesson for personal devotion, family worship, small-group study, and Sabbath School discussion.

They are designed to help readers engage with the weekly lesson in a clear, practical, and easy-to-understand way, while encouraging deeper study of the original sources.

Disclaimer

These notes are prepared to support personal and group Bible study. They are prepared with reference to the Bible, the Sabbath School Quarterly Guide, and the writings of Ellen G. White.

However, these notes are not an official publication of, nor endorsed by, the Sabbath School Department of the General Conference of Seventh-day Adventists.

Readers are encouraged to rely first on the Holy Bible, together with the Sabbath School Quarterly Guide and the writings of Ellen G. White, as the primary sources for their study and understanding.

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Contact Us

Email: notes@shofarpulse.net

WhatsApp: +254 140 494 995

Website: shofarpulse.net

Physical Address:

508, Lighthouse Apartment
Quarry Road
Nairobi, Kenya

Questions, corrections, or suggestions?

We welcome your feedback as we continue to improve these study notes.

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Sounding the Advent Message

Lesson 8 [August 15-21]: Understanding the Memory Text

"And if **Christ** is not **risen**, then our **preaching** is **empty** and your **faith** is also **empty**. . . . And if **Christ** is not **risen**, your **faith** is **futile**; you are still in your **sins**!" — 1 Corinthians 15:14-17 (NKJV)

- The **resurrection** of **Jesus** is a **foundation** of the **Christian faith**.
- Without it, the **gospel** would have no **saving foundation**.
- Because **Christ** has **risen**, believers have a **living hope** of **salvation** and **resurrection**.

"And if Christ is not risen..."

- The **resurrection** of Christ is a **real** and **essential** part of **God's plan** of salvation.
- **Jesus** truly **died**, was **buried**, and **rose again**.
- His resurrection **confirms** His **victory** over **death**.
- It also gives believers **hope** of their own **resurrection** when He **returns**.

"...then our preaching is empty..."

- The **gospel** announces what **God** has done through **Jesus Christ**.
- **Christ's death** and **resurrection** are **central** to that **message**.
- If Christ had not **risen**, the message of salvation would be without a **true foundation**.
- Because **Jesus** lives, the gospel gives you a **sure hope**.

"...and your faith is also empty."

- Your **faith** is not based on **human ideas**.
- It rests on **Jesus Christ** and what **God** has done through Him.
- The resurrection gives your faith a **living foundation**.
- Because **Christ** lives, you can **trust God's promises** with **confidence**.

"...your faith is futile; you are still in your sins!"

- The resurrection is **essential** to the **hope** of **salvation**.
- If Christ had not **risen**, **sin** would still hold its **power** over **humanity**.
- There would be no **assurance** of **victory** over sin and death.
- But **Christ** has **risen** from the dead.
- His resurrection gives believers **assurance** in His **saving work** and His **victory** over death.

What This Means for You

- You can **trust Jesus** because He **died** for your sins and **rose again**.
- You do not have to face **death** without **hope**.
- If you belong to **Christ**, death is not the **end** of your story.
- **Jesus** will raise His **faithful** people when He **returns**.
- Let the **reality** of Christ's resurrection **strengthen** your **faith** today.

A Final Thought

- Your faith rests on a **living Christ**.
- Your hope rests on His **victory** over death.
- Because **Jesus** lives, the gospel is **true** and your faith has a **sure foundation**.
- Because **Jesus** lives, you can look forward to the **resurrection** and **eternal life** with Him.
- **Christ** is **risen**, and in Him you have a **living hope**.

August 15: Sabbath Afternoon - Overview

Summary

- **Christ's resurrection** gives you **hope** that **death** will **not** have the **final word**.
- **Without** the resurrection, your **faith** would be **empty** and your **sins** would **remain**.
- The **risen Christ** is your **assurance** that **God's promises** are **true** and your **future** is **secure**.
- Because **Jesus lives**, you can **look forward** to the **day** when He will **return** and **take** His people **home**.
- The resurrection gives you a **hope** that **goes beyond** what you can **see** or **understand** by **human reasoning**.
- This week's lesson **invites** you to **look closely** at what the resurrection of **Christ** means for your **faith**, your **future**, and your **hope**.

Main Points to Learn This Week

Sunday: We will **see** why the **resurrection** of **Jesus** is at the **heart** of the **gospel** and why the **testimony** of those who saw Him **alive** gives us **reason** to **believe**.

Monday: We will **discover** what would happen to our **faith**, **forgiveness**, and **hope** if **Christ** had **not** been **raised** from the **dead**.

Tuesday: We will **learn** how **Christ's resurrection guarantees** the resurrection of those who **belong** to Him and gives us **confidence** to **live** for Him **today**.

Wednesday: We will **explore** what happens to our **bodies** at the resurrection and **discover** the **glorious change** **God** has **promised**.

Thursday: We will **look forward** to the **day** when **death** is **finally defeated** and **God's people** are **changed** and **reunited** with **Christ** at His **Second Coming**.

Let us **study** this week's lesson and **discover** why the resurrection of **Christ** is not simply a **past event**, but the **hope** that gives **meaning** to your **faith** and your **future**.

August 16: Sunday - Proclaiming the Resurrection of Christ

Read: 1 Corinthians 15:1–11; Luke 24:44–48; Romans 1:1–4

Summary

- The **gospel** is the **good news** that **Christ died** for our **sins**, was **buried**, and **rose again**.
- The **resurrection** is **not** a **small** part of the gospel because our **salvation** and **hope rest** on the **risen Christ**.
- **Jesus' death** and **resurrection fulfilled** the **promises** that **God** had already given in **Scripture**.
- The gospel must first be **received** and **believed** before we can truly **share** it with others.
- **Christ** did not rise in **secret** because **many** people saw Him **alive** after His resurrection.
- These **eyewitnesses** give us a **reason** to believe that the resurrection was a **real event**, not merely an **idea** or **feeling**.
- The good news we **believe** is also the good news we are called to **proclaim**.
- When you know that **Christ** lives, your faith has a **message** of **hope** for someone facing **fear**, **suffering**, or **death**.

Question

- Why is the **resurrection** of **Christ** at the very **heart** of the gospel we **proclaim**?

Answer

- Because **Christ** lives, His death has **meaning**, salvation is **possible**, and we have a **hope** that death will **not** have the **final** word.

Reflection

- If I truly **believe** that **Christ** is **risen**, how is His resurrection **changing** the way I **live** and **share** my faith?

Takeaway

- **Believe** the risen Christ, **live** in His **hope**, and **proclaim** His **resurrection** to others.

August 17: Monday - The Risen Christ, Our Only Hope

Read: 1 Corinthians 15:9–19

Summary

- The resurrection of Christ is the foundation of our faith and hope.
- If Christ was not raised, our preaching and faith would have no real foundation.
- Without the risen Christ, we would have no assurance of forgiveness and would still be in our sins.
- The many witnesses who saw Jesus alive give us strong reason to believe that His resurrection was real.
- If there were no resurrection, those who have died in Christ would have no hope of living again.
- The Bible presents death as a sleep, with the dead awaiting the resurrection at Christ's return.
- When you face death or lose someone you love, Christ's resurrection gives you hope beyond the grave.
- Because Jesus lives, your faith has meaning today and your hope reaches beyond death.

Question

- What does the resurrection of Christ mean for your faith and hope?

Answer

- It assures us that our faith is not empty, our sins can be forgiven, and death is not the end.

Reflection

- Am I allowing the hope of the risen Christ to shape how I face sin, suffering, and death?

Takeaway

- Christ lives, so I can live today with faith, face tomorrow with hope, and look beyond death to resurrection life.

August 18: Tuesday - Christ, the Firstfruits

Read: 1 Corinthians 15:20–34; Romans 6:3–4; Colossians 2:12; 2 Timothy 1:12

Summary

- **Christ** has **risen**, so the **promise** of **resurrection** is **certain** and not merely a **wish**.
- **Firstfruits** were the **first part** of the **harvest** that gave **assurance** that the **rest** of the harvest would **follow**.
- In the **same way**, Christ's resurrection **assures** us that those who **belong** to Him will also be **raised** when He **comes**.
- **Adam** brought **death** to humanity through **disobedience**, but **Christ** brings the **promise** of **life** through His resurrection.
- When **Christ** returns, those who **died** in Him will be **raised**, and **death** will **finally** be **defeated**.
- **Baptism** points to our **union** with **Christ** in His **death** and **resurrection** and calls us to **live** a **new life**.
- If there were **no** resurrection, **suffering** and **sacrifice** for Christ would have **no** lasting purpose.
- Because **Christ** lives, you can **remain faithful** even when **following** Him brings **sacrifice** or **hardship**.

Question

- Why is **Christ** called the **Firstfruits** of those who will be **raised**?

Answer

- His **resurrection** is the **first part** of the **promised harvest**, **assuring** us that those who **belong** to Him will also be **raised** when He **comes**.

Reflection

- Does the **hope** of resurrection give me **courage** to **remain faithful** when following Christ becomes **difficult**?

Takeaway

- **Christ** is **risen**, so **death** will be **defeated**, His people will **rise again**, and our **faithfulness** to Him is **never** in **vain**.

August 19: Wednesday - The Resurrected Body

Read: 1 Corinthians 15:35–49; Philippians 3:21

Summary

- The **resurrection** raises an **important question**: What **kind** of **body** will **God's people** have?
- **God** uses the **picture** of a **seed** to help us **understand** that the **body** placed in the **grave** is **not** the final body that will rise.
- Just as a **seed** grows into something **far more beautiful**, God will give His people a **new body** through the **miracle** of resurrection.
- Our present bodies **grow weak**, become **sick**, and finally **die**, but the resurrected body will **never** decay or wear out.
- The **new body** will be **real**, not a **spirit** without a body, because God **promises** to **transform** our bodies.
- It will be **imperishable**, **powerful**, and **glorious**, and it will be like **Christ's glorified body**.
- The new body will **still** be **ours**, but it will **no longer** carry the **weakness** and **brokenness** of this **fallen world**.
- This **promise** gives **hope** when you **struggle** with **illness**, **aging**, **disability**, or **physical pain**, because your present body is **not** your final condition.

Question

- What does the **Bible promise** about the **body** we will **receive** at the resurrection?

Answer

- **God** will **transform** our **weak** and **dying** bodies into **real**, **glorious** bodies that will **never** decay, become sick, or die.

Reflection

- How does the **promise** of a **new** and **perfect** body help me **face** the **physical limits** and **struggles** I experience today?

Takeaway

- Your **present body** is **not** your **final body**, because **Jesus** promises a **glorious**, **imperishable** body at the resurrection.

August 20: Thursday - Final Victory Over Death

Read: 1 Corinthians 15:50–57; 1 Thessalonians 4:13–17

Summary

- Our present bodies are **mortal**, but **God** will **change** them so they can **live forever**.
- When **Jesus returns**, the **dead** who **belong** to Him will be **raised**, and His **living** people will also be **changed**.
- This **great change** will happen in a **moment**, when the **last trumpet** sounds.
- **God's people** will receive **bodies** that are **free** from **death** and **decay**.
- Those who **sleep** in death will **wake** to see **Jesus** return, even if they died many years ago.
- Then the **promise** will be **fulfilled** that **death** is **swallowed up** in **victory**.
- When you **wonder** why **Jesus** has not yet **returned**, remember that His coming will be **sudden** and **real**.
- The **long wait** will seem **small** when you finally see **Jesus face to face**.

Question

- What will happen to **death** when **Jesus** returns?

Answer

- **Death** will be **defeated**, **God's people** will be **changed**, and those who **died** in **Christ** will be **raised** to **live forever**.

Reflection

- Am I **allowing** the **promise** of **Jesus' return** to give me **hope** while I **wait**?

Takeaway

- **Jesus** is **coming**, and when He comes, His people will be **changed**, **raised**, and given **eternal life**, while **death** will be **defeated** forever.

August 21: Friday - Further Thought

Read: Ellen G. White, "God's People Delivered," The Great Controversy, pp. 635–652

Summary

- Jesus is alive, and His resurrection gives us assurance of eternal life.
- The resurrection of Christ is central to the gospel because His death would have no meaning without His victory over death.
- The Bible gives us the testimony of those who saw the risen Christ, and we become witnesses by believing, living, and sharing this hope.
- If there were no resurrection, our faith would be empty, and life would have no lasting hope beyond death.
- The dead are sleeping until Christ returns; therefore, the resurrection is the hope of those who have died in Christ.
- At the Second Coming, Jesus will raise the righteous dead and change the living righteous into immortal beings.
- What death separated will be brought together again, as the redeemed meet Jesus and their loved ones in the air.
- The resurrection gives you hope when death, loss, and separation touch your life because death will not have the final word.

Question

- How does the resurrection of Christ change the way you face death, loss, and the future?

Answer

- It gives us hope beyond death, confidence in Christ's promises, and assurance that those who die in Christ will live again at His coming.

Reflection

- Am I living as someone who truly believes that Jesus is coming to raise His sleeping children?

Takeaway

- Christ is risen, and because He lives, you can face death with hope, serve Him with faith, and look forward to the day when death will be no more.