



Sermon Discussion Questions  
03-22-26

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Sermon Series: I Believe  
Week 5: Saturday - Descended to the dead

1. ICE BREAKER: In the message, Pastor Trevor shared that of all the Easter treats - his favorite is oreos! Share with your group what your favorite Easter candy (or any sort of sweet treat) is, and why.
2. Read our Scripture for this week, 1 Peter 3:18-4:6:

*<sup>3:18</sup> For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit. <sup>19</sup>After being made alive, he went and made proclamation to the imprisoned spirits— <sup>20</sup>to those who were disobedient long ago when God waited patiently in the days of Noah while the ark was being built. In it only a few people, eight in all, were saved through water, <sup>21</sup>and this water symbolizes baptism that now saves you also—not the removal of dirt from the body but the pledge of a clear conscience toward God. It saves you by the resurrection of Jesus Christ, <sup>22</sup>who has gone into heaven and is at God's right hand—with angels, authorities and powers in submission to him.*

*<sup>4:1</sup>Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. <sup>2</sup>As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. <sup>3</sup>For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. <sup>4</sup>They are surprised that you do not join them in their reckless, wild living, and they heap abuse on*

*you. <sup>5</sup>But they will have to give account to him who is ready to judge the living and the dead. <sup>6</sup>For this is the reason the gospel was preached even to those who are now dead, so that they might be judged according to human standards in regard to the body, but live according to God in regard to the spirit.*

What do you notice as you read this Scripture today? Does anything feel new or confusing to you? If so, what? What word or phrase is standing out to you?

3. The "Harrowing of Hell" refers to the interval between Jesus' crucifixion and resurrection (Holy Saturday), when he descended into the realm of the dead to proclaim victory over death, shatter the gates of hell, and liberate the souls of righteous figures from the Old Testament...

Have you ever wondered where Jesus was on that first Holy Saturday? Share your thoughts with the group.

4. Read Revelation 1:18 (NIV)  
*I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades.*

What does it mean that Jesus holds the keys of death and Hades? How does this affect you?

5. Pastor Trevor likened Jesus' descent to the dead to some great heist movie plots, such as "Ocean's Eleven". He said that "heist movies follow a crew of specialists who plan and execute an elaborate theft, with the tension coming not just from whether they'll succeed but from watching the ingenious plan unfold." Do you think Jesus' descent to the dead on Holy Saturday could be analogous to a great heist? Why or why not?
6. If you are able, listen to Charles Wesley's hymn "And Can It Be?"
7. Here is a nice simple version with the lyrics found on YouTube.  
<https://www.youtube.com/watch?v=th7PfDoRmaM>

Sing along if you'd like. Discuss the lyrics that you found particularly moving or compelling.

8. If you are willing, share with your group the answers to any or all of the following questions Pastor Trevor presented in his sermon:  
Where do you need freedom?  
What darkness is enslaving you in your life?  
Where do you need to invite Jesus in?  
Then proclaim: I was made to be free and he died to set me free!

Pray together for each other's freedom from bondage, and agree to pray for one another throughout the week.

9. PRACTICE: This whole series will be spent in the Apostles' Creed. For your weekly faith practice with your group, we encourage you to end by saying the Apostles' Creed together. Perhaps you will memorize it by the end of Lent! Try to really think about the words and their meaning as you say them out loud.

*I believe in God, the Father Almighty, Creator of heaven and earth.*

*I believe in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate; was crucified, died and was buried. He descended to the dead.*

*The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From there, He shall come to judge the living and the dead.*

*I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.*