The Battle for the Resurrection Part 3: The Bible on the Resurrection

When Jesus was resurrected His body was a physical and immortal. In this part of our study, we will be looking at the ways in which the Bible clearly supports this conclusion.

The Body of Jesus is both physical and Immortal. Here is what Scripture has to say to support this conclusion:

1. When Jesus arose from the dead He left His tomb empty, meaning that the same body that was put into the tomb was the same body that came out of it.
2. His body still had the crucifixion scars on it, and He was able to eat food.
3. Jesus Himself told the disciples that He was not a ghost, because a ghost does not have flesh and bones” like He has (Luke 24:39).
4. The resurrected body of Christ is not only physical, but it is immortal meaning that it is spiritual. “So also is the resurrection of the dead. It is sown a perishable body, it is raised an imperishable body;” (1 Corinthians 15:42).
5. Jesus is the first fruits in that His resurrected body is what ours will be like when we are resurrected. Just like Him our bodies will be physical and imperishable. (1 Cor. 15:20)
6. Even though Christ was not the first to be raised in a material body He is the first to be raised to an imperishable body meaning that He cannot ever die again. For example, Lazarus was raised back to life, but he died again.

Below are several pieces of evidence to support that the resurrected body of Jesus is material with flesh and bones:

1. The tomb was empty. When the women went to the tomb they found it was empty. “He is not here, for He has risen, just as He said. Come, see the place where He was lying” (Matthew 28:6).
2. His body was touched and handled by several people. Thomas touched His wounds (John 20:27). Mary was clinging to Him when she realized it was Him in the garden (John 20:17). He told the disciples to touch Him in Luke 24:39. He ate food in front of the disciples four times (Luke 24:30, 42-43; John 21:12-13 and Acts 1:4).
3. His resurrected body still had the wounds from the crucifixion on it. The same Jesus will return that went to heaven (Acts 1:11).
4. He was physically recognized. Even though there were times when the disciples did not recognize him due to their unbelief or sorrow, they were able to tell it was Him. His clothing was different, and they also did not see Him once because of the darkness of the room.
5. Jesus was seen and heard by several witnesses after his resurrection. (Matt. 28:17; Luke 24:31; Acts 1:3)
6. Before He died Jesus told the religious leaders that if they destroyed His temple He would raise it again after three days (John 2:19) meaning that He was be resurrected in the same body. He also compared His resurrection to the account of Jonah (Matt. 12:39; 16:4).
7. Paul records that the seed thrown into the ground grows into the plant. This seed is when Christ died, was buried in the earth and He resurrected leading to the growth of the new plant (1 Corinthians 15:35-44) “But someone will say, “How are the dead raised? And with what kind of body do they come?” You fool! That which you sow does not come to life unless it dies; and that which you sow, you do not sow the body, which is to be, but a bare grain, perhaps of wheat or of something else. But God gives it a body just as He wished, and to each of the seeds a body of its own. All flesh is not the same flesh, but there is one flesh of mankind, another flesh of animals, another flesh of birds, and another of fish. There are also heavenly bodies and earthly bodies, but the glory of the heavenly is one, and the glory of the earthly is another. There is one glory of the sun, another glory of the moon, and another glory of the stars; for star differs from star in glory. So also, is the resurrection of the dead. It is sown a perishable body, it is raised an imperishable body; it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual body. If there is a natural body, there is also a spiritual body.”

The fact that the body of Jesus that was resurrected is the same body that was placed in the tomb is of high importance. The Bible clearly teaches that Jesus is physically alive today and has a body that is both physical and immortal. His body is what our body will be like upon our own resurrection. This gives us hope to know that this life is not the end, and that God will make us a new creation just like He did through the sacrifice of Christ.