The 3 stages of Jesus Christ are His pre-existence, state of humiliation, and state of exaltation.

- The first part of His exaltation was the resurrection from the dead.
- The next part was His ascension, or return to glorification in heaven, 40 days after His resurrection.
- As the ascended Lord, He was elevated to the right hand of the Father, the position of authority.
- The next part of His exaltation, still to come, is His future return to earth.

1. Pre-existence

Prior to his incarnation, the 2nd Person of the Trinity preexisted, being the eternal Son of God.

**John 17:5 (ESV)** And now, Father, glorify me in your own presence with the glory that I had with you before the world existed.

2. Humiliation

For the sake of human salvation, He entered into a state of humiliation. He became incarnate, taking on the fullness of human nature while remaining fully divine: the God-man. He lived in obedience to the law, resisted all temptations, never sinned, and accomplished the will of the Father. As the last part of His humiliation, Jesus was crucified on a cross, died, and was buried.

**Matthew 16:21 (ESV)** From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised.

3. Exaltation

After three days, Jesus rose from the grave, thus entering into His state of exaltation.

- The resurrection was a work of the Triune God.

- The resurrection openly manifested the deity of the powerful Son of God.

**1 Peter 1:3-4 (ESV)** 3 Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, ⁴ to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you,
Mark 16:1-8 (ESV) 1 When the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, so that they might go and anoint him. 2 And very early on the first day of the week, when the sun had risen, they went to the tomb. 3 And they were saying to one another, “Who will roll away the stone for us from the entrance of the tomb?” 4 And looking up, they saw that the stone had been rolled back—it was very large. 5 And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe, and they were alarmed. 6 And he said to them, “Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He has risen; he is not here. See the place where they laid him. 7 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.” 8 And they went out and fled from the tomb, for trembling and astonishment had seized them, and they said nothing to anyone, for they were afraid.

- His resurrection marked the Father’s satisfaction with the Son’s completed work of salvation.

Romans 6:1-11 (ESV) 1 What shall we say then? Are we to continue in sin that grace may abound? 2 By no means! How can we who died to sin still live in it? 3 Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? 4 We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. 5 For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. 6 We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. 7 For one who has died has been set free from sin. 8 Now if we have died with Christ, we believe that we will also live with him. 9 We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. 10 For the death he died he died to sin, once for all, but the life he lives he lives to God. 11 So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

- His resurrection fulfilled the promise that the Holy One would not see corruption but would be vindicated for his obedience to the Father’s will.

Psalm 16:7-10 (ESV) 7 I bless the LORD who gives me counsel; in the night also my heart instructs me. 8 I have set the LORD always before me; because he is at my right hand, I shall not be shaken. 9 Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. 10 For you will not abandon my soul to Sheol, or let your holy one see corruption.