

# Because He Lives Week 2

## Discussion & Reflection Guide

John 20:19-31 “Peace Be With You... Even When You Doubt”

### Opening

1. What was something from the message that stuck with you or made you think?
2. Which part of the story did you relate to most this week:
  - the fearful disciples
  - Thomas and his doubts
  - something else?

### Understanding the Passage

3. Why were the disciples hiding behind locked doors? What does that reveal about their state of mind?
4. What stands out to you about how Jesus enters the room and what He says first?
5. Why do you think Jesus shows His wounds to the disciples? What does that communicate?
6. What do you notice about Thomas' response to the other disciples before Jesus appears to him?
7. How does Thomas respond once he encounters Jesus personally?

### Digging Deeper

8. Jesus brings **peace (shalom)**, not just calm feelings. How would you describe the difference?
9. Why is it important that Jesus speaks peace *before* sending the disciples on mission?
10. What does this passage teach us about how Jesus responds to fear?
11. What does it teach us about how Jesus responds to doubt?

### Personal Reflection

12. Where do you feel “locked up” right now, emotionally, mentally, or spiritually?
13. What fears are you currently carrying?
14. Have you ever experienced a season of doubt or questioning in your faith? What was that like?
15. Do you tend to bring your doubts to Jesus, or keep them to yourself? Why?

## Processing Doubt

16. *“Doubt becomes dangerous when it grows distant from Christ and community.”*  
What do you think that means in real life?
17. What are some ways people today tend to drift away instead of wrestle deeply with their doubts?
18. What would it look like for you to **wrestle with doubt in a healthy way**?

## Application (Living It Out)

19. What is one way you can bring your fear to Jesus this week instead of trying to manage it on your own?
20. Where might you be trying to live out your faith from pressure or anxiety instead of peace?
21. What is one step you can take to stay connected to **Christ and community** when you have questions or struggles?
22. Is there anything in your life where Jesus might be inviting you to move from curiosity to a deeper level of trust or commitment?

## Looking Ahead

23. Next week’s theme is disappointment (“We had hoped...”).  
Where have you experienced disappointment in your life or faith journey?

## Closing Moment

- Share one word or phrase that describes what you’re taking away from this discussion
- Close in prayer, asking Jesus to meet you in your fears and doubts and to help you trust Him more deeply