16 Then Pilate turned Jesus over to them to be crucified.
So they took Jesus away. 17 Carrying the cross by
himself, he went to the place called Place of the Skull
(in Hebrew, Golgotha). 18 There they nailed him to the
cross. Two others were crucified with him, one on
either side, with Jesus between them. 19 And Pilate
posted a sign on the cross that read, “Jesus of
Nazareth, the King of the Jews.” 20 The place where
Jesus was crucified was near the city, and the sign was
written in Hebrew, Latin, and Greek, so that many
people could read it.

John 19:16–20 (NLT)

28 Jesus knew that his mission was now finished, and
to fulfill Scripture he said, “I am thirsty.” 29 A jar of
sour wine was sitting there, so they soaked a sponge
in it, put it on a hyssop branch, and held it up to his
lips. 30 When Jesus had tasted it, he said, “It is
finished!” Then he bowed his head and gave up his
spirit.

Early on Sunday morning, while it was still dark, Mary Magdalene came to the tomb and found that the stone had been rolled away from the entrance. 2 She ran and found Simon Peter and the other disciple, the one whom Jesus loved. She said, “They have taken the Lord’s body out of the tomb, and we don’t know where they have put him!” 3 Peter and the other disciple started out for the tomb. 4 They were both running, but the other disciple outran Peter and reached the tomb first. 5 He stooped and looked in and saw the linen wrappings lying there, but he didn’t go in. 6 Then Simon Peter arrived and went inside. He also noticed the linen wrappings lying there, 7 while the cloth that had covered Jesus’ head was folded up and lying apart from the other wrappings. 8 Then the disciple who had reached the tomb first also went in, and he saw and believed—9 for until then they still hadn’t understood the Scriptures that said Jesus must rise from the dead. 10 Then they went home.
John 20:1–10 (NLT)

19 That Sunday evening the disciples were meeting behind
locked doors because they were afraid of the Jewish leaders.
Suddenly, Jesus was standing there among them! “Peace be
with you,” he said. 20 As he spoke, he showed them the wounds
in his hands and his side. They were filled with joy when they
saw the Lord! 21 Again he said, “Peace be with you. As the
Father has sent me, so I am sending you.” 22 Then he breathed
on them and said, “Receive the Holy Spirit. 23 If you forgive
anyone’s sins, they are forgiven. If you do not forgive them,
they are not forgiven.”

John 20:19–23 (NLT)

Later, Jesus appeared again to the disciples beside the Sea of Galilee. This is how it happened. 2 Several of the disciples were there—Simon Peter, Thomas (nicknamed the Twin), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples.
3 Simon Peter said, “I’m going fishing.” “We’ll come, too,” they all said. So they went out in the boat, but they caught nothing all night.
4 At dawn Jesus was standing on the beach, but the disciples couldn’t see who he was. 5 He called out, “Fellows, have you caught any fish?” “No,” they replied. 6 Then he said, “Throw out your net on the right-hand side of the boat, and you’ll get some!” So they did, and they couldn’t haul in the net because there were so many fish in it.

7 Then the disciple Jesus loved said to Peter, “It’s the Lord!”
When Simon Peter heard that it was the Lord, he put on his
tunic (for he had stripped for work), jumped into the water, and
headed to shore. 8 The others stayed with the boat and pulled
the loaded net to the shore, for they were only about a
hundred yards from shore. 9 When they got there, they found
breakfast waiting for them—fish cooking over a charcoal fire,
and some bread.

John 21:7-9 (NLT)

9 When they got there, they found breakfast waiting for them—fish cooking ***over a charcoal fire***, and some bread.

John 21:9 (NLT)

15 Simon Peter followed Jesus, as did another of the
disciples. That other disciple was acquainted with the high
priest, so he was allowed to enter the high priest's
courtyard with Jesus. 16 Peter had to stay outside the gate.
Then the disciple who knew the high priest spoke to the
woman watching at the gate, and she let Peter in. 17 The
woman asked Peter, "You're not one of that man's disciples,
are you?" "No," he said, "I am not." 18 Because it was cold,
the household servants and the guards ***had made a***
charcoal fire. They stood around it, warming themselves,
and Peter stood with them, warming himself.

John 18:15–18 (NLT)

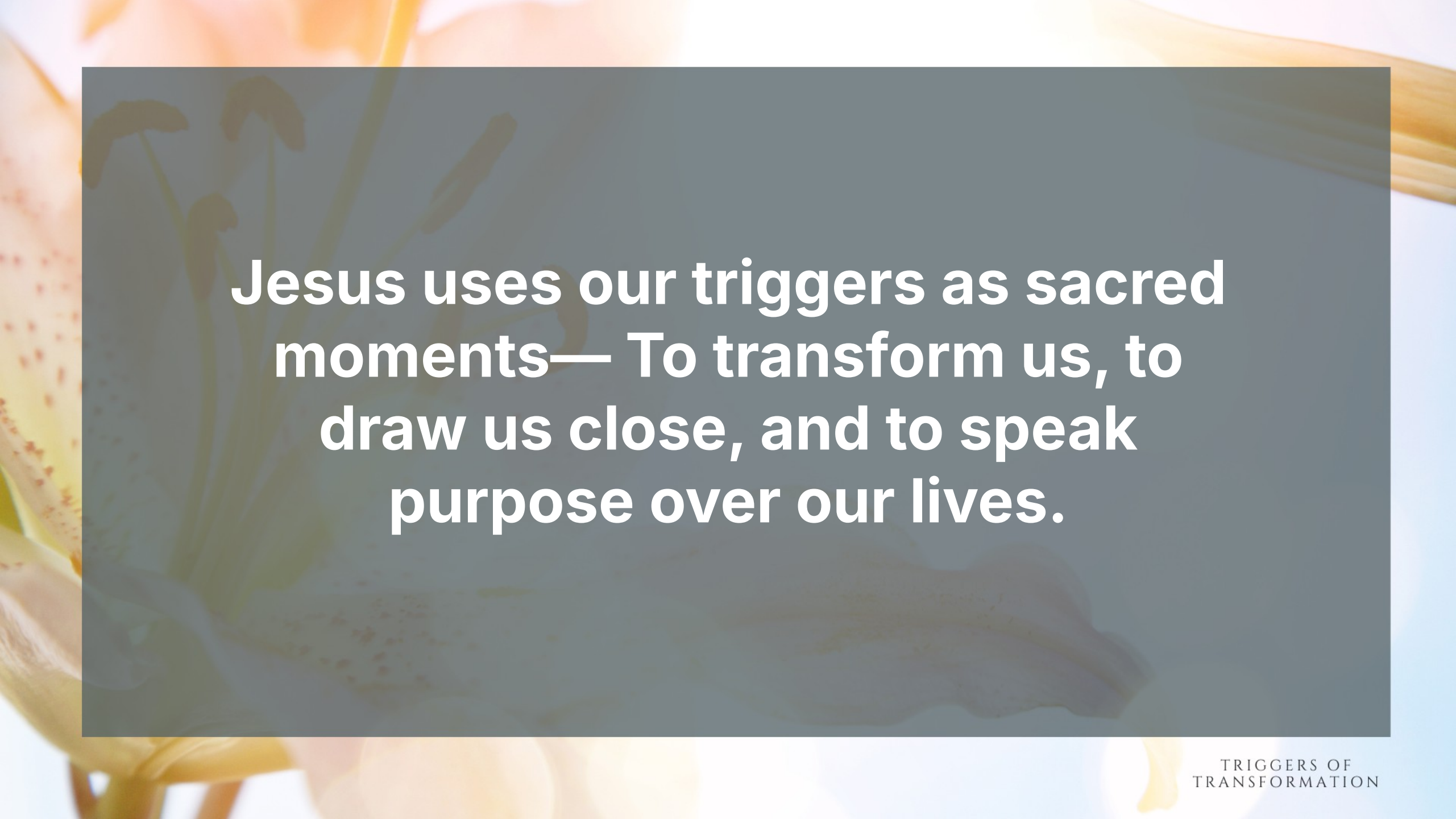

TRIGGERS OF
TRANSFORMATION

9 When they got there, they found breakfast waiting for them—fish cooking ***over a charcoal fire***, and some bread.

John 21:9 (NLT)

Triggers Defined:

A trigger is a moment, image, or experience that brings something from the past into the present—often unexpectedly. It can affect our emotions, mental state, and even our physical responses.



Jesus uses our triggers as sacred moments— To transform us, to draw us close, and to speak purpose over our lives.

10 “Bring some of the fish you’ve just caught,” Jesus said. 11 So
Simon Peter went aboard and dragged the net to the shore.
There were 153 large fish, and yet the net hadn’t torn. 12 “Now
come and have some breakfast!” Jesus said. None of the
disciples dared to ask him, “Who are you?” They knew it was
the Lord. 13 Then Jesus served them the bread and the fish.
14 This was the third time Jesus had appeared to his disciples
since he had been raised from the dead.

John 21:10–14 (NLT)

Jesus Uses our Triggers to Transform Us

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and the fish. 14 This was the third time Jesus had appeared to his
disciples since he had been raised from the dead. 15 After breakfast
Jesus asked Simon Peter, “Simon son of John, do you love me more than
these?” “Yes, Lord,” Peter replied, “you know I love you.” “Then feed my
lambs,” Jesus told him.

John 21:10–15 (NLT)

Jesus Uses our Triggers to Draw us Close

16 Jesus repeated the question: “Simon son of John, do
you love me?” “Yes, Lord,” Peter said, “you know I
love you.” “Then take care of my sheep,” Jesus said.
17 A third time he asked him, “Simon son of John, do
you love me?”

John 21:16-17a (NLT)

Jesus Uses our Triggers For Our Purpose

Peter was hurt that Jesus asked the question a third time. He said, “Lord, you know everything. You know that I love you.” Jesus said, “Then feed my sheep.

John 21:17b (NLT)