

## **ChristFIT: Faith in Training**

### **Part 2 – Resolve to Believe**

John 20:24-29 ESV

Pastor Brian Uyeda

January 10-11, 2026

Resolve (v): To deal with (a question or uncertainty, etc.) conclusively; settle; solve.

Question we'll answer today:

### **How do we settle our doubts about Jesus?**

<sup>24</sup> Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. <sup>25</sup> So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe.” – John 20:24-25 ESV

#### **1. We \_\_\_\_\_ and \_\_\_\_\_ honestly at the evidence.**

<sup>4</sup> Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. – John 15:4 NLT

“Peace be with you.” <sup>20</sup> When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. – John 20:19b-20 ESV

Live it out!

Q: How can I make listening and looking at God's word a daily routine?

<sup>26</sup> Eight days later, his disciples were inside again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and

said, “Peace be with you.” <sup>27</sup> Then he said to Thomas, “Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe.” – John 20:26-27 ESV

#### **2. We let Jesus' peace free us to \_\_\_\_\_ the unbelievable.**

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. – John 14:27 NLT

Live it out!

Q: Do you believe or doubt Jesus' resurrection? Where in my life do I need to address a doubt about God's promises?

<sup>28</sup> Thomas answered him, “My Lord and my God!” <sup>29</sup> Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have believed.” – John 20:28-29 ESV

#### **3. We respond with total commitment by \_\_\_\_\_ who Jesus is.**

- My Lord vs. My self
- My God vs. My doubt

<sup>23</sup> Then he said to the crowd, “If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me. <sup>24</sup> If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. – Luke 9:23-24 NLT

Live it out!

Q: Where do you need to proclaim “My Lord and My God” instead of “my self” and “my doubt”?