



# Candlewood Church



## Hope Heals What Hurts

**April 26, 2026**

Glenn Garvin

**BIG IDEA** – Hope heals because hope is a person—and when Jesus shows up, He restores what pain distorted.

**Scripture Focus** – All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. **2 Corinthians 1:3-4 NLT**

Hope isn't just a forward-looking promise, it's skilled at fixing and restoring. In Jesus, hope gets to work on what hurts: old wounds, buried pain, broken trust, and failed expectations. This living hope closes the doors the enemy keeps reopening. Jesus doesn't just give us a future; He heals our past.



**What's the difference in these mirrors?**

They both still work... but **everything you see through the broken one is distorted.**"

- The image is real, but it's fractured

**This is what pain does in our lives:**

**It doesn't always destroy your life; it distorts how you see everything.**

**THE TENSION – hope isn't just for our future, it's also to understand and heal our past.**

**"We don't just need hope for what's ahead... we need healing for has already happened."**

- disappointment
- failure
- betrayal
- grief
- misplaced expectations

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And here's the problem... **time does not heal all wounds...**

**Unconfronted & unexamined pain will continue to shape who you are and who you become.**

Maybe worse than that – **Time just gives us a moment to build a better facade so others can't see that we are struggling.**

After the resurrection, Jesus doesn't just prove He's alive, He **addresses the hurt and wound in people.**

**Let's look at four stories**

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**I. MARY (Healing GRIEF)**



## John 20:11–18 NLT

**Mary was standing outside the tomb crying, and as she wept, she stooped and looked in.** She saw two white-robed angels, one sitting at the head and the other at the foot of the place where the body of Jesus had been lying. **“Dear woman, why are you crying?” the angels asked her. “Because they have taken away my Lord,” she replied, “and I don’t know where they have put him.”** She turned to leave and saw someone standing there. It was Jesus, but she didn’t recognize him. “Dear woman, why are you crying?” Jesus asked her. “Who are you looking for?” She thought he was the gardener. “Sir,” she said, “if you have taken him away, tell me where you have put him, and I will go and get him.” **“Mary!” Jesus said.** She turned to him and cried out, “Rabboni!” (which is Hebrew for “Teacher”).



## The Hurt

- Mary Magdalene's journey was deeply personal.
- She lost Jesus
- Her future collapsed

“She’s not doubting—she’s devastated.”

## The Turning Point

Jesus spoke her name, “Mary.”

## Key Insight

- She didn’t recognize Him until it became **personal**. Until the familiar voice of her savior and friend cut through the grief and she was able to come up for air!

**Hold mirror again:**

“Grief had distorted her view...but one word from Jesus **restored reality**.”

**Hope brings healing from grief when it becomes personal and intimate with Christ, not just theological antidote.**

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## II. THOMAS (Debilitating DOUBT)



**John 20:24–27 NLT**

One of the twelve disciples, Thomas (nicknamed the Twin), was not with the others when Jesus came. They told him, “We have seen the Lord!” But he replied, “**I won’t believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side.**” Eight days later the disciples were together again, and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them. “Peace be with you,” he said. **Then he said to Thomas, “Put your finger here, and look at my hands. Put your hand into the wound in my side. Don’t be faithless any longer. Believe!”**



## The Hurt

- Disappointment turned into skepticism – but skepticism had turned into a schism, a gap between himself and Jesus.
- “Unless I see...”

## The Turning Point

- Jesus shows up and says:

“Put your finger here” – physically matching his doubts.

## Key Insight

**Jesus doesn't shame doubt—He meets it**

**“Thomas wasn't physically or mentally broken, but his lens was.”**

**Hope brings healing doubt through an encounter with Christ, not an argument.**

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## III. PETER (Catastrophic FAILURE)

Remember Jesus had told Peter what would happen, before it happened and it happened exactly like Jesus said it would.



## Luke 22:31-32 NIV

“Simon, Simon, **Satan has asked to sift all of you as wheat. But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.**”

Of course, Peter told Jesus he would die before ever betraying him.

**It makes me wonder... all the gospels write about what happened, but John rats Peter out, “Then Simon Peter drew a sword and slashed off the right ear of Malchus, the high priest’s slave. John 18:10 NLT”**



**In fact, attaching Malchus (servant of the high priest), may have been more about defending the confidence in himself that defending Jesus.**

And yet, **all four gospels record the denial!**

**Jesus prophesied Peter’s failure and Peter had to re-live those moments for at least 10 days before Jesus made things right.**



## John 21:15–19 NLT

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. **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. **A third time he asked him**, “Simon son of John, **do you love me?**” **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.



### The Hurt

- Denied Jesus publicly
- Shame + identity collapse

### The Turning Point

- Jesus asks 3 times: “Do you love me?” **One ask for each denial!**

Not as a punishment, but instead of **restoration and recommissioning**. It's as if **Jesus was cutting into a wound that was trying to heal over those 10 days**, but it would not heal correctly.

**But you and I know that deep wounds of denial will NEVER heal properly without the great physician re-opening that wound, cleaning out all the disgusting infection that Peter's memories must have created.**

**Jesus closed the wound, lovingly restoring the relationship as well as Peter's purpose going forward – “when you have turned back, strengthen your brothers.”**

**Turning back to God, coming back home may mean you have a memory-ache or even a limp from that point forward, but you will be right with God and people! You'll be free.**

### Key Insight

**“Failure didn't disqualify Peter; but it distorted how he saw himself.”**

Hope doesn't just forgive failure—it restores purpose.

#### IV. Two Men Went Home (Misplaced Expectation).



#### Luke 24:13–35 NLT

That same day two of Jesus' followers were walking to the village of Emmaus, seven miles from Jerusalem. As they walked along they were talking about everything that had happened. As they talked and discussed these things, Jesus himself suddenly came and began walking with them. **But God kept them from recognizing him.** He asked them, "What are you discussing so intently as you walk along?" **They stopped short, sadness written across their faces.** Then one of them, Cleopas, replied, "You must be the only person in Jerusalem who hasn't heard about all the things that have happened there the last few days." "What things?" Jesus asked. "The things that happened to Jesus, the man from Nazareth," they said. "He was a prophet who did powerful miracles, and he was a mighty teacher in the eyes of God and all the people. But our leading priests and other religious leaders handed him over to be condemned to death, and they crucified him. **We had hoped he was the Messiah who had come to rescue Israel.** This all happened three days ago.



#### The Hurt:

- These men are not doubting intellectually, they are **wounded emotionally**
- "We had hoped..." (v.21) past-tense hope = disappointment

- **Something traumatic happened, it was real and it hurt a lot!**
- Jesus doesn't just correct theology—He **restores their hearts.**

### **Wounded Hope (v.21)**

“We had hoped...”

- Hope was present before the trials, and the cross; then shattered upon Jesus death and burial.
- Their pain came from **misplaced expectations.**

**Disappointment** is often the **gap between what we expected and what God is actually doing.**

Do we realize how often these wounds become an open invitation to allow the lies of the enemy or our own misinterpreted and misappropriated emotions.

**How often do we confront the lies by bringing them to God?**

### **Hidden Presence (v.16)**

“Their eyes were kept from recognizing Him” ESV. **Jesus is present—but not perceived. Pain, grief and misplaced hope distorts vision.**

**You can be walking with God and still feel abandoned.**

### **Jesus Reframed Their Story (v.27)**

“He explained to them what was said in all the Scriptures...” Jesus doesn't remove the pain—He **reinterprets it.** Telling them, the cross wasn't failure—it was **fulfillment.**

**Healing from misplaced expectations begins when our story is reconnected to God's story.**

### **Restored Heart (v.32)**

“Were not our hearts burning within us...” Same men, same circumstances, but within their hearts **everything** was different.

**Hope has to heal internal disappointments before it changes external circumstances.**

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## REFLECTIONS

**Rapid Fire Recap. We looked at:**

- Mary in her **grief**.
- Thomas in his **doubt**.
- Peter in his **failure**.
- Disciples in their **misplaced expectations**.

**All with different wounds, but the same solution.**

**They didn't need better circumstances—  
they needed the presence of Jesus.**

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## APPLICATION



**Jesus doesn't just give us a new life; He can heal how we see our old one.**

- What hurt are you **still interpreting as loss**?
- What failure are you **still letting define your life**?
- What disappointment **reshaped your expectations of God**?
- Or what **lie have you continued to believe**?

**“What if Jesus isn't absent from your pain...but present in it. What if He is waiting to be recognized?”**

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“Don't wait to feel healed.  
Bring the hurt into His presence.”

**Hope doesn't erase what happened, but it can restore what it meant.**

## PRAYER MOMENT

**“Jesus, meet me in the place I've been hurt. Not just to fix my future,  
but to heal what shaped me.”**

**Holy Spirit show me the wound that I have allowed to define my life and dictate my future. I open all the secret places that I have hidden from everyone. Help me release it to you, so that you can open my eyes to what you want to do in and through my life – I surrender to you.**

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## SCRIPTURES

### **John 20:11–18 NLT ON SCREEN**

Mary was standing outside the tomb crying, and as she wept, she stooped and looked in. She saw two white-robed angels, one sitting at the head and the other at the foot of the place where the body of Jesus had been lying. “Dear woman, why are you crying?” the angels asked her. “Because they have taken away my Lord,” she replied, “and I don’t know where they have put him.” She turned to leave and saw someone standing there. It was Jesus, but she didn’t recognize him. “Dear woman, why are you crying?” Jesus asked her. “Who are you looking for?” She thought he was the gardener. “Sir,” she said, “if you have taken him away, tell me where you have put him, and I will go and get him.” “Mary!” Jesus said. She turned to him and cried out, “Rabboni!” (which is Hebrew for “Teacher”).

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### **Luke 22:31-32 NIV ON SCREEN**

“Simon, Simon, Satan has asked to sift all of you as wheat. But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.”

### **John 18:10 NLT ON SCREEN**

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said, “you know I love you.” “Then take care of my sheep,” Jesus said. A third time he asked him, “Simon son of John, do you love me?” 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.

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## **DIG DEEPER NOTES**



### **Why did Peter go back to Galilee and return to fishing?**

#### **What John Actually Records**

#### **Jesus appears in Jerusalem**

John 20:19–23 & John 20:26–29

- Peter is present
- Jesus appears **twice** (without Thomas, then with Thomas)
- Location: **Jerusalem**
- Time: Resurrection Sunday + one week later

#### **Then John shifts locations**

John 21:1–3

“Afterward Jesus appeared again... by the Sea of Galilee...  
Simon Peter said, ‘I’m going out to fish.’”

- New setting: **Galilee (Sea of Tiberias)**
- Peter initiates: “I’m going fishing”

- Others follow him

## Why Are They in Galilee at All?

It was **not random**.

**Jesus already told them to go there:**

Matthew 28:7

“He is going ahead of you into Galilee.”

Matthew 28:10

“Go and tell my brothers to go to Galilee; there they will see me.”

Peter and the other disciples are **obediently relocating**, not wandering. And, Galilee is a familiar, pre-arranged meeting place.

## So Why Is Peter Fishing?

The Bible **does not explicitly say why**.

**He returns to something familiar** like fishing, his former livelihood and what he knows.

**Also, remember, there is a gap of time.** They're waiting for Jesus and there was no clear next instruction yet.

**However, we do know that Peter had just failed publicly.**

John 18:17–27, where he denied Jesus 3 times and that kind of failure affects identity.

**John IS clearly setting up a narrative on purpose!**

John is setting up **restoration through contrast**:

- Peter fails around a **charcoal fire in** John 18:18
- Jesus restores Peter around a **charcoal fire** in John 21:9

## The Fishing Trip Itself Is Symbolic

**They catch nothing** - John 21:3

**Jesus shows up - abundance returns**, John 21:6

Luke 5:1–11 (original calling)

**Meaning:**

Peter is back in the place where it all started, so Jesus can **restore him correctly**. **Luke 22:32**, “But I have pleaded in prayer for you, Simon, that your faith should not fail. **So when you have repented and turned to me again**, strengthen your brothers.”

## What's Really Happening

**It is Not** rebellion, quitting or abandoning faith.

**It is likely** waiting, uncertainty, processing failure, and defaulting to what's familiar

Peter goes back to fishing...

not because Jesus is done with him; but because **he doesn't know what to do with himself anymore.**

**Hope Heals because Jesus doesn't say to him,** "why did you go back to fishing." But rather, "

He says, "Do you love me... feed my sheep." John 21:15-17

He doesn't revisit the failure directly. He **restores Peter's identity and purpose.**

Peter returned to what was familiar and Jesus restored him to what he was called for. **Failure**

**may pull you backward; but Jesus, through hope, meets you there and sends you forward again.**