



SONGS: “Glorious Day”  
“Build My Life”  
“Yes and Amen”

TITLE: Don’t Stop Believin’

ICE BREAKER: Is there something you did in your younger years that people used to define you for a long time after?

BIG IDEA: Journeying through our doubts can produce a ride or die faith.

MAIN SCRIPTURE:

John 20:19-29

### **Jesus Appears to His Disciples**

<sup>19</sup>On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” <sup>20</sup>After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. <sup>21</sup>Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” <sup>22</sup>And with that he breathed on them and said, “Receive the Holy Spirit. <sup>23</sup>If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.”

### **Jesus Appears to Thomas**

<sup>24</sup>Now Thomas (also known as Didymus<sup>[a]</sup>), one of the Twelve, was not with the disciples 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 the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.” <sup>26</sup>A week later his disciples were in the house again, and Thomas was with them. Though 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; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.” <sup>28</sup>Thomas said to him, “My Lord and my God!” <sup>29</sup>Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.”

### OPENING THOUGHTS:

One season of doubt defined Thomas for two thousand years. Unlike him, we tend to bury our doubts and never share them. The Word of God invites us to journey through our doubts. When and if we take God up on that invitation, our faith can come out bolder than ever.

### MAIN POINTS IN TEACHING:

1. Just like Thomas' journey of faith, ours will also include high highs and low lows.
2. God's Word invites us to journey through our doubts; to explore, express, and exchange our doubts.
3. The answers to our doubts are held in Jesus' wounds.
4. Journeying through our faith can produce a ride or die faith.

### DISCUSSION QUESTIONS:

1. What are the dangers of burying or sharing your doubts and disappointments?
2. Describe Thomas' journey through his doubts. What would that 7 day period must have been like?
3. What do you think about Jesus doing exactly what Thomas demanded for him to believe? What does this reveal about God?
4. How does journeying through your doubts practically impact your life of faith?
5. What is a doubt or disappointment you're journeying through? How does Jesus' scars hold the answers to your doubts?

### FURTHER STUDY (IF APPLICABLE)

Psalms 13, 22, 44, 73, 77, 88.

CHALLENGE: Journey through your doubts. Explore them in prayer. Express them in community. Exchange them for a ride or die faith.

### CLOSING PRAYER:

Lord, I welcome the journey of faith and the reality that it will be filled with high highs and low lows. As I choose to journey through my doubts help me explore them in prayer, express them in community, and exchange them for a ride or die faith. Amen.