

## The Next 40 Days – Week 3 – John 20:19-23 – Jesus Appears to the Disciples in the Upper Room

**John 20:19-23:** *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.”*

INTRO to series “The Next 40 Days” – After He walked out of the grave on that first Easter Sunday, Jesus spent the next 40 days teaching and preparing His followers for what was coming next. As each day passed, the power of the Holy Spirit and the birth of the Church drew nearer. Though many were struggling with fear, failure, and doubts, Jesus cut through their confusion as light breaks into darkness. Jesus also gave some of His most important teaching during this time, including the “great commissions”—and then He ascended to heaven.

INTRO to **John 20:19-23:** The First Easter Sunday was a busy day with Jesus revealing Himself to the men and women who followed Him—first, in the morning, to the women who discovered the empty tomb including Mary Magdalene, then in the afternoon to the two lesser-known disciples on the road to Emmaus, and then in the evening to the eleven disciples gathering in the upper room.

### **I. Jesus appeared to His disciples in the upper room and showed them His hands and His side (vs. 19-20)**

-The disciples were in hiding behind locked doors out of fear of the Jewish leaders who had crucified Jesus.

-Jesus appeared at once in the room, without using the door, and greeted them by saying, “*Peace be with you!*” Later, the most common greeting in the New Testament epistles will be: “Grace and Peace!”

-Neither John nor Luke record Jesus going any farther to prove His bodily resurrection except that – **vs. 20a:** “*he showed them his hands and side.*” (see also **Luke 24** below)

-The response – **vs. 20b:** *The disciples were overjoyed when they saw the Lord.*

### **II. Jesus commissioned them for the first time after the resurrection saying, “As the Father has sent me, I am sending you.” (vs. 21)**

*-vs. 21: Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you."*

-The task ahead was urgent – the Good News Christ had brought to them was not to be left in the upper room forever, it was to go out into all the world!

-Luke adds that as Jesus commissioned them, He opened their minds to understand His words and all that was written about him in the Hebrew Old Testament, just as He had done for the two disciples on the way to Emmaus (see **Luke 24** below).

-Jesus was helping their hearts to heal, their minds to get in shape, and their bodies prepared to be sent and to share His Good News!

### **III. Jesus breathed on them in anticipation of their receiving the Holy Spirit and their participation in His Kingdom work. (vs. 22-23)**

**-John 20:22** is one of three key times in Scripture that the Lord Himself breathes life (see also **Genesis 2:7** and **Ezekiel 37:1-6** below).

-The disciples experience the breath of God through the Son and the presence of the Spirit while Jesus is still with them, but not yet the filling and full power of the Spirit. The Spirit accompanies the Son's authority – just as the Spirit will fill them at Pentecost (**Acts 2:30-33**)

-Jesus does not merely hand over His mission to us as His disciples, He promises us the assistance of the Holy Spirit – God's personal presence with us here on earth in this age we call the Church Age.

*-vs. 23: If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."*

-The authority to forgive does not come from any human disciple, or any office of the Church, but by the authority of the Word of God as was proclaimed and modeled by Christ Himself.

-Said more simply: Disciples re sent out preach CHRIST'S message of salvation—they are entrusted to share Christ's call to repent of our sins and receive HIS forgiveness leading to our participation in His eternal Kingdom work!

-We are called to be BOTH salt AND light!

-In just 40 days time, these first followers of Jesus went from hiding, doubting, disbelieving, feeling ashamed, and nearly giving up; to the standing publicly for Christ, demonstrating deep faith, offering Spirit-filled teaching, showing courageous leadership, and living with radical commitment unto death.

### **Other Scriptures Referenced:**

**Luke 24:36-49:** *While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you."*

*<sup>37</sup> They were startled and frightened, thinking they saw a ghost. <sup>38</sup> He said to them, "Why are you troubled, and why do doubts rise in your minds? <sup>39</sup> Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have."*

*<sup>40</sup> When he had said this, he showed them his hands and feet. <sup>41</sup> And while they still did not believe it because of joy and amazement, he asked them, "Do you have anything here to eat?" <sup>42</sup> They gave him a piece of broiled fish,<sup>43</sup> and he took it and ate it in their presence.*

*<sup>44</sup> He said to them, "This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms."*

*<sup>45</sup> Then he opened their minds so they could understand the Scriptures. <sup>46</sup> He told them, "This is what is written: The Messiah will suffer and rise from the dead on the third day, <sup>47</sup> and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. <sup>48</sup> You are witnesses of these things. <sup>49</sup> I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high."*

**Genesis 2:7:** *Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.*

**Ezekiel 37:1-6:** *The hand of the Lord was on me, and he brought me out by the Spirit of the Lord and set me in the middle of a valley; it was full of bones. <sup>2</sup> He led me back and forth among them, and I saw a great many bones on the floor of the valley, bones that were very dry. <sup>3</sup> He asked me, "Son of man, can these bones live?"*

*I said, "Sovereign Lord, you alone know."*

*<sup>4</sup> Then he said to me, "Prophecy to these bones and say to them, 'Dry bones, hear the word of the Lord! <sup>5</sup> This is what the Sovereign Lord says to these bones: I will make breath enter you, and you will come to life. <sup>6</sup> I will attach tendons to you and make flesh come upon you and cover you with skin; I will put breath in you, and you will come to life. Then you will know that I am the Lord.'"*

### **Other Quotes/Resources:**

-“Jesus’ wounds are His credentials to the suffering of the entire human race.” –William Temple, Archbishop of Canterbury during WWII

-From the poem “Jesus of the Scars” by Edward Shillito

*But to our wounds only God’s wounds can speak,  
And not a god has wounds but Thou alone-*“The Son of God was rising in the Old Testament, and Shines in the New Testament.” –St. Augustine