

Message Notes | Encounters with Jesus

Part 8: Thomas

John 20:24-29

- what do I do with doubt?
- doubt is when a new idea or circumstance...
- Thomas missed it - **vs. 24-25**

**#1 Those who were _____ to _____
experienced intense doubt.**

- "stop doubting and believe" - **vs. 26-28**

#2 Jesus confronted doubt without

_____.

- blessed are those who have not seen - **vs. 29**

#3 _____ your _____ while you settle your doubts.

- doubt gives faith something to push through
- what John wanted you to see - **vs. 30-31**

#4 No matter what happens, _____.

Group Questions | Encounters with Jesus

Part 8: Thomas

John 20:24-29

1. Some people are extremely gullible, believing anything that they hear. Other people are extremely cynical, demanding proof for everything. Which one do you relate to more, and how does that impact that way you approach faith?
2. Many people tend to hide their spiritual doubts rather than talking about them. Why do you think that is?
3. **Read John 20:24-25.** Why do you think Thomas struggled to believe what the other disciples told him? What might it have been like to be in his shoes?
4. **Read John 20:26-28.** How did Jesus respond to Thomas's doubt, and what does that reveal about his (Jesus') character?
5. Jesus didn't reject Thomas because of his doubt. How can we as individuals and as a church create a safe space for others to bring their questions and struggles?
6. What does it look like to "suspend disbelief while you settle your doubts"? Have you ever had an experience where this helped your faith grow?
7. This week, you might hear new ideas or experience challenging circumstances that seem to conflict with your belief about God. How does knowing that Jesus is alive help you navigate doubt in a healthy way?

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- what do I do with doubt?
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#1 Those who were closest to Jesus experienced intense doubt.

- "stop doubting and believe" - **vs. 26-28**

#2 Jesus confronted doubt without rejecting doubters.

- blessed are those who have not seen - **vs. 29**

#3 Suspend your disbelief while you settle your doubts.

- doubt gives faith something to push through
- what John wanted you to see - **vs. 30-31**

#4 No matter what happens, Jesus is alive.

Bible Reading for Today

John 20:24-29

²⁴ Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. ²⁵ 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."

²⁶ 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!" ²⁷ 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."

²⁸ Thomas said to him, "My Lord and my God!"

²⁹ Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."